



WELCOA'S
spark16
 IGNITE YOUR BEST YOU.

FEATURING
 16 GREAT WAYS TO...
**STAY SAFE ON
 THE ROAD**
 Pages 4-5

A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA

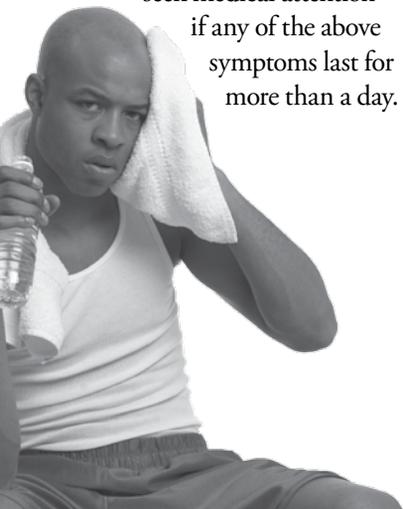
How To Recognize Dehydration

Dehydration is a condition that occurs when the loss of body fluids, mostly water, exceeds the amount that is taken in. Even mild dehydration can drain your energy and make you tired, and severe dehydration can lead to death.

The signs and symptoms of dehydration range from minor to severe and include:

- Increased thirst
- Dry mouth and swollen tongue
- Weakness, dizziness, confusion and/or fainting
- Heart palpitations (feeling that the heart is jumping or pounding)
- Inability to sweat
- Decreased urination

Drink fluids immediately if you believe you are dehydrated and seek medical attention if any of the above symptoms last for more than a day.



H₂O

How Much Do You *Really* Need To Hydrate?

It's an indisputable fact—every system in your body depends on water. Indeed, water flushes toxins out of your vital organs, lubricates your joints and carries nutrients to your cells. For your body to function properly, you must replenish it with water every day. So how much water do you really need a day to remain hydrated?

Focus On Fluids

Many of us have heard that we need to drink eight, eight-ounce glasses of water a day, in addition to any other drinks. However, more recent recommendations from the Institute of Medicine (IOM) say that you no longer need to worry about drinking specific amounts of water. Rather, you should focus on your overall fluid intake, which can include other sources of water like milk, coffee, tea, (yes, that's right, coffee and tea) soup, and unprocessed fruits and vegetables. Believe it or not, your body absorbs the water in these items the same way it would with a bottle of water.

The IOM recommends that healthy women should aim for about 91 ounces (11-plus cups a day) of fluids and men should shoot for 125 ounces (15-plus cups a day). Of course, **water should remain your ideal beverage of choice, and always keep in mind that soft drinks, sports drinks and juices often pack extra calories and sugar.**



It's always a good idea to increase your water intake if:

- You're exposed to extreme temperatures
- You're pregnant or breastfeeding
- You're exercising



This Month's Recipe:

Quick Chicken & Veggie Stir Fry



Stir-frying is a fast and easy way to tap into the flavor and awesome nutrition of quickly cooked vegetables. This traditional Chinese technique can be mastered by anyone and simply involves cooking food rapidly over high heat with a minimal amount of added oil. Convenient, ready-to-cook bags of frozen stir-fry veggies are the starring ingredients in this recipe which is a winner for your pocketbook, your waistline and your time.

INGREDIENTS:

2 (6 oz.) packages cooked chicken breast strips
About 25 ounces frozen stir-fry veggies
2 Tbsp canola oil
2 Tbsp toasted sesame oil
Soy sauce or stir-fry sauce to taste
1 ½ cups brown rice, cooked as per package instructions

INSTRUCTIONS:

Over medium/high, heat canola oil and sesame oil in a wok or large skillet. Add frozen vegetables, stirring frequently until vegetables are crisp-tender and water is evaporated. Add chicken strips. Stir in soy sauce or stir-fry sauce to taste. Serve immediately over brown rice.

SERVES: 4-6



Dr. Ann
Ann Kulze, M.D.

With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world.

The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

For more, visit DrAnnWellness.com.



HEAT UP THAT SESAME OIL

Toasted sesame oil is the perfect oil for this high heat dish and lends a divine nutty flavor. It also comes along with a nice dose of vitamin E and cholesterol-lowering compounds called phytosterols.

Eat Great On The

GO!

How To Make Healthy Fast Food Picks

'Tis vacation season, and it's all too easy or maybe even a matter of necessity to grab a bite on the go. Luckily, there is a growing number of more wholesome and healthy fast food options. Sandwich and sub-based chains like Subway, Quiznos, Panera Bread, Jason's Deli and Au Bon Pain are some great establishments that offer quick, tasty and healthy options.

