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SWOSU BULLDOG WELLNESS

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## July 2023

SWOSU Bulldog Wellness Committee

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# SWOSU

## Bulldog Wellness

July 2023



As you celebrate Independence Day and enjoy the month of July, please check out the following healthy recipes and safety tips!



### [Healthy 4th of July Dinner Recipes \(eatingwell.com\)](https://www.eatingwell.com/recipes/healthy-4th-july-dinner-recipes/)

Enjoying the **4<sup>th</sup> of July** does not mean you have to get off track with your health goals. Check out healthier recipes for hamburgers, BBQ chicken, fajitas, kabobs, and more from the food and nutrition experts at EatingWell.

### [Healthy Blueberry Recipes \(eatingwell.com\)](https://www.eatingwell.com/recipes/healthy-blueberry-recipes/)

**July is National Blueberry Month!** Find healthy and tasty blueberry recipes to celebrate!



### [Healthy Homemade Ice Cream Recipes \(eatingwell.com\)](https://www.eatingwell.com/recipes/healthy-homemade-ice-cream-recipes/)

**July is National Ice Cream Month!** Ice cream is delicious but can be heavy in saturated fat, cholesterol, and sugar – items we already consume too much of. Check out alternate homemade recipes for increasing the nutrients we need (protein, vitamins, minerals) and decreasing the ones we need to limit while maintaining flavor and enjoyment.

### [How to Stay Active in Warm Weather | American Heart Association](https://www.heart.org/en/healthy-living/active/how-to-stay-active-in-warm-weather)

The American Heart Association has several recommendations for how to safely stay active in warm weather. Here are a few tips:

1. **Timing is key:** Try to avoid physical activity outside in the early afternoon. It is usually hottest between noon and 3PM.
2. **Hydrate:** Drink water before, during and after physical activity, even if you do not feel thirsty. Bring a bottle of water with you, or plan water stops along your route.
3. **Dress for success:** Wear lightweight, light-colored, loose-fitting clothes. Moisture-wicking fabric can also be a big help. Protect yourself from the sun with sunglasses, a hat or visor and plenty of sweat-resistant sunscreen.
4. **Listen to your body:** Take frequent breaks in the shade, and drink water before you're thirsty. Allow yourself time to adapt to the heat -- some experts say that this can take about 4-14 days. You may not be able to work out as long or as hard as usual when it's very hot.

5. **Doctor's orders:** Check with your healthcare professional before starting an exercise routine or moving your workout outdoors if you have cardiovascular disease, diabetes, other chronic disease, or any medical concerns. Certain medications like beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics can exaggerate the body's response to heat.
6. **Buddy up:** If you can, work out with a partner for safety ... and fun!



[Fireworks | CPSC.gov](https://www.cpsc.gov)

**Celebrate safely!**

