

10 FUN SUMMER ACTIVITIES FOR SENIORS TO STAY ACTIVE

The benefits of exercise for seniors are numerous, helping to keep your body in shape, your mind sharp, and your mood positive. Even light activities like walking can make a big difference in your overall health. Unfortunately, the summer months can make it hard to stay active because of sun and heat illnesses. How do you get around this?

- ◆ **Make it a morning walk.** Get up early and head out! You can avoid the warmest time of the day and the strongest sunlight by getting back before 10 a.m.
- ◆ **Visit a museum, aquarium, or indoor cultural event.** Take a walk indoors. Visit the mall, a museum or an art show and utilize all the walking time.
- ◆ **Join a senior center.** Many offer indoor exercise classes specifically designed for seniors, so you won't feel behind. Many offer classes that are geared for those who have trouble walking or standing.
- ◆ **Go to a dance.** Dancing is a great way to get the body moving, and it's a fun event that lets you socialize, too.
- ◆ **Go for a swim.** Find a community pool or rec center with a pool and jump in!
- ◆ **Sign up for water aerobics.** You may be surprised by how easy it is to find a class near you. It is one of the best exercises for seniors.
- ◆ **Use that green thumb.** Gardening is a great physical activity and burns more calories than you think.
- ◆ **Volunteer your time.** Look for ways to get out of the house and give back to your community.
- ◆ **Join a golf club.** Golf is a light physical activity and is a perfect way to stay active mentally.
- ◆ **Continue your normal routine.** Talk to your doctor before you start any new exercise routine.

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SUMMER SAFETY TIPS FOR SENIORS

1. Invest in an affordable air conditioner to cool down at least one room when the heat is excessive.
2. Wear a hat when outdoors.
3. Wear lightweight, loose-fitting clothes. Opt for lighter colors, which reflect heat.
4. Use sunscreen on exposed body parts, including the face and ears.
5. Always have a bottle of water handy to hydrate, ensuring at least eight glasses of water are drunk daily, and more if there is excessive perspiration.
6. Avoid caffeine and alcohol, which actually dehydrate the body.
7. Stay indoors rather than in hotter, more humid outdoor conditions (preferably on the lowest floor of the house)

SALMON & PINEAPPLE SALSA

Perfect for a summer night, this tropical salmon provides omega-3 fatty acids. Add fiber, which aids in digestion, with half a cup of whole-grain rice.

Ingredients:

- ◆ 1 Cup chopped fresh pineapple.
- ◆ 2 T finely chopped red onion
- ◆ 2 T chopped cilantro
- ◆ 1 T rice vinegar
- ◆ 1/8 t ground red pepper
- ◆ Cooking Spray
- ◆ 4 (6 oz) salmon fillets
- ◆ 1/2 t salt

Preparation:

Combine first 5 ingredients (through pepper) in a bowl and set aside.

Heat a nonstick grill pan coated with cooking spray over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes when tested with a fork. Top with the salsa.

Enjoy!

SUMMER BUCKET LIST

- ◆ Sit and watch the sunrise or sunset. Many like to rise early, enjoy the cool of the morning with a fresh juice or coffee.
- ◆ Go to a children's baseball game.
- ◆ If you live close to a beach or lake, go for a walk or sit in the car and enjoy the view.
- ◆ Just sit under a shady tree on a warm, sunny day and maybe take off your shoes to feel the grass under your feet. Think, or talk, about summer games you used to play.
- ◆ Shell some peas, snap some beans, eat some fresh tomatoes for the garden.
- ◆ Re-read your favorite book.
- ◆ Go swimming or spend the day with love ones swimming.
- ◆ Find a free outdoor music concert and attend it.
- ◆ Go on a simple picnic. Drive to your favorite park, find a picnic table and eat a simple brown paper bag lunch.



SOME SUMMER HUMOR

- ◆ What did the pig say on a hot summer day? - I'm bacon!
- ◆ Why do bananas use sunscreen? - Because they peel!
- ◆ Why are gulls named seagulls? - If they were by the bay, they'd be bagels!
- ◆ Why don't oysters share their pearls? - Because they're shellfish!
- ◆ Which letter is the coolest? - Iced T!
- ◆ What do you call a snowman in July? - A puddle!
- ◆ What do sheep do on a sunny day? - Have a baa-baa-cue!
- ◆ What did one tide pool say to the other tide pool? - Show me your mussels!
- ◆ What happens when you throw a green rock into the Red Sea? - It gets wet!
- ◆ What does a bee do when it is hot? - It takes off its yellow jacket!



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