

Also in This Issue:

New Extension Faculty	2
Exercise and a Heathy You	2

By LuAnn Duncan

Florida’s summer heat and humidity can take a toll on energy levels, appetite, and even influence our moods. To keep personal energy levels high, avoid the temptation to “chill” in front of the television, eat heavy meals, or take your frustrations out on your family.

Keep Energy Levels High

The more we move, the more we keep our energy levels high. The heat can keep people indoors and inactive. Recent research is saying that not moving is almost as bad for your health as smoking. If you cannot go outdoors due to afternoon thunderstorms, consider indoor alternatives or create ways to keep moving.



Eat Lighter, No Cook Meals

Eating raw foods or cooking once during the week to avoid heating the kitchen can provide light leftovers for the week. Many

fruits, vegetables, meats and pastas taste good chilled and when combined in different ways provide a variety of flavors. Experiment with herbs, fruit combinations, and marinated vegetables to keep you from that heavy full feeling that can also make your body feel hot.



Cool Down Before You Melt Down

When people are too hot, they may also feel easily frustrated or less patient. A variety of research projects are trying to prove why the body responds to being hot the way it does, yet there are no proven answers. The studies are showing there seems to be a connection to feeling hot and angry (British Journal of Psychiatry). So, be sure you are cooling yourself with enough liquid, a cool shower, or air conditioning. And also be sure that your temper is not heating up to the point of saying something you would rather not say.

DID YOU KNOW?

That during the heat of the summer, foods kept between 70 and 90 degrees will grow pathogens faster than cooler temperatures? Foods kept at these temperatures must be eaten or refrigerated in one hour instead of the normal two hour safety recommendation.

Nutrition Tip: Remember that salads can be higher in calories than other main dish meals. It all depends on what you add to your salad.. To limit calories replace cheese and dressing with flavored vinegars, herbs, chopped vegetables and lean meats. Extra fiber keeps you feeling full without the calories.

New Extension Faculty:

Please welcome Jana Griffin! Jana is our newest FCS Agent. She comes to Orange County with experience in the Florida Health Department system. She has extensive knowledge in exercise and physical activity and nutrition. If you have any related ideas of programs you would like to see offered through our office, please call or email her!

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Every month we offer an assortment of workshops and learning opportunities.

Please visit our Eventbrite page to learn about upcoming events and to register:

oclivingwell.eventbrite.com

*or stop in for a visit
Mon-Fri 8am-5pm*



Exercise and a Healthy You

By Jana Griffin

Exercise is an important component to healthy living by helping prevent, and delay the onset of many Chronic Diseases. Chronic Diseases such as diabetes, heart disease, back and joint pain, have all shown to be positively impacted by increasing and maintaining moderate physical activity weekly. Cardiorespiratory Exercise impacts diabetes significantly by helping your body use insulin more efficiently, lower blood sugars and aid in weight loss. Aerobic Exercises can help with endurance and make improvements in muscle function. Muscle Strengthening Exercises for the abdominal and back areas help make muscles strong around the spine, which help to decrease pain and increase joint mobility. Flexibility and Balance exercise help with stiffness and allows seniors to live a more independent life. Before beginning any exercise program it is best to consult your doctor to find out if you have any restrictions and what is safe for you. The Center for Disease Control current recommendations are that Adults should aim for at least 150 minutes of physical activity weekly for health benefits. At least 2 days per week your physical activity should include exercises that increase muscle strength, mass, endurance and power. Children need at least 60 minutes of aerobic activity daily and 3 days per week of bone and muscle strengthening exercises. Start making a better you today and begin walking, jogging, swimming or even dancing if that excites you. If you are short on time 10 minutes is fine, making physical activity work for you is what counts.



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