

Enjoy Summer...While It Lasts

Take time to be Health Conscious



by B J Armstrong

D foods in the summer, try to eat salmon, beef liver, egg yolks, sardines, mackerel and fortified milk and cereal at least once a week.

Usually, summertime is not a time to eat big meals and lie down. It's a time for activity, fun and light meals. So just enjoy this month, because the season is changing soon and we will be slowing down somewhat. I hope you have had an enjoyable summer.

"Life is lived looking forward, but understood looking backward."

-Anonymous

August is the end of the summer season.

We pack everything into the month for that reason.

There's picnics, camping, vacations and such.

So many activities that we enjoy so very much.

We'll soon get ready for school and that's very cool.

No more swimming, unless it's in an inside pool.

The summer season gives us much to do in the sun.

But, we'll soon find other things to do for fun.

People stay up later during the summer-time. Lack of sleep can change the way your body handles glucose.

This is your cells main source of energy. Energy is important in the summer in order to do all of your activities.

Fewer hours of sleep makes the immune system unable to fight off illness.

Skimming on sleep may disrupt the secretion of hormones used to control the appetite.

Not getting sleep is considered a risk factor for packing on the pounds.

Just these few statements are enough to prove that lack of sleep is bad for you.

Research has found that just one night of missed sleep raises the blood pressure the next day.

People with Sleep Apnea face a higher risk of developing high blood pressure, stroke,

irregular heart beat and heart trouble than people without this disease.

Of course, this is a condition that causes you to stop breathing for short periods of time at night.

I have two children with this problem.

There are sleep-stealers that rob you of a good night's sleep.

Night-time workouts - Do these three hours before bed-time.

Nicotine - Avoid smoking just before going to bed.

Alcohol - Keeps you from reaching deep-sleep stages.

Caffeine - Avoid it before going to bed.

Spicy Meals - They can give you heartburn or reflux problems.

If you think staying up late is no big deal. Wrong.

Sleeplessness can be hazardous to your health.

Research points to an increase to the risk of depression.

Good health needs 8 to 10 hours of sleep.

August is time for outdoor summer fun.

Not only are the sunshine and fresh air good for you,

but long summer days are perfect for exercising and socializing.

Here are a few suggestions for people of all ages:

Nature walk - A nature walk is a fun way to spend a beautiful day and learn

about nature. You might take along binoculars so you can get a close up view of any wildlife that you may encounter.

Bike Riding - Bike riding is a wonderful way to spend

quality time with the family. You may want to attempt a longer ride on the weekend.

Put on your helmet, check the tires and hit the road.

Badminton - This is a backyard sport that doesn't require expensive equipment.

An early form of the game was played in ancient Greece and Egypt.

Today, it's even an Olympic sport.

Horseshoes - This is another backyard sport that only requires two spikes and horseshoes.

It's a pleasant way to get some moderate exercise while socializing with family and friends.

Water Volleyball - This is a wonderful way to cool off

Summer is bursting with delicious and healthy vegetables and fruits to eat. Enjoy the following in ABC order:

A pricots	H oney Dew
B eets	K iwifruit
B ell Peppers	L ima Beans
B lueberries	O kra
C antaloupe	P ea
C herries	R adishes
C ucumbers	R aspberries
E ggplant	S quash
F igs	S trawberries
G rapefruit	T omatoes
G rapes	W atermelon
G reen Beans	Z ucchini

on a hot summer day. All you need is a swimming pool, net, volleyball and friends.

The game provides excellent low impact exercise.

Croquet - This is a generation game for kids, parents and grandparents.

It can become a competitive game for teenagers and keep them home in the backyard.

Croquet sets are fairly inexpensive and the rules are easy to understand.

Explore a New Park - Spend a couple of hours checking out the new park.

Take along a sack lunch and enjoy the fresh air in a shaded area.

Take a hike on the trails. Equipment can be very minimum; a blanket, a deck of cards and a ball or

frisbee.

There are so many fun activities to do in the summer time.

Whatever activity you choose, make sure to drink plenty of water.

You might or might not be aware that fruits and vegetables are excellent sources of antioxidants.

That's not all. They are filled with vitamins, minerals and fiber.

Not only will you get the nutrients you need but you won't have to worry about the waistline (unless you eat too much).

But the fruits and vegetables listed in the box to the left are low in calories and fat.

Get the Vitamin D you need while protecting yourself from the sun.

This vitamin plays a vital role in your bone health.

It helps your body absorb calcium and maintain blood levels of calcium and phosphorus.

Never expose your skin to noonday sun for long periods of time.

Although it may be hard to eat Vitamin

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