

Maintenance

IN THIS MONTH'S LESSON, YOU WILL LEARN HOW TO:

- ▶ plan smart shopping trips
- ▶ exercise safely in hot weather
- ▶ use your imagination to develop the new you

SMART SHOPPING: WHAT YOU BUY IS WHAT YOU EAT

Here are some tips to help you get organized, shop efficiently, and select foods that meet your nutrition and calorie needs.

▶ *Do Major Shopping Once A Week*

Reduce your exposure to tempting product promotions - limit your trips to the grocery store to once a week.

▶ *Make A List And Use