Here's how to pack a healthy punch when you're grabbing a quick bite:

- Order sandwiches, subs, or wraps made with whole grain or whole wheat breads.
- Choose lean protein like deli-sliced turkey, chicken or roast beef. Avoid processed meats like bacon, ham, corned beef, sausage, meatballs and cold cuts—they are loaded with fat and sodium.
- Top your sandwich, wrap or salad with every vegetable topping available. Spinach, lettuce, tomato, onions, olives, peppers and cucumbers are commonly available items.
- Go light on the cheese or hold it completely.
- Dress your sandwich with mustard, light mayo, a little oil and vinegar, or reduced-fat salad dressing. Avoid high-fat or high-sugar condiments. Stay away from fat-free sauces and dressings as they are high in sugar.
- Season your sandwich or sub liberally with all the available herbs and spices, but halt on the salt.
- Choose a "baked" variety of chips or multigrain chips like Sun Chips. Better yet, opt for some fresh fruit—now frequently available.
- Opt for water, unsweetened tea, or coffee for your drink. Steer clear of sodas and sports drinks. They are often loaded with calories and artificial sweeteners.



Many fast food chains offer wholesome soup choices. Avoid cream or cheese-based soups, but feel free to go for a cup or bowl of a broth, or tomato-based soup. Those featuring beans and/or veggies are a great choice as well.



SUPERSTAR FOOD OF THE MONTH - Red Onions

Although they quite literally bring us to tears, red onions are truly medicinal in their power to protect our health. Red onions are uniquely high in both quercetin and anthocyanins—two of nature's most remarkable anti-inflammatory agents (inflammation is a key driver of most chronic diseases). The health benefits of red onions are optimized when they are chopped or sliced and eaten raw or lightly steamed.



WELCOA'S
spark16... Tips T
ON THE



Loose items like cell phones and pop cans cause 13,000 injuries in accidents every year. Even if you're driving at 30 mph, a cell phone can project at the force of 11 pounds, or two bricks.

—National Safety Council



1 **Limit loose objects in your car.** If you get into a wreck, anything that's not buckled down becomes a dangerous projectile. Throw away empty soda cans and stow other items in your trunk.

2 **Acknowledge the great responsibility in your hands.** Thousands of people die every year because of reckless driving. Acknowledge this every time you start your car.

3 **Move the driver's seat as far back as you can while still being able to operate your car.** The closer you are to the airbag, the more likely you are to suffer from broken bones or injuries if it deploys.

4 **Just drive.** When you're driving, your only task is driving. Eating, texting, reading emails, talking on the phone (even if it's a hands-free device) can divert your attention in potentially deadly ways.

5 **Understand that driving drowsy is the same as driving impaired.** Driving sleepy is downright dangerous. A study conducted by researchers at Virginia Tech reported that 20 percent of all accidents have sleepiness as a contributing factor.

6 **Always wear your seatbelt. Always.** It's one of the best safety precautions you can take. Enough said.

7 **Leave early instead of speeding.** Driving 10 mph faster is only going to save you a few minutes, but it will increase your crash risk by as much as 50 percent. If you really need to be somewhere, plan ahead.

8 **Learn how to address aggressive drivers.** The AAA Foundation's Aggressive Driving update found that aggressive driving behaviors are a factor in up to 56 percent of fatal crashes. Log on to aaafoundation.org for aggressive driving tips and quizzes.

Drivers use
four times more
crash—and
doesn't

To Being Safe ON THE ROAD

9 Double the three-second rule. Research shows that a total of 4.6 seconds elapses from the time you perceive the need to brake until the time your car actually stops. To be safe, keep at least six seconds between you and the car in front of you.

10 Keep items away from your airbag device. A tissue box or bobble head on your dashboard may seem like a good idea—until your airbag deploys.



11 Ensure your children have what they need before you start the car. Fiddling with portable movie players, reaching for the toy your child needs in the back seat, etc., is not only distracting, it's downright dangerous while you're driving.



12 Don't assume that other drivers will come to a complete stop. When you're at stop signs and traffic lights, look both ways and then look both ways again.



Using cell phones are more likely to get into a car accident. Using a hands-free phone can reduce the risk.

13 Place these four essential items in your trunk: a flashlight, a shovel, jumper cables, and water. You can certainly add more, but these are key in times of emergency.

14 Create a transportation plan. Create a list of towing companies, repair shops, rental companies and other emergency contacts that can help you when your car is out of commission.

15 Keep children age 12 and under in the back seat. Small children can be seriously injured or killed if a front seat air bag deploys.

16 Keep your hands at 9 and 3 or 8 and 4 o'clock on the steering wheel. These are the desired hand positions that reduce the possibility of turning the wheel too sharply.

