

QuikQuiz:TM Test Your Safety Smarts



It's **National Safety Month**, a good time to test your knowledge. Take this quiz to see where you stand on safety:

- 1 A study by AAA found that rearview camera systems:
 - a. Improved rear visibility an average of 46%.
 - b. Improved rear visibility an average of 16%.
 - c. Didn't make a difference in the number of accidents.
 - d. Only work during the day.
- 2 The sunglasses that protect your eyes the best:
 - a. Are polarized.
 - b. Have dark green lenses.
 - c. Block 100% of the sun's UV rays.
 - d. Both a and b.
- 3 Brake failure warning signs include:
 - a. Increased stopping distance.
 - b. Squeaking, grinding or squealing noises.
 - c. Shaking, vibrating or pulling.
 - d. All of the above.
- 4 If chemicals splash into your eyes, you should:
 - a. Neutralize them with another substance.
 - b. Flush the eyes with water for at least 15 minutes and then seek medical attention.
 - c. Go to the emergency room immediately.
 - d. Put on safety goggles and continue working.
- 5 If you see a flooded roadway:
 - a. Turn around and find another way.
 - b. Drive through it slowly.
 - c. Get out of your car and walk through it.
 - d. None of the above.

>> Answers continued on back.



Hydration Rules

With hot weather in season, it's important to stay hydrated during outdoor recreation and work. The human body is about 60% water, so it depends on hydration to survive and function well.



Those at risk for under-hydration include:

- athletes and those who exercise intensely.
- those who work and sweat in hot or humid weather.
- those with fever, vomiting or diarrhea.
- those taking certain medications, including diuretics.

Outward warning signs of dehydration are fatigue, dizziness, confusion, headache, low blood pressure and dark urine. Symptoms can be more severe in sick or elderly people.

How much fluid (including water) do we need to stay hydrated? For the average, healthy adult living in a temperate climate the National Academies of Science suggest this daily intake:

Men: about 15½ cups of fluid.

Women: about 11½ cups of fluid.

Preferably, these amounts include about 8 cups of water (starting in adolescence) and other beverages and food; about 20% of fluid intake comes from food.

Circuit Workouts

For renewed energy, fitness and fun, consider circuit training. It's a flexible and efficient gym routine that maximizes your exercise time. A typical circuit training course offers multiple exercise stations — after you complete 1 station, you quickly move to the next station without resting.

You can choose a course focused on muscle workouts with stations that alternate resistance exercise for strengthening your core and various muscle groups using body weight and free weights, for example.

Another popular routine combines strength training with cardiovascular stints with elliptical, rowing and other machine workouts. >> Continued on back.



Men, It's Your Health Month

June is Men's Health Month, which marks the importance of men maintaining their well-being. Paying attention to signs of physical and mental trouble can lead to earlier treatment, before a condition worsens.



One trouble sign is excess belly fat, a serious medical condition afflicting many Americans today. Regardless of what you weigh, carrying a lot of fat around your vital organs increases your risk for several serious diseases.

Use a tape measure to check your waist circumference:

(1) Stand and place a tape measure around your bare stomach, just above your hipbone. (2) Make sure the tape is level all the way around. (3) Relax, exhale and measure your waist (without sucking in your belly).

Men having a waist measure more than 40 inches are at risk for:

- cardiovascular disease.
- type 2 diabetes.
- colorectal cancer.
- sleep apnea.
- premature death from any cause.



For help losing your belly fat, why not make an appointment with your health care provider now?

Getting good care is easier when your provider is easy to talk with. Observe Men's Health Month by asking about routine preventive exams, including cholesterol checks, type 2 diabetes screening by age 45 and colonoscopy starting at age 50 or sooner based on your weight and family history.

Real riches are the riches possessed **inside.** — *B.C. Forbes*

Circuit Workouts >> *Continued from front.*

You can burn more calories with circuit training:

In a 1-hour session, a 150-pound person burns about 308 calories at a moderate intensity, and 573 calories at a vigorous intensity.

Locate nearby gyms offering circuit training stations and interview onsite instructors. Consider enlisting a certified personal trainer to design a personal course for use at a gym or in your own home. To learn more, visit ACE Fitness at acefitness.org and search for **20-minute at-home bodyweight circuit.**

Make Your Own Healthy Snacks

By *Cara Rosenbloom, RD*

It's easy to grab a snack when you're on the run, but is it nutritious?

The truth is, most convenient snacks are actually treats. A healthful snack is a mini-meal that provides some nutritional value, such as an apple, almonds or vegetables with hummus. A treat is an indulgent food that provides mostly sugar, fat and salt, such as chocolate bars, pastries and chips; they're generally low in protein, fiber, vitamins and minerals.

Sometimes when we're hungry for a snack, we reach for a treat instead because it's the most convenient solution. But with simple planning, you can carry healthy homemade snacks when you're on the go. **Here are some easy, tasty ideas:**

Trail mix: Make your own mix from almonds, sunflower seeds, peanuts, a few raisins, roasted chickpeas or other favorite fruit and nuts. Skip sugar-rich chocolate chips, fried banana chips or yogurt-coated raisins, which are popular in commercial trail mixes.



Energy bites: Often called bliss bites, these easy-to-create nuggets are a portable mixture of nut butter, oats and seeds. They are a great fuel for busy travel days, and make a great post-workout snack.

Fruits and vegetables: Toss some carrot sticks, grapes, red pepper or apple slices in sealed containers for easy snacks on the run.



Wrap it up: Spread nut butter on a whole-grain pita or tortilla, add a whole banana, and wrap it. You can cut it into rounds or eat it like a burrito.

Popcorn: This whole-grain food is surprisingly healthy. Pop your own and add some nutritional yeast for a hit of savory flavor (with less salt) and a whole bunch of B vitamins.



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ANSWERS >> *Continued from front.*

- 1 a** – A study by AAA found that rearview camera systems improved rear visibility an average of 46%.
- 2 c** – The sunglasses that best protect your eyes block 100% of the sun's UV rays. Lens color and polarization don't matter.
- 3 d** – Brake failure warning signs include increased stopping distance, grinding squeaking, or squealing noises and shaking, vibrating, or pulling.
- 4 b** – If chemicals get in your eyes, flush the eyes with water for at least 15 minutes and seek medical attention.
- 5 a** – If you see a flooded roadway, turn around and find another way to your destination. If you're told to evacuate, do so immediately.



Reach your personal best with Smart Moves at www.personalbest.com/extras/18V6tools.

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