



Wellness at DuPage

Quarterly Newsletter

Summer 2018

Summer Tips for Seniors

1. **Drink plenty of fluids** Aim to drink 6 to 8 glasses of water per day. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity.



2. **Pick the right outfit with accessories** When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe.

3. **Turn on your air conditioning** Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air conditioning.

4. **Be an early bird or night owl** The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.

5. **Watch for heat stroke** It is extremely important to watch for signs of heat stroke, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse.

6. **Check on friends and family** Use the rising temperatures as an opportunity to catch up with your neighbors and relatives, especially the elderly and those who do not have air conditioning.

7. **Wear sunscreen** Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more.



Exercise Better than Vitamin D Supplements for Seniors

Many older adults should avoid taking vitamin D and calcium to prevent falls and fractures, and focus on exercise to improve balance and coordination. Vitamin D helps the body use calcium to support bone health but there isn't enough evidence to determine benefits and harms of taking supplements to prevent falls in men or women. Doctors are focusing on other approaches to fall and fracture prevention that incorporate exercise and balance activities and address things that contribute to falls like vision loss and medication side effects.

Upcoming Class

Senior Martial Arts

Location: The Wellness Center

Date Thursdays, June 28th – August 2nd at 1:00PM



This 6 week beginner class is designed to improve balance, posture, muscular coordination, flexibility, and reaction time using martial arts movements that have been modified for seniors.

Recipe

Incorporating vegetables into every meal can be difficult-this is why green smoothies are so great! Adding vegetables and fruit together usually masks the actual vegetable taste, allows you to get the vital nutrients from produce in its raw state, and starts your day with a burst of energy. One smoothie equals about two to three servings of produce, so if you drink one in the morning, you're already halfway to your daily recommended intake. Here's an example:

Blue Pineapple Smoothie Blend and enjoy!

4 oz pineapple		1 tsp acai berry powder
3 oz tomatoes		1 tbsp hemp seed
2 oz blueberries		1/2 cup water
1 orange - peeled		1 cup ice

Welcome New Members

Susan Psihas
Jackie Jungemann
Cindy Allston

Herta Tucker
Carol Robin
Pat & Lincoln Read

Contact Info

Lauren Lehr, Exercise Physiologist
Lauren.Lehr@dupageco.org
Phone: 630-784-4246
Fax: 630-784-4405