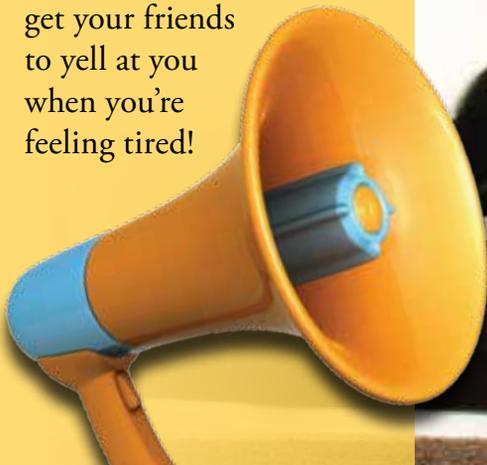


Find Your Fitness Personality!

Aim for 30 minutes
of moderate-intensity
activity like brisk walking
on most or all days
of the week.

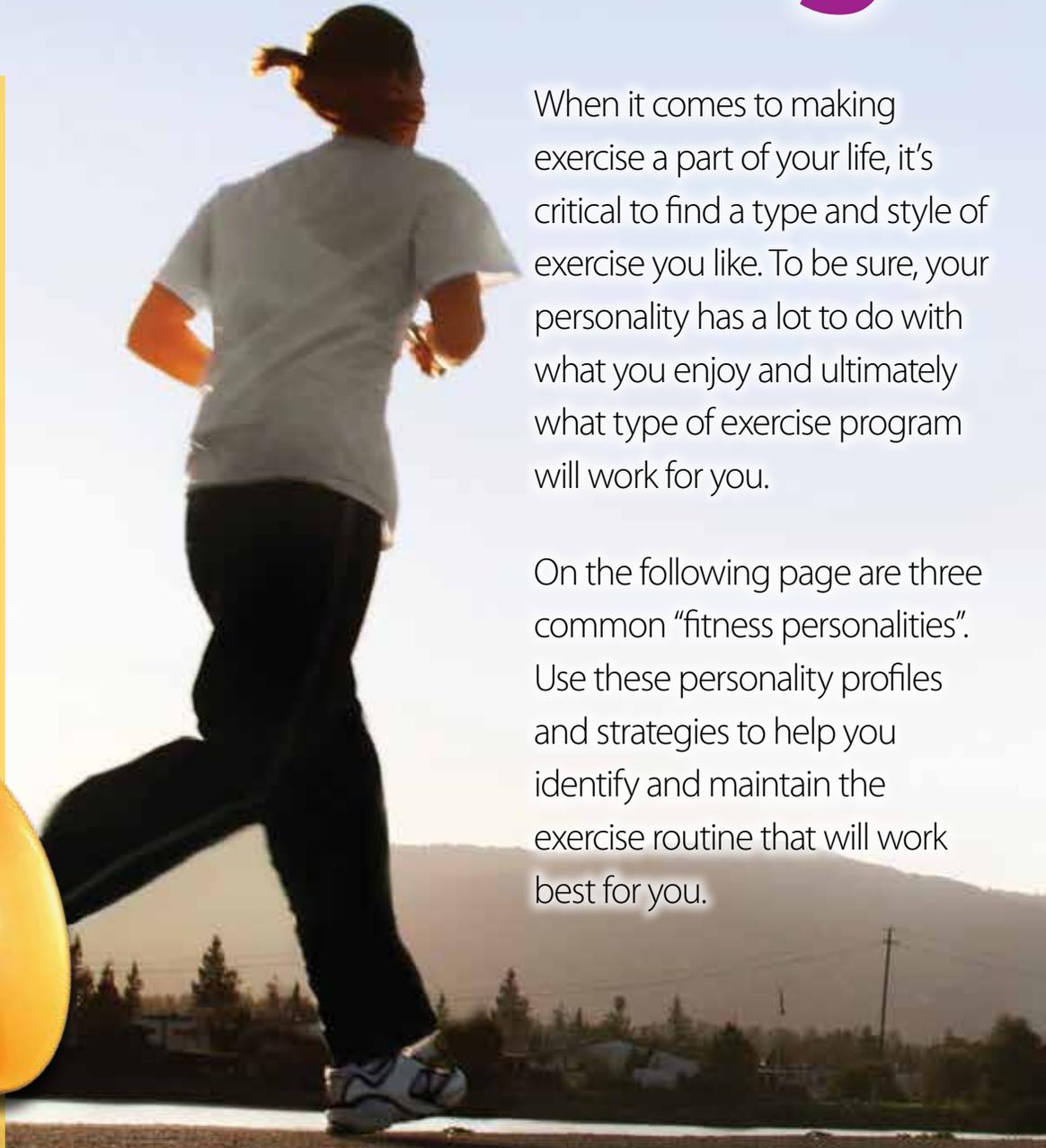
Get A Shout Out!

According to the *Journal of Sports Sciences*, verbal encouragement is proven to increase effort while exercising. Consider investing in a Nike and TomTom watch (store. nike.com) which offers an audio feature that shouts encouragement when it senses increases in your heart rate. Or just get your friends to yell at you when you're feeling tired!



