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Nutritious Bites

The Importance of Water

By Mary Grider, Nutrition Educator

Though summer is nearly over, it's still hot in Georgia and staying hydrated is important. Over 50% of your body is composed of water, so staying hydrated is important to your good health.

By the time you begin to be thirsty, you have already lost 2-3% of your fluid. Mental performance and physical coordination are impaired before you even get thirsty!

If you happen to be sick with a fever, vomiting or diarrhea, you can lose fluid more quickly than normal. Also, if you are sweating heavily due to exercise or a hot day, you will need to replenish even more liquid.

Some symptoms of dehydration include:

- **Thirst**
- **Dry mouth**
- **Dark urine or infrequent urination**
- **Headache**
- **Cramps**

As we age we may lose some of our ability to sense thirst. We also may not be in the habit of drinking water or we may find it boring.

Due to the importance of fluids for our health, it may be time to set a new goal for yourself – to stay hydrated regardless of your level of thirst.

Adding fresh fruit or herbs to your water may make it more enjoyable to drink. Try lemon, lime, or orange slices; cucumber slices with mint; watermelon “ice cubes” (frozen cubes of watermelon); or fresh strawberries and basil.

Though all fluids you consume do not need to be water, aim for eight (8 oz.) servings a day. Beverages such as coffee and tea count toward your eight servings; however, they can have a mild diuretic effect.

Recipe of the Month

Refreshing Vitamin Water (Serves 8)

Looking for a tasty way to drink more water? Try this refreshing mix of fruits and mint for a vitamin-filled treat.

Ingredients

- 2 cups watermelon, sliced into 1" cubes
- 1 lime, sliced
- 1 lemon, sliced
- 1/2 red grapefruit, sliced and quartered
- 1 medium cucumber, sliced
- 12 mint leaves
- 2 quarts water
- ice
- sparkling water (optional)



Directions

1. Combine the fruit, cucumber, mint leaves and water in a large pitcher.
2. Place in the fridge and let infuse overnight.
3. To serve, pour infused water into glasses filled halfway with ice. Spoon in a piece or two of fruit for show, and top with a splash of sparkling water (optional).
4. The vitamin water will stay fresh for a day or three.

Recipe courtesy of <http://soupaddict.com/2013/08/vitamin-water/>

Keep on Moving Reboot Your Exercise

Over the summer, it can be difficult to keep up your regular exercise habits. Fall is a great time to restart your exercise routine.

Start with Endurance Activities

Aim for at least 30 minutes most days of the week for aerobic or endurance activities. Walking, swimming, or dancing are great exercises to increase your heart and breathing rates.

Add Flexibility Training

Flexibility is important for balance. Be sure to stretch all major muscle groups after you've warmed up with light aerobic activity at least 2-3 times per week.

Increase Your Strength

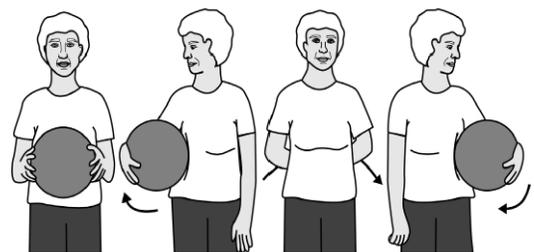
Keeping muscles strong is important. You should do strength-training exercises for all muscle groups at least twice per week for about 30 minutes.

Monthly Chair Exercise Around the Big Wide World

This exercise works the abdominal muscles, chest, and arms.

Starting in a seated or standing position with good posture, hold a ball with both hands at your stomach. Keeping the ball in contact with your body the entire time, move the ball around your waist, over your abdominals and lower back. Try to hold in your stomach without holding your breath as you do this exercise. Repeat 8 to 10 times. Switch directions, circling the ball around your waist 8 to 10 times.

Around the Big Wide World



For more exercises, visit the following link:
<http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf>

Living Better

8 Ways to Feel Great

Trying to stay healthy and feeling good is often an unspoken goal. We have narrowed down some healthy advice into these 8 ways to feel great. They include:

1. Be physically active (shoot for 30 minutes of activity most days of the week)
2. Eat healthy by increasing fruit and vegetable consumption and decreasing your intake of sodium and unhealthy fats.
3. Watch your portion sizes (go to choosemyplate.gov for tips)
4. Manage medications – know what to take, how much, and any side effects

5. Be smoke free (avoid all tobacco products)
6. Check your feet and blood sugar if you have diabetes
7. Know the warning signs of heart attack, stroke, and diabetes
8. Get checked by a doctor regularly (check blood pressure, cholesterol, blood sugar, vision, and feet)

Following these tips can help get you on your way to feeling your best!

Medication Manager

Keeping Track of Medications

Staying on top of what medications you take is important to your overall health. A common barrier to effective medication management is remembering to take your medications in the first place!

One of the most common ways to remember is to put your pills in a pill case. Some people set alarms or reminders on their phone while others have charts where they check off or write down each medication they take and when they take it. Many people link taking their medications to a daily habit or ritual like eating breakfast or brushing their teeth.

Find the method that works best for you and your lifestyle.

Matter of Balance Classes

Walton County Senior Center
Tuesday's (Call 770-267-6589 for time)
September 12 – October 31, 2017

Morgan County Senior Center
Tuesday's
(Call 706-342-1614 for time)
September 26 – November 14, 2017

Live Strong, Live Long

Oglethorpe County Senior Center
Tuesday's, 12:00 – 2:30 p.m.
September 19 – October 24, 2017

More workshops are listed on our web site <http://www.negahealthmatters.org/>

Upcoming Events

Test Yourself

Examining Your Habits

How am I doing?

- I currently eat _____ servings of fruits most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I currently eat _____ servings of vegetables most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I currently eat _____ servings of whole grain products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I currently have _____ servings of milk or other dairy products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I limit the amount of sodium or salt I eat (circle one) Yes No
- I limit how much sugar or sweet foods I eat (circle one) Yes No
- I include endurance, flexibility, and strength-training exercises each week (circle one) Yes No
- I practice the 8 habits to stay healthy (circle one) Yes No
- I use strategies to remember to take my medicine every day (circle one) Yes No

What do I want to change?

This month, I want to do the following to improve my health and well-being:

On a scale of 1 to 10 (1 = low confidence, 10 = high confidence), how confident am I that I can make the change I wrote above? (circle one)

1 2 3 4 5 6 7 8 9 10

Support for this newsletter is also provided by:

The University of Georgia

- College of Family and Consumer Sciences
 - Dept. of Foods and Nutrition
- College of Public Health
 - Dept. of Health Policy and Management
 - Institute of Gerontology

Questions or Comments? Contact us!

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