

## Dean's Corner:

### Call to Action!

What wellness initiatives have your departments implemented? What wellness topics would your colleagues like to know more about? Get in touch and share with us your ideas, action plans and requests that are under way within your departments!

### Writers Wanted:

Our goal is to provide evidence-based health tips and resources you can use to share with colleagues and promote a healthier,

happier LVHN. If you have an article you'd like to contribute, we want to hear from you!

Please email:

[kristin\\_b.behler@lvhn.org](mailto:kristin_b.behler@lvhn.org) for details.

## Tip!



The summer is a great opportunity to try something new or go back to a sport you once loved. With so many fitness options available you are bound to find a few that you love! What will you try this summer? Golf, swimming, tennis, running, walking, yoga, softball, volleyball? The choices are endless!

## Taking Steps Toward Better Health

Taking command of your health is one of the most meaningful commitments you will make. By taking care of your health, you are able to serve as a role model to your family, friends and co-workers.

Here are six steps that will make the healthiest impact:

- **Eat healthy foods.** [ChooseMyPlate.gov](http://ChooseMyPlate.gov) makes changing your diet easy by offering suggestions of foods you should eat more often as well as foods you should eat much less. Building a strong support network at home and at work will help you and others avoid temptations and stick to a healthy diet.
- **Commit to daily exercise.** Finding blocks of time each day to exercise can prove challenging, but research shows that breaking up the recommended 30 minutes of exercise per day into smaller increments of 5 to 10 minutes can still provide health benefits when performed consistently.
- **Get adequate sleep.** A recent study conducted by the Centers for Disease Control found that too little or too much sleep may be linked to chronic diseases such as diabetes, heart disease and obesity. Adhering to a sleep schedule or bedtime ritual, such as going to bed and getting up at the same time every day, can reinforce your body's "sleep-wake" cycle.
- **Get the right amount of Vitamin D.** Having your daily dose of vitamin D is essential when it comes to promoting strong bones and teeth, boosting the immune system, lowering the risk of developing certain kinds of cancer and playing a role in maintaining a healthy body weight. Vitamin D can be absorbed by the body naturally from direct sunlight.
- **Drink plenty of water.** Nearly every system in the body requires water to function properly. The Institute of Medicine advises that men and women try to consume 3.7 liters (16 cups) and 2.7 liters (11 cups), respectively, which includes water found in food and other beverages.
- **Schedule a wellness checkup.** A primary care physician will help you stay healthy, manage illness and prevent disease. It's important to have your blood pressure, blood sugar, cholesterol, BMI checked regularly.



## Group Fitness at LVHN Fitness (1243 S. Cedar Crest)

Check out one of these exhilarating classes or find one to fit your needs at [LVHN Fitness!](#)

### Tabata

A 30-minute maximal workout including a variety of high-intensity intervals.

M, W, F: 4:30pm

### Yogalatte

A 45-minute fusion class of Pilates and Yoga for core and body conditioning.

Tu: 5:15pm

### Staying Strong

A 60-minute low-impact cardio/strength training workout to maintain muscle and enhance bone density.

Tu, Th: 8:30am

## Stop the Itch Before it Stops You

Summer is a great time to get outdoors for some fresh air and exercise! Don't let pesky insect bites or itchy poison ivy get in the way. Natural Standard, an evidence-based resource, available through LVHN's digital library, offers conventional and natural remedies as well as prevention tips to help you get through summer itch-free!

**Mosquito and tick bites** are the most common insect bites. Bites from either insect do not normally cause serious health problems, however, complications can arise if bitten by a mosquito carrying the malaria or West Nile virus or a tick carrying Lyme Disease. The [Insect bites](#) database in Natural Standard covers symptoms, diagnosis, treatments, complications, integrative therapies, insect repellants, and prevention for these and many other bug bites.

**When choosing an insect repellent, look for these active ingredients:**



**DEET  
Oil of Eucalyptus  
Permethrin  
Picardin**

**Poison Ivy**, the most common plant-associated cause of allergic dermatitis, can certainly put a halt on your summertime hike if not avoided. Poison Ivy can be found, not only on hiking trails in the wilderness, but also right in your backyard garden. A study showed that washing the exposed area with Tecnu®, Goop®, or liquid dishwashing soap reduced the outbreak by as much as 70%. Alternative treatments, such as vinegar and acupuncture have also been used to treat the dermatitis. Use the [Poison ivy](#) database to familiarize yourself with the identifying characteristics of the plant from spring through fall and to learn about symptoms and helpful treatments.

To access Natural Standard from the LVHN Intranet Home Page, go to:

**FIND FAST > Library Services > Drug Resources > Natural Standard.**

You may also contact Library Services at 610-402-8410 or email [LibraryServices@lvhn.org](mailto:LibraryServices@lvhn.org) for assistance with searches in Natural Standard or if you have additional questions.

## Recipe Box

### Healthy Broccoli Salad

2 heads Broccoli	1/2 cup Low Fat Cheddar
1 cup Plain Yogurt	2 T Apple Cider Vinegar
2 T Sugar	1/4 cup Sunflower Seeds
1 Medium Red Onion (diced)	1/2 cup Raisins



#### Directions:

Cut broccoli into mini florets. Combine yogurt, vinegar, and sugar to make the dressing. Add all other ingredients including the broccoli and toss with the yogurt dressing. Chill before serving.

**Nutrition Information:** Calories: 145.5; Total Fat: 3.6g; Cholesterol: 3.4mg; Sodium: 107.5mg; Potassium: 703.3mg; Total Carbohydrate: 23.7g; Sugars: 11.5g; Protein: 9.1g

Source: LVHN.org Wellness Resources

## Around Our Community... Get Active-Get Involved!

### Get Out! Lehigh Valley Ringing Rocks County Park June 7; 10am (rain or shine)

A family adventure which includes two 1/4-mile walks, one to the famous ringing rocks boulder field and the other to a 30-foot waterfall. Call 610-402-CARE to register. Space is limited

### "Dutch Country" Bicycle Races July 27; 9am

Shift gears and get on your bike for either the 15-Mile Bicycle Race or 5-Mile Family Fun Ride on a closed road course through the rolling farmland just west of Cabela's in Hamburg. Cost: \$20 and \$5 [www.bluemountainwildlife.com](http://www.bluemountainwildlife.com)



### September 6 & 7; 7:30am ArtsQuest, Bethlehem

Support Via of the Lehigh Valley through this 2-day race event. The event raises money for Via's services for children and adults with disabilities like autism, cerebral palsy and Down syndrome. LVHN Employees who register early may be eligible for a discount. Call 402-CARE for details. [www.viamarathon.com](http://www.viamarathon.com)

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