



HEAT RELIEF TIPS

- ◇ Drink more fluids regardless of activity level, do not wait until thirsty.
- ◇ Avoid alcohol and large amounts of sugar in drinks. Also very cold drinks can cause stomach cramps.
- ◇ NEVER leave anyone in a closed, parked vehicle. Children, adults 65 yrs. and older, people with mental or physical illness are at greater risk.
- ◇ Wear lightweight, light-colored, loose-fitting clothing.
- ◇ Visit people at risk at least twice a day. CDC

Watermelon-Strawberry Smoothie
 152 calories; 2 g fat; 7 mg cholesterol;
 28 g carbohydrates; 0 g added sugars;
 8 g protein; 2 g fiber; 90 mg sodium;
 593 mg potassium.

Ingredients:

- 2 cups frozen strawberries
- 1 cup chopped watermelon
- 1 cup low-fat plain yogurt
- 2 teaspoons honey (optional)
- Squeeze of lime juice

Combine strawberries, watermelon, yogurt, honey (if using) and lime juice in a blender. Puree until smooth. Makes 2 servings.



FIT IN FITNESS:

You can get a workout in during TV commercial breaks. Some exercises don't even require getting off the couch! Most hour-long shows have six three-minute commercial breaks. Add those together and you have an 18-minute workout. It's not the same as an hour at the gym or hoofing it around the block, but it does count, and once you get into the groove, let it motivate you to do more. For added value, have some light dumbbells, a resistance band, or medicine ball nearby. Shannonmiller.com



Rogers County
 Health Department
 Creating a State of Health

Path to Health

Oklahoma Tobacco Helpline

1 800 QUIT NOW

1-800-784-8689 OKhelpline.com

WANT TO QUIT?

You are going to experience nicotine withdrawal. Don't let it get in the way - stay strong and determined. Your body is fighting its dependency on nicotine. First, line of defense is to know how to identify the withdrawal symptoms.

- ◆ Sadness or depressed mood
- ◆ Insomnia/trouble sleeping
- ◆ Irritability/frustration/anger
- ◆ Anxiety/restlessness
- ◆ Difficulty concentrating
- ◆ Decreased heart rate
- ◆ Increased appetite

www.quit.com

*Take the Pledge:
 Talk to your family*



about medicine abuse

You can make a difference.

Kids who learn about the risks of drugs at home are up to 50 % less likely to use drugs.

Rogers County Volunteers for Youth and Healthy Community Partnership

How to Eat the Rainbow

- Spend more time in the produce section, the farmers market or at pick-your-own farms. Buy seasonal foods. Choose things out of your comfort zone, try one new item per week. Allow kids to pick it out.
- Create your own convenience foods. Wash, cut, and store produce ready to eat or grab on the run. Put in clear containers at eye level in the fridge or place fruit in a bowl on the counter or table.
- Discover or rediscover smoothies. The easiest way to enjoy a rainbow of colors. Benefits include taste buds changing to help you crave healthier foods.

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**Healthy
 Community
 Partnership**

ROGERS COUNTY

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