



## Timely Information for Personal Success

### The ‘Dog Days’ of Exercise

By *Tim Lencki*

**D**id you know that it takes your body almost two weeks to adapt to warmer, more humid weather? With the “dog days” of summer upon us, it’s important to properly prepare for the sun and hot temperatures. Precautions are especially crucial for those of us who like to exercise outside. Consider the following tips for safe exercise during the hot days that lie ahead:



☑ **Take it slow** — If you’re used to exercising inside, or you haven’t been exercising at all, be sure to take it easy at first. Exercising in hot weather puts extra stress on your heart and lungs. Your heart rate also increases as your body tries to dissipate the heat. High humidity makes things even worse. Give your body time to adapt.

☑ **Drink plenty of fluids** — Your body can easily lose up to a quart of water an hour. Your body’s ability to sweat and cool down depends on adequate hydration. Drink water before, during, and after exercise. Drink about 8 ounces every 20 minutes — even if you don’t feel thirsty.

☑ **Dress appropriately** — It’s best to wear lightweight, loose-fitting clothing to allow for circulation between your skin and the environment. Synthetic fabrics, such as polyester with a mesh-like weave, are best as they whisk away sweat. Wear light-colored clothing, too.

☑ **Avoid the peak sunlight hours** — If possible, exercise outside in the morning or evening hours to avoid the intense heat. If this isn’t possible, go to the gym during these times.

#### Summary

Exercise should be an important part of your life. Don’t let hot summer days keep you from experiencing the benefits of exercise. Get outside and enjoy the beautiful weather. But don’t forget to be safe! ❖

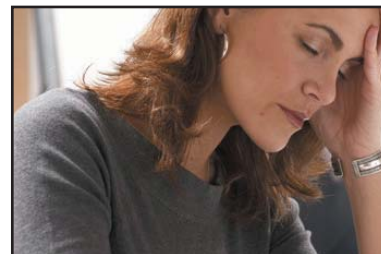
*Tim Lencki is a strength and conditioning specialist and author of “Fitness One Day at a Time.” Visit Tim’s website at [www.thefitnesseducator.com](http://www.thefitnesseducator.com). Editor’s note: The advice in this month’s Lifestyle Tips articles are those of the author’s, and should not be construed as a substitute for medical advice. Consult a physician regarding the applicability of recommendations appearing in these articles.*

### Relieving Financial Distress

**W**ith our economy in a mess and people’s hours getting cut, if they have a job at all, healthy stress relief is crucial.

For many people, the typical ways to relieve stress and seek comfort are through revisiting bad habits — overeating, smoking, and drinking. But these habits only lead to worsened conditions such as weight gain, digestive problems, and increased risk for serious disease.

In times of financial distress, people aren’t thinking about taking care of their bodies. And yet, worry and frustration leads to poor health. Exercise, however, releases hormones in the body called “endorphins.” These hormones, when released, improve your mood and help you feel better, giving you a more positive outlook on life. A better outlook,



*continued on Page 2*

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## Healthy Recipe: Honey-Mustard Chicken Wraps

### INGREDIENTS:

*For the honey-mustard chicken (h-mc):*

- 1 tablespoon (each) olive oil, rosemary
- 2 teaspoons (each) white wine vinegar, Dijon mustard, honey
- 1 small chicken breast (4 ounces)
- 1/4 teaspoon salt, pinch of cayenne pepper

*For the wrap:*

- 1 large flour tortilla; 1 large lettuce leaf (shredded)
- 1 teaspoon diced, sweet onion
- 2 tablespoons low-fat whipped cream cheese

**Serving size:** 1 wrap



### NUTRITIONAL INFORMATION:

- Calories per serving: 515; Total fat, 9 g.
- Protein: 63 g; Carbohydrates: 42 g.

### DIRECTIONS:

*For chicken:* ❶ Mix olive oil, vinegar, other h-mc ingredients together in large resealable plastic bag. Add chicken, seal bag. Turn bag over several times to thoroughly coat chicken with marinade; refrigerate at least 30 minutes. ❷ Preheat grill to medium high. ❸ Remove chicken from marinade, discard excess. ❹ Grill breast until brown, about 4 minutes each side. Remove from grill, cut into small pieces. *For wrap:* ❺ In small bowl, combine cream cheese, onion, salt & pepper to taste; ❻ Lay tortilla on surface, spread cream cheese mixture in middle. Place lettuce & chicken in center of tortilla. Tightly wrap tortilla into cylinder with seam side down. ❖

Remember, for confidential assistance call:



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## What is Functional Strength Training?

**Q:** I'm not interested in lifting enormous amounts of weights, or losing sleep due to muscle soreness. I've heard that functional strength training can help. Is that true?

**A:** Yes. Functional strength training involves training our bodies to better perform the types of movements we use for everyday living. It involves weight-bearing activities targeting core muscles (abs and lower back). The beauty of this type of training is that it's more interesting than sitting on a machine and doing some repetitions.

Whether you realize it or not, everyday movements are a form of strength training, balance, power, and flexibility. Let me categorize into groups to better illustrate:

- ❖ **Lifting:** picking up a laundry basket, grocery bags, children, etc.;
- ❖ **Reaching** (flexibility): grabbing dishes off shelves, picking objects off the floor, etc.;
- ❖ **Power:** Going up stairs, walking on an incline, standing up from a chair; and
- ❖ **Balancing:** Walking, getting into a canoe, etc.

Benefits of functional strength training include improved strength, balance, coordination, and range of motion. A variety of simple, inexpensive equipment (i.e. dumbbells, resistance tubes — see related article, page 2 — and balls, etc). The choices are only limited by your imagination. ❖

- Tim Lencki

## Relieving Financial Stress

*continued from Page 1*

in turn, will better equip you to handle stress.

Don't let an inability to pay for a gym membership or buy expensive equipment get in the way. You can still become active. Resistance tubes, for instance, can be used by people at all levels of fitness, and they cost under \$10. These tubes can help you do numerous exercises for the upper and lower body. Go online and google "resistance tubing" for exercise options. Even with only a simple tube and your own body-weight for resistance, you can do sit-ups, push-ups, pull-ups, lunges, squats, and many others.

To strengthen your heart and build endurance, get outside and jog, bike, hike, play a recreational sport, or visit a county or state park and enjoy everything it has to offer.

### Summary

These are stressful times for many of us, but don't resort to bad habits to relieve them. Start by spending a few minutes a day getting physically active. The only thing it'll cost you is time. Be creative, and have fun. ❖

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## Building a Bridge to Success

Anyone reading *Lifestyle Tips* wants to be successful. Build a bridge to success by choosing to embrace change, be persistent, and use your time wisely. Consider the following quotes:

- **Richard Nixon:** "A man is not finished when he's defeated, he's finished when he quits. ...Be persistent and learn from your mistakes."
- **Henry David Thoreau:** "Things do not change, *we* change."
- **H. Jackson Brown:** "Don't say you don't have enough time. You have exactly the same number of hours that were given to Helen Keller, Mother Teresa, Thomas Jefferson, and Albert Einstein." ❖

