

# InHealth™ News

Helping you live a healthy life to the fullest.



What's New *InHealth*

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## Staying Fit With an Active Vacation

If you or your family enjoys being physically active, plan an adventure or active vacation that offers great health benefits. Active vacations may take some extra time to determine appropriate destinations, activities, age limitations, equipment, clothing, and accommodations.

Choosing your destination may be the most difficult part of taking an active vacation. Be sure to check travel sites, alumni associations and AAA for discounts on interested vacation spots. Visit your local library to find books, DVDs, CDs, and brochures on adventure hotspots and information.

If planning a trip with a hotel stay, look for hotels that offer tennis lessons, dance lessons, fishing excursions, water park day trips or tours of the surrounding area by bike or walking. Many hotels offer information on local tourist attractions and transportation arrangements.

When heading to a big city, visit museums, zoos, marinas, and parks with large outdoor spaces for walking, biking, or roller blading.

For daring adventures, plan a vacation tackling whitewater rafting, mountain biking, rock climbing, skiing/snowboarding, snorkeling, or scuba diving.

With over 388 national parks available, camping may be a less expensive route for families to enjoy an active vacation. Hiking, swimming, canoeing and kayaking are all great options to consider on a camping trip.

Plan your trip with your children to ensure all activities will be fun for everyone. Pack accordingly, watch the weather, and enjoy an active vacation!

[www.kidshealth.org](http://www.kidshealth.org)

## Personal Safety: Protect Yourself From Violent Crime

The National Crime Prevention Council aims to protect citizens against crime. Since 1982, public service announcements, publications, programs and support have been set up to help maintain safety amongst our nation's citizens. McGruff the Crime Dog is one of the most recognized faces in crime today with a slogan of "Take A Bite Out Of Crime!"

The NCPCC reminds individuals that crime can happen anywhere. Fortunately, violent crimes have decreased significantly since the 1970's and 1980's.

In order to ensure safety, the NCPCC maintains a list of tips on staying safe.

- Do not walk or jog early in the morning or late at night, when streets are desolate.
- When out at night, try to walk with a friend.
- Carry only the money you would need on any given day.
- Limit exposure of personal items such as cell phones, jewelry, wallets, electronics, etc.
- If you think you are being followed, switch directions or turn down another street. If still followed, move quickly to a lighted area such as a restaurant or house, and yell for help.
- Park in well-lighted areas, close to people and doors.
- If someone tries to rob you, give up your property.
- If you are robbed or assaulted, contact the police and try to describe your attacker.
- Do not let anyone into your home if you are suspicious.
- If you feel your children are in a dangerous situation or location, leave immediately and call a crisis hotline.
- If you are a battered spouse, call the police immediately.
- Always lock your car.
- Have your keys out as you approach a door.

## Seven Signs and Symptoms Never to Ignore

Seeking medical attention can be a difficult task for some people. Often, individuals ignore medical issues due to a fear of the doctor, lack of health insurance, or income concerns. If you ever experience any of the following symptoms, take time to seek medical attention. Bypassing these symptoms could lead to further medical complications. The following list contains seven signs and symptoms that should never be ignored.

Make an appointment with your primary care provider if you experience any of these following symptoms:



- \*Unexplained weight loss
- \*Persistent or high fever
- \*Shortness of breath
- \*Unexplained changes in bowel habits
- \*Confusion or personality changes
- \*Feeling full after you eat very little
- \*Flashes of light

[www.mayoclinic.com](http://www.mayoclinic.com)



To take this month's quiz, log in to [www.interrahealth.com](http://www.interrahealth.com).

## First Aid and Safety-Concussions

Nothing can be more traumatic than witnessing an accident or injury to another person. Sometimes, bystanders do not know how to properly assess a situation or understand the extent of an injury. If you or someone else you know gets hit in the head, a mild to severe concussion may be the consequence. A concussion is essentially a temporary loss of brain function, possibly without loss of consciousness.

### Common Signs and Symptoms:

- A change in level of alertness
- Extreme sleepiness
- Bad headache
- Confusion
- Seizure
- Repeated vomiting
- Sensitivity to light
- Memory trouble
- Mood swings
- Increased irritability
- Loss of interest in activity

Seek medical attention immediately to ensure no further injury has occurred. This is especially important in children, as a child's skull may not be fully developed at the time of injury.

Signs and symptoms may not appear until 24-72 hours after the initial injury. If you have questions, call an emergency line or physician immediately.

[www.kidshealth.org](http://www.kidshealth.org)

## Feed Your Skin

While numerous products are available on the market today to help maintain skin health, your diet is one of the most important factors towards keeping a healthy complexion.

### Recommended Foods for Healthy Skin:

- Low-Fat Dairy Products: Contain vitamin A, essential for skin health
- Blackberries, Blueberries, Strawberries, Plums: Contain antioxidants known to fight free radicals
- Salmon, Walnuts, Canola Oil, Flax Seed: Contain fatty acids essential for healthy cell membranes
- Healthy Oils: Contain healthy fats and lubricate skin to keep it looking healthier overall
- Whole-wheat bread, muffins, and cereals; turkey, tuna, and Brazil nuts: Contains selenium, which may protect skin cells from suffering oxidative damage that can increase the risk of cancer and decrease the sun's harmful effects
- Green Tea: Contains anti-inflammatory properties, protects cell membranes, and reduces risk of skin cancer
- Water: Good hydration plays a role in keeping skin healthy, and water with extra minerals is best

[www.webmd.com](http://www.webmd.com)

## Cooled Summer Soup

Summer vegetables are ripe in season. On a hot summer day, take advantage of fresh produce, and enjoy a homemade, cooled soup like Gazpacho. With only 167 calories per serving, Gazpacho offers an acidic bite and full flavor. Various recipes can be found online or in cookbooks. Substitutes or additions to a traditional recipe may include cilantro, sour cream, soaked bread, and cucumbers.

### Ingredient List:

- \* 2 Roma (plum) tomatoes, quartered
- \* 1 large cucumber, peeled and halved
- \* 1 onion, peeled and halved
- \* 1 cup green bell pepper, diced
- \* 1 (4 ounce) jar diced pimento peppers, drained
- \* 2 (12 fluid ounce) cans tomato juice
- \* 1/3 cup olive oil
- \* 1/3 cup red wine vinegar
- \* 1/4 teaspoon hot pepper sauce
- \* 1 1/2 teaspoons salt
- \* 1/8 teaspoon ground black pepper
- \* 2 cloves garlic, minced
- \* 1/2 cup croutons
- \* 1/4 cup chopped fresh chives



### Directions:

1. In a blender combine one tomato, half the cucumber, half the onion, a green bell pepper quarter, the pimento and 1/2 cup tomato juice. Blend at high speed for 30 seconds to puree the vegetables.
2. In a large bowl mix the pureed vegetables with remaining tomato juice, 1/4 cup olive oil, vinegar, hot pepper sauce, salt and ground black pepper. Cover mixture and refrigerate until it is well chilled (about 2 hours).
3. Meanwhile sauté the croutons in oil and add the garlic; transfer to a small bowl.
4. Place remaining chopped tomato, cucumber, onion and green bell pepper in separate bowls. Serve soup in chilled bowls. Garnish with chives, onions, or avocado pieces. Serve with chopped vegetables and croutons or slice bread as accompaniments.

[www.allrecipes.com](http://www.allrecipes.com)