When it comes to making exercise a part of your life, it's critical to find a type and style of exercise you like. To be sure, your personality has a lot to do with what you enjoy and ultimately what type of exercise program will work for you.

On the following page are three common "fitness personalities". Use these personality profiles and strategies to help you identify and maintain the exercise routine that will work best for you.



FITNESS PERSONALITY: THE THRILL SEEKER

Thrill seekers are drawn to activities, individuals, technology and environments that are engaging and fun, and that provide an opportunity for spontaneity and self-expression. If you're a thrill seeker, the more variety and excitement, the better.

If you fall into this category, you may be most successful if you:

- Join sports clubs or teams and compete on a seasonal basis, (e.g. Winter: Racquetball; Spring: Softball; Summer: Tennis; and Fall: Basketball)
- Experiment with various fitness technologies, (e.g. Fitness apps and digital or online workouts)
- Create a fitness "toy box" at work or home, which is used to play with different types of inexpensive equipment, such as jump ropes, balance and medicine balls, stretch ropes, kettle bells and resistance bands

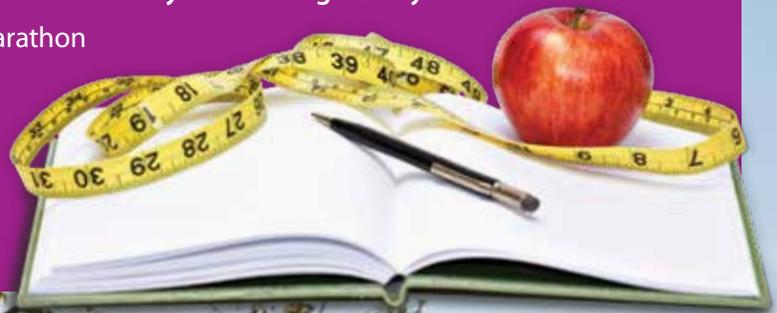


FITNESS PERSONALITY: THE INDEPENDENT WARRIOR

If you're an independent exerciser, you're results-driven and pride yourself on reaching your established goals. You may also prefer to exercise alone and participate in activities you can control and manage such as walking, weight training or running.

If you're an independent exerciser, you may be most successful with your fitness goals if you:

- Sign up for an event such as a 5K Walk/Run or half-marathon
- Keep a workout journal to monitor progress, and consider tools such as pedometers, online journals and/or fitness tracking software
- Read or view the latest fitness books and or DVDs



FITNESS PERSONALITY: THE SOCIALITE

If you thrive in social settings and prefer to exercise in groups or participate on teams, you are a socialite exerciser. Socialites also enjoy energizing and encouraging others.

If you fall into this category, you may be most successful if you:

- Join classes or recreational sports teams and clubs through work or community groups
- Participate in challenging exercises during group or class workouts
- Engage in social networking and post your fitness experiences and successes



In every issue you'll find 16 ridiculously simple ways to stay healthy!

IN THIS ISSUE

- » How Much Water Do You Need A Day?
- » How To Make Your Next Fast Food Choice A Healthy One
- » Top Tips For Being Safe Behind The Wheel
- » Thrill Seeker, Independent Warrior. . . Discover Your Fitness Personality



DID YOU KNOW?

13,000

THE NUMBER OF INJURIES THAT OCCUR EVERY YEAR DUE TO LOOSE ITEMS (LIKE CELL PHONES) THAT PROJECT DURING A CAR CRASH.

50 percent

DRIVING 10 MPH FASTER INCREASES YOUR CRASH RISK BY 50 PERCENT.

6 seconds

THE AMOUNT OF TIME YOU SHOULD LEAVE BETWEEN YOUR CAR AND THE CAR IN FRONT OF YOU.

Tap or Bottled Water...

Which Is Better?

A bottle of water's name and packaging may give you the feeling that you're drinking the purest H₂O around, but truth be told, bottled water is not better regulated nor necessarily safer than tap water. Although some bottled water comes from natural springs, a great deal of it actually comes from a municipal supply. It's regulated for safety, but bottlers aren't required to list the source on the label.

Tap water that comes from your public water system is regulated by the Environmental Protection Agency (EPA) and must meet strict safety standards. Of course, this doesn't mean that your water is free of all contaminants—it just means that the water doesn't pose any serious health risks.

So what's the best option? It all comes down to personal choice. Bottled water is a good, but expensive option. Tap water is indeed safe, but you may want to consider a water filter to help purify your water.

The EPA also posts drinking water quality reports every year for every state.

Find out how your state is doing at: <http://water.epa.gov/drink/local/>

What's In A Number?

COST OF DRINKING
Three 20-Ounce
BOTTLED WATERS
A DAY AT \$1 A BOTTLE
=
\$1,095



COST OF DRINKING
That Same Amount
IN TAP WATER
OVER A YEAR
=
\$2

