

HEALTHY TIPS



YMCA OF GREATER FORT WAYNE

347 W. Berry St., Fort Wayne, IN 46802

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www.fwymca.org

The YMCA of Greater Fort Wayne is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

HEALTHY LIVING

START A CHAIR YOGA ROUTINE

If you need to reduce stress at your desk, look no further than a good stretch! Throughout a typical day, it's normal for tension to build up in our shoulders, neck, and back. Doing a few simple yoga moves can help relieve that tension – and you can do it while seated in a chair! Spend a few moments stretching your muscles and letting stress go!



The benefits of exercise as stress relief are well-documented, but it's understandable if you can't always get up and take a walk during a stressful day. Fortunately, you can still engage in some light physical activity without having to leave your work station or desk. Any movement is good for your body as well as your mind; it will get your blood flowing and direct more oxygen to your brain.

Chair yoga is a great practice for anyone with limited mobility, but it can also help people who are active. The chair serves as support for modified versions of traditional yoga poses that target the shoulders, back, neck, and other muscle groups. Accompanied by some deep, cleansing breaths, these chair yoga poses can help calm the body and mind while easing muscle tension. Doing chair yoga poses can also break up long hours spent at a desk, adding some necessary movement to prevent a sedentary day.

Source: [DeStress Monday](#)

SAVE THE DATE

2018 WORKPLACE WELLNESS AWARDS

WHEN: WEDNESDAY, OCTOBER 24, 2018

WHERE: PARKVIEW MIRRO CENTER

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WHAT'S HAPPENING AT THE Y?

HELPING YOU LIVE BETTER

Join the Whitley County Family YMCA for the next session of Pedaling for Parkinson's starting June 5th. Research conducted at the Cleveland Clinic showed 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace, optimally, 80-90 revolutions per minute. We do know that fast-paced cycling is changing the lives of an increasing number of participants who had no hope beyond medication and surgery to slow the progression of their disease. This program requires a healthcare provider referral. Questions? Contact [Samara Thompson](#) at 260.244.9622.

SHARE YOUR TIME AND TALENTS

Every month the YMCA of Greater Fort Wayne provides opportunities to volunteer with members and friends. It's one of the many ways we live out our mission and strengthen the foundations of our community. Check out our upcoming volunteer opportunities [HERE!](#)

Visit our website at www.fwymca.org to find out what else is happening this month!

ENJOY THIS ISSUE?

Share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact us at hereforyou@fwymca.org



LIVE HEALTHY

INFUSED WATER TIPS TO KEEP YOU HYDRATED THIS SUMMER

As the hot humid days of summer approach, now is the time to get into the habit of drinking more water. Think of water as the most essential nutrient our body needs. Dehydration occurs when your body does not have as much water and fluids as it needs to maintain normal functions. Signs of dehydration in adults can include headaches, extreme thirst, less frequent or dark-colored urine, fatigue, dizziness, and even confusion. Children and older adults can be at especially high risk for dehydration.

The best way to prevent dehydration is to drink plenty of fluids and eat foods high in water such as fruits and vegetables. Adding fruit and vegetables to your water is an easy and delicious way to increase your daily water intake. Infused water can be made up of any combination of fruits, vegetables, and herbs. This refreshing drink is bursting with flavor, and has virtually no calories.

- When buying fresh fruit, inspect produce thoroughly for intactness and choose fruit without any bruises or damage.
- When buying pre-cut fresh fruit, such as watermelon cubes, only choose refrigerated items or items surrounded by ice.
- Before preparing, wash hands thoroughly with soap under warm running water for 20 seconds.
- Wash all your fruits, vegetables, and herbs before cutting.

Infused waters are meant to be consumed fresh. You should always drink un-refrigerated infused waters the same day as infusing. Large batches of infused waters can be made and stored in the refrigerator for up to three days—be sure to add more water to your container when the water is half way down.

Infused waters can serve as a powerful tool in helping you to achieve and maintain a healthy lifestyle. I encourage you all to drink plenty of water frequently throughout the day – do not to wait until you notice symptoms of dehydration before taking action.

Enjoy, and bottoms up!



Jessi Butler

Dietetic Intern, University of Saint Francis

HEALTHY RECIPE

INFUSED WATER COMBOS

INGREDIENTS:

Strawberry, Basil and Lemon

- 1/2 cup strawberries stemmed and sliced, fresh or frozen
- 5 large basil leaves
- 1 lemon thinly sliced

Cucumber, Rosemary and Grapefruit

- 1/2 medium cucumber
- 2 sprigs of rosemary
- 1/2 small grapefruit, sliced in rounds

Blackberry, Sage and Lime

- 1/2 cup blackberries
- 3-4 sage leaves
- 1/2 lime, sliced in rounds

DIRECTIONS:

Add the ingredients for each flavored water to a 1 quart jar or container. To release more flavor, you can squeeze ingredients like grapefruit, lime, and lemon into the jar first, then add in water. For ingredients like blackberries, you can muddle with a spoon in the jar or puncture with a fork to release color and flavor.

Source: Jessi Butler, Dietetic Intern, University of Saint Francis

TIP OF THE MONTH

UTILIZE THE FREEZER

Freezing is a natural way of preserving food, while locking in freshness and nutrition. You can serve up complete meals from the freezer, or use pre-washed, pre-cut items to make meal prep easy. Plus, keeping frozen foods on hand can help minimize food waste. Simply keep them in the freezer until you're ready to enjoy!

Source: Kroger MyMagazine