The Benefits of Exercising Outside
by: Seth Pruitt

Home Office Ergonomics
by: Ben Wilson

Eating Healthy with Your Kids:
IHHS Nutrition GA's

Bonus: Summer Time Recipes!
App State Faculty and Staff @
Bus-Varsity Gym
Rivers Street, Boone NC

Friday, August 21st
10:00-2:30pm

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Outdoor exercise comes in many forms and can range from simple gardening to a run around the block. To put it in perspective, gardening can be considered moderate physical activity and can burn as many as 300 calories an hour. Running outdoors comes with a changing environment (hills, temperature, etc.) and can lead to burning twice as many calories as running on a treadmill at the same speed and duration according to the American Council on Exercise. Exercising outside is also completely free of charge. No membership fees, parking fees, or paying for gas to drive to the gym. It is available wherever you are right outside your door. Exercising outdoors can positively affect one’s physical, mental, and physiological well-being.

**SOME BENEFITS...**

- Your mind adapts to outdoor environment (obstacles, change in terrain etc.) and forces you to focus more
- Exposure to vitamin D which helps with bone health and boosting the immune system
- Helps with insomnia
- Wind resistance while running leads to extra calories burned
- Change of scenery can help you feel revitalized and boost self motivation

**TIPS FOR EXERCISING OUTDOORS...**

- Get out during the cooler parts of the day (early morning, late afternoon)
- Clothing matters: wear lightweight clothing and consider wearing a hat or visor to shield your face from the sun
- Do not forget sunscreen especially during elongated periods of exercise outside
- Bring a friend!
- Start slow and end slow: warm ups and cool downs are especially important outdoors
- Stay hydrated!
You probably have a comfortable work area at the office, but what about at home? During these challenging times, home has become the office for many people. Below are some benefits of an ergonomic workspace and some tips on how to have that while working from home.

Benefits of an ergonomic workspace:
- Minimize back and neck pain.
- Reduce long term injuries and expenses caused by cramped posture.
- Be more productive at home with a workplace that doesn't get in your way.
- Improve the quality of your work by being able to focus more on your work and less on where you are.

Things to do to make your home work area ergonomic and things not to do:
- Don’t hunch at your laptop.
- Use another monitor, a riser, or adjust your desk to minimize neck and back pain.
- The top of the monitor should be eye level and angled up.
- Have your desk elbow high. This will keep pressure off your shoulders and wrists.
- Use a real office chair if you have one. These adjust easier and offer better support.
- If the chair you do have isn’t great, use household items to adjust the ergonomics, like pillows.
- Don’t let your feet dangle, use a stool or box. This can reduce low back pain by taking pressure off of it.
- Don’t use your couch or bed as a workstation. This can cause muscle pain or numbness if you are sitting in a constrictive way.
- Don’t forget to get up and move around! This will give your body some time to stretch. Setting a timer can help you remember.

Click here for references
Eating healthy with your kids can seem like a never ending fight. You try to offer good options for them but they just scrunch up their noses and say they “don’t like that” even though you know they’ve never even tried it before. These times can be difficult but there are some good tips to helping your children eat (and enjoy) healthier foods!

**Be a Role Model.**
Our kids are always watching us and this includes the foods that we are eating. Set an example for your kids by eating healthy fruits and vegetables for snacks and centering your diet around whole fruits/vegetables and whole grains. Your kids will pick up more than you realize!

**Get Your children involved.**
Whether this be having them help to pick out produce or helping them cook the meal, exposure and children involvement helps them become more comfortable with foods they are unsure of while giving them an incentive to try the food because they made it! You can always have them pick out a new fruit or vegetable at the grocery store and find a fun recipe that involves that food item for them to taste-test. There are many ways to involve your kids in the cooking process that will help them be excited about new foods!

**Family Bonding**
Make mealtimes not just about eating but about bonding with one another. Having mealtimes together as a family has been shown to positively impact children and their social interactions. Sitting down as a family is a great way to connect with one another, talk about your day, and be that example for your children when it comes to eating healthy. Studies have even shown that eating together as a family can provide comfort for your child while also increasing their appetite.

There are many great ideas to get your child eating healthy and making it a fun experience for everyone in the household. If you would like more ideas or tips please visit: https://www.helpguide.org/articles/healthy-eating/healthy-food-for-kids.htm.
SUMMER TIME RECIPES

Watermelon Salad

Elote

Caprese Salad

Blueberry Pecan Galette

Sweet and Spicy Grilled Summer Squash

Shrimp and Basil Stir Fry

Grilled Carrots with Cumin-Serrano Yogurt

Green Goddess Sandwich

Zucchini Brownie