

Fast Facts in a Busy World



EXERCISE GOT YOU DOWN?

One of these culprits could be the reason your exercise routine wore you out:

1. You didn't drink enough water before, during and after exercise.
2. You exercised when yesterday's routine left you exhausted.
3. You did "hard days" back to back. —*Shape*

EMOTIONS BEHIND THE WHEEL

Keep the following tips in mind to help you control any frustration that might develop while driving and to help you avoid becoming the victim of someone else's road rage.

- Everyone makes mistakes, so admit it. If you accidentally cut someone off, wave an apology.
- If you're carpooling, keep conversation pleasant, rather than complaining about the traffic.
- Stay in your car. If someone challenges you or wants you to stop and get out of your car, ignore him.

—*Fitness & Health*

EXERCISE & GETTING OLDER

Applying these simple strategies will ensure you stay healthy and fit in your golden years.

- Listen to your body: It may be telling you to slow down.
- Increase warm-up and cool-down times.
- Seek out new ways to stretch.
- Include more frequent but lighter exercise sessions.

—*Health & Fitness*

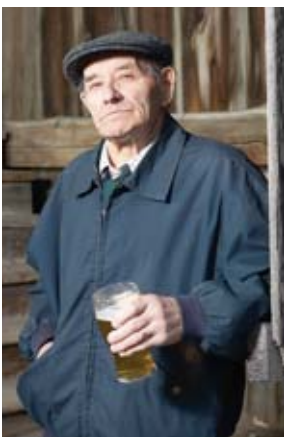
BE MORE HOPEFUL

You'll be more hopeful if you learn to stop taking so many things personally and stop acting as if bad breaks are everlasting.

—*Family Circle*

STROKE RISK IN MEN

A 14-year study of 38,156 men found those who consume an average of three or more alcoholic beverages on most days are nearly 45 percent more likely to suffer a stroke compared with nondrinkers. Moderate drinkers—men who consumed



one or two drinks on three to four days of the week—were found to have a low risk for the brain attack.

—*Vitality*



KEEP KIDS SAFE THIS SUMMER

Many of summertime's pleasures carry health risks for children. You can help them avoid these hazards by taking simple precautions.

Water Safety

- Teach children to swim.
- Install a fence with a locking gate if you have a home pool.
- Watch children at all times when they are in or near bodies of water.
- Let them dive only in areas designated for diving, where the depth of the water is known.

Sunburn

- Limit children's time in the sun, between 10 a.m. and 3 p.m., when the sun's rays peak.
- Apply sunscreen on children, even on cloudy days. Use a sunscreen with an SPF of at least 15. Note: Children under 6 months shouldn't wear sunscreen, so keep them out of the sun.
- Have children wear sunglasses and wide-brimmed hats.

Heat Hazards

- Have children avoid strenuous activity during the hottest part of the day, between 10 a.m. and 3 p.m.
- Be sure they drink plenty of water, especially before, during and after doing strenuous activities.
- They should avoid caffeinated sodas, which can cause dehydration.

—*American Academy of Pediatrics*

SHAPE UP YOUR BRAIN

A 10-year study of elderly men in Finland, the Netherlands and Italy has found that the duration and intensity of physical activity is an important factor in sustaining cognitive capacity among men as they age. The report suggests that the physical activity improves blood flow to the brain, which may reduce the risk of stroke, dementia and cognitive decline.

—*Neurology*

Dave Clark RE