

# Health & Fitness News

**July 2014**

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## **Fitness Facts**

Studies suggest it takes 70 muscles in our body to speak a single word.

The oldest person ever to complete a marathon was born in 1911, making him 100 years old at the time.

## **Plan A Healthy Summer Cookout**

The summer months are packed full of reasons and holidays to have a cookout. However, these fun cookouts can be not-so-fun for our healthy eating habits. Here are a few simple suggestions for making your next cookout a health one!

For a main course instead of high-fat hamburgers and hot dogs, choose lower-fat proteins. It'll be a great change-up from traditional cookout foods, and your waistline will thank you. Some examples are: fresh fish grilled whole, in steaks or filets, or on a kebob. Salmon



and shrimp are also great grilling options. Whole chicken or chicken breasts can be made in a variety of ways marinating with vinaigrettes, barbecue sauce, or your favorite seasoning. If using chicken with skin, remove the skin before eating. Grill cuts of lean pork or beef tenderloin using the same methods.

Grilled vegetables make for a great entrée or side dish. Use vegetables with hearty flavors like portobello mushrooms, squash, onions, and peppers for grilling. Get creative with kebobs by using fresh fruit, strawberries, melon, grapes and pineapple. Serve baked tortilla chips with fresh salsa or guacamole. *(Cont. on back page)*

## **Exercising in the Heat**

Summer is here and we all want to get outside and be active. With the summer sun shining and outdoor sports in full swing it's important to remember to stay safe in hot and humid conditions. The number one rule is to always be aware of possible conditions and plan ahead. Bring more water than you think you will need.

Always remember to watch for the signs of dehydration, heat exhaustion, and heat stroke. The symptoms of dehydration include dry mouth, thirst, loss of energy, headache, light-headedness, dry skin. Drinking more water is usually enough to reverse mild dehydration.

Symptoms of heat exhaustion to watch out for are confusion, dizziness, fainting, fatigue, headache, muscle cramps, nausea, pale skin, profuse sweating, rapid heartbeat. If someone is suffering from heat exhaustion get them out of the heat immediately.

Heat stroke is very serious and requires immediate medical attention. Symptoms include lack of sweating despite heat, nausea, confusion, disorientation, seizures, or loss of consciousness. If you suspect that someone has heat stroke call 911. Have fun exercising outdoors this summer and be safe out there.

# Plan A Healthy Summer Cookout (cont.)



Limit calories and saturated fat in salads by using vinaigrette dressing, a mixture of extra virgin olive oil, an acid (such as lemon juice, red wine vinegar or balsamic vinegar) and fresh herbs and spices. Homemade pesto sauce is a

refreshing and healthy change in your whole wheat-pasta or potato salad.

Serve grilled stone fruit or grilled pineapple for dessert. Mixed berries with yogurt and honey are another healthy swap. For drinks, serve tonics water with a splash of lime or lemon juice or ice water with cucumber and lemon slices for refreshing summer flavors.

## Recipe of the Month: Quinoa and Bean Pilaf

### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 bell peppers (1 red, 1 green), cut into 1/2-inch pieces
- 3 scallions, sliced (white and green parts separated)
- 2 stalks celery, diced
- 2 cloves garlic, finely chopped
- 2 tablespoons tomato paste
- Pinch of cayenne pepper
- Kosher salt
- 1 cup quinoa
- 2 15 -ounce cans black and/or kidney beans, drained and rinsed
- 4 cups baby spinach (about 3 ounces)
- 1/2 cup shredded cheddar or pepper jack cheese
- Hot sauce, for serving (optional)

### Directions:

Heat olive oil in a large skillet over medium-high heat. Add the bell peppers, scallion whites and celery. Cook, stirring, until soft, about 5 minutes. Add the garlic, tomato paste, cayenne and 1/2 teaspoon salt and cook, stirring often, about 2 minutes. Stir in the quinoa, then add 2 cups water and the beans. Bring to a simmer and cook, stirring often, about 15 minutes. Add up to 1/4 cup more water if necessary.

Remove the skillet from the heat and stir in the spinach

until just wilted. Stir in 1/2 teaspoon salt and half each of the scallion greens and cheese. Divide among bowls and sprinkle with the remaining scallion greens and cheese. Serve with hot sauce.



## Summer Events Around Columbus

### \*Walk with a Doc

Saturdays and Sundays  
8:30-9:30am @ Various Locations around Columbus  
[www.walkwithadoc.org](http://www.walkwithadoc.org)

### \*Central Ohio Heart Walk

August 23 @ 9:00am  
Email [jemorel@columbus.gov](mailto:jemorel@columbus.gov) for team information

### \*Diabetes Prevention Program

Email [jemorel@columbus.gov](mailto:jemorel@columbus.gov) for more information

### \*Cols. Public Health Farmer's Market

July 31, Aug 7, Aug 14  
10am-1pm, 240 Parson's Ave

## FSF Contact Information

To learn more about other events at Front Street Fitness:

<http://www.columbus.gov/employeefitnesscenter>

[Frontstreetfitness@columbus.gov](mailto:Frontstreetfitness@columbus.gov)

(614) 645-3979

*This newsletter is brought to you by the Front Street Fitness Exercise Specialists and the Columbus State Community College Human Performance Center. Newsletter compiled by Dawn Skedell.*