

HEALTHY LIVING

Tips to improve your health and well-being



Get Out there this Summer!

The nice weather is here and it's time to get outside and partake in all the joys of the summer. This time of year is filled with endless activities and options to increase your physical activity and fitness.

Swimming offers a refreshing option for those looking for ways to stay cool. A low impact workout that is both fun and effective in targeting your cardiorespiratory system and building strength in your muscles. You can get your heart rate up by treading water, swimming laps, or having a race with your friends and family. If you would rather be on the water: give canoeing, kayaking or stand up paddling boarding a try and reap the benefits of fresh air, a tranquil setting and a great workout.

Walking is a great way to start your journey to health, just getting up and moving has many health benefits. There are numerous trails along the lake, and within the local forests and parks just waiting to be discovered. Want a faster pace? Try cycling the trails, you may discover new pathways and can challenge yourself to see how far you can go.



Be mindful of your environment, and noxious plants that may be lurking along your pathway. Poison ivy, Oak, and Sumac can develop into an itchy rash 12 – 72 hours after contact. This is an allergic reaction to the oil, known as **urushiol**, that is found in all parts of the plant (including leaves, stem, and roots). The rash is not contagious, does not spread, and should clear up in a few weeks. However, if you notice significant swelling or have trouble breathing, seek medical attention immediately.



Ensure you wear adequate sunscreen and reapply it frequently while on the water or swimming. Look for a 'broad spectrum' sunscreen that protects against both UVA and UVB rays with a minimum SPF of 30. Wearing sunglasses, a hat, and UV protective clothing also works to ensure you are sun safe this summer.



Poison Ivy

Poison Oak

Poison Sumac

UPCOMING PROGRAMS AT GNPLC

**Cooking Camp for Kids
Coming this August!**

**Smoking Cessation Intake
Groups on-going**

**To find out more or to
register for upcoming
programs, please see
reception or call the clinic
at 905-722-3251**



Playing sports is an excellent way to get moving while having fun and being social. There are a variety of sports you can engage in, whether it is as part of a team or as an individual. Why not try something new? Want to join the local dragon boat or lawn bowling club?

Quick Tip

Remember to hydrate while participating in all physical activity, especially in the hotter weather when you are likely to perspire more. It is important to drink fluid **before**, during and after any bout of exercise. Water is the preferred drink, as it is absorbed quickly. Sports drinks, which contain carbohydrates and electrolytes, should only be consumed when performing vigorous activity for 60 minutes or more.

Physical Activity Guidelines for a Healthy Summer



Children (5 - 17): An accumulation of at least 60 minutes of moderate to vigorous physical activity per day, in addition to several hours of a variety of unstructured light physical activities. No more than 2 hours per day of recreational screen time.

Adults (18 - 64): An accumulation of at least 150 minutes of moderate to vigorous activity per week, which equals to 30 minutes per day. This can be done all at once or broken up into 10 - 15 minute bouts of activity spread throughout the day.



Older Adults (65+): An accumulation of at least 150 minutes of moderate to vigorous activity, in bouts of 10 minutes or more. This is important in improving functional abilities, enhancing balance, and preventing falls.

Intensity: On a scale of 0 - 10, 0 being completely at rest and 10 being maximum effort, moderate activities rank around a 5 or 6, and vigorous activity ranks a 7 or 8. Some moderate activities include: brisk walking, climbing stairs, mowing the lawn, and swimming; you should still be able to talk and will be sweating a little. Vigorous activities include: running, cycling at a fast pace, soccer, and a heavy resistance training session; you can say a few words, but will be out of breath and are quite sweaty.



New Health Promoter at GNPLC: Heather Wassink, R. Kin.

Hi there! You may have noticed a new look to the Healthy Living newsletter, and a new face around the Clinic. I recently joined the team at GNPLC as a Health Promoter.

A little bit about me, I hold an undergraduate degree from York University in Kinesiology and Health Sciences and post-graduate certificate from Humber College in Exercise Science and Lifestyle Management. What that means is I have studied to understand the impact that physical activity has on improving health, well-being and preventing disease. In my spare time I enjoy spending time with friends and family at the cottage, stand-up paddle boarding, trying out new recipes in the kitchen, and reading. I would love to hear what you think of the re-designed newsletter and any suggestions for programs you would like to see at the Clinic. Hope to see you around :)