

Summer 2021

Healthy Carroll Families



In this Issue:

- The Power of Walking Outside
- Carroll County Park Trails Passport
- Swim Safely
- Sun Safety Tips
- Hot Weather Hacks
- Summer Recipe



The Partnership
for a Healthier Carroll County



Welcome to Healthy Carroll Families for Summer 2021. Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family- based approach to healthy living. We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody!

These materials may also be downloaded for free from our website,

HealthyCarroll.org.

Please call or email The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll Families. We look forward to hearing from you.

ThePartnership
@healthycarroll.org
410-871-7645

THE POWER OF WALKING OUTDOORS

Walking is one of the most accessible forms of exercise. Not only is it easy to stick with, but the best part is... it's FREE! Summer provides the perfect opportunity to enjoy the beautiful weather, while simultaneously getting in a great workout. A few benefits of outdoor walking are:



- **It's a natural antidepressant.** Not only does exercise itself produce endorphins that makes us feel good, but also being in the sun helps ward off seasonal affective disorder.
- **It's a good challenge.** Walking outdoors on different paved and natural surfaces, as well as up and down hills is more challenging for our bodies versus walking on flat surfaces.
- **It's provides mental relief.** Many times, exercising outdoors creates a shift in the mindset. We go from viewing exercise as a chore, to more of a self-care activity!
- **It's a great way to socialize!** Exercising is always more fun when you get your friends and family involved. Instead of watching TV after dinner, consider going for a family walk!

New to exercise? Here are a few tips for getting an outdoor walking routine started this summer:

- Determine your distance and route.
- Time yourself and try to increase your lap speed little by little each week.
- Increase your distance and add another lap if you feel ready to up the intensity!
- Add in some interval training. Try going back and forth between jogging and walking.
- Add in some strength training. After you finish a lap, pause from walking and do 20 squats or pushups, then continue onto your next lap.

Sources: <https://www.piedmontcancerwellness.org/Article/149> ; https://acewebcontent.azureedge.net/assets/about-ace/advocacy_Walking_Toolkit_Pro.pdf



The Carroll County Park Trails Passport is **NOW AVAILABLE!** Take a walk at the 12 Carroll County park trails listed in the passport, answer the questions, and check your box off at each site.

Once you have completed your passport, mail it to The Partnership to be entered into a drawing to win a combined prize of a Fitbit and a 2022 Piney Run Park season pass!

To download the Carroll County Park Trails Passport, visit The Partnership for a Healthier Carroll County's [Walk Carroll Page](#) or [Carroll County Recreation and Parks website!](#)



SWIM SAFELY!



Swimming is a summer must! While you prepare your family for fun in the sun, please keep these pool safety tips in mind:

- **Watch children when they are in or around the water.** Keep children within arm's reach of an adult.
- **Choose a Water Watcher.** When several adults are present, choose one to be responsible for watching the kids in and around water for a certain amount of time. Then, switch off to the next adult.
- **Teach children how to swim.** Get your child swimming lessons when they are ready! Consider how often they are around water, as well as their age and development.
- **Check the pool gates.** Make sure pool gates open out from the pool and self-close/latch at a height kids won't be able to reach.
- **Keep rescue equipment and a phone near the pool.** A shepherd's hook (long pole with a hook at the end and life preserver) should be kept nearby. Choose a hook and rescue equipment made of fiberglass or other materials that won't conduct electricity.
- **Learn CPR and basic rescue skills.** Learning these skills may help you save lives!

Sources: <https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Summer-Safety-Tips-Sun-and-Water-Safety.aspx> ; https://www.safekids.org/poolsafety?gclid=EAIaIQobChMIvoSZmLK18AIVJMmUCR2O0QFeEAAAYAAEgl7dPD_BwE

SUN SAFETY TIPS

The average time it takes for sunscreen to soak into skin and work effectively is **30 mins.**

Only **broad-spectrum SPF 15+** Can protect skin from UVA & UVB rays.

You still need sunscreen on a cloudy day. **80%** of the sun's rays can pass through clouds and fog.

The sun's rays are their strongest from **10 AM - 4 PM**

There is no SPF with 100% protection. SPF 15 blocks out 93% of UVB rays, while SPF 30 blocks out **97%**

Limit your time in the sun during these hours.

Sunscreen expires within **2 - 3 years**

Sunscreen is only **1 level** of defense. Add **wide-brimmed hats, protective clothing, and sunglasses for more coverage.**

but your bottle shouldn't last for that long. A family of 4 should use an entire bottle of sunscreen during a long weekend.

Water-resistant sunscreen isn't water-resistant forever. You need to reapply after only **80 mins** in the water.

It only takes **10 mins** for a baby's skin to burn, BUT sunscreen isn't safe for infants under 6 months.

Keep babies out of the sun!

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RECIPE: EASY FRUIT POPS

These homemade Fruit Pops are popsicles made with fresh fruit and just three ingredients. They are a healthy snack for kids and so easy to make!

Ingredients:

- 1 large banana, cut into small pieces (frozen bananas work too)
- 4 large fresh strawberries sliced into small pieces (any type of fresh or frozen fruit will work)
- ½-1 cups apple juice no sugar added, or other favorite juice

Instructions:

- Add fruit to your popsicle mold, alternating different kinds of fruit until the molds are filled almost to the top.
- Gently fill the mold with apple juice, leaving at least 1/8 in headspace and place the popsicle stick inside. Freeze for at least 6 hours or overnight.

Source: <https://tastesbetterfromscratch.com/easy-homemade-fruit-pops/>





HOT WEATHER HACKS

The best part about summer is being able to enjoy the outdoors! Typically, in Maryland, the hottest month is July, averaging in the mid to upper 80s. While we take advantage of the sunshine and warm temperatures, it is important to understand how to protect ourselves from the heat as well.

Stay safe in the heat with these tips:

- **Drink more water.** Be sure to hydrate throughout the day, not just when you feel thirsty.
- **Avoid sugar and caffeine.** Drinks that contain caffeine and sugar can dehydrate you.
- **Take frequent breaks.** Take a few minutes to sit indoors or in the shade so you aren't in direct sunlight all day long.
- **Dress for the weather.** Wear loose fitting, lightweight and light-colored clothes to reduce heat.
- **Replenish electrolytes.** As we sweat, water and electrolytes (essential minerals - like sodium, calcium, and potassium) leave the body. If electrolytes are not replaced, the body has a greater chance of overheating.
- **Take cool showers or baths to cool down.**

Sources: <https://www.healthstartfoundation.org/hsblog/how-to-beat-the-summer-heat> ;

<https://ehs.princeton.edu/news/beat-the-heat-these-summer-safety-tips>

FAMILY FUN



- ★ Try New Things
- ★ Group Fitness
(Yoga, Zumba, Kickboxing, Line Dancing, HIIT, Tai Chi)
- ★ Yard Games
- ★ Pickle Ball
- ★ Health Fair



Sunday, September 12, 2021 1:00 p.m.

(Rain Date September 19, 2021)

Westminster City Park

GIVE-AWAYS & RAFFLES



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Follow us on Facebook and
HealthyCarroll.org for updated information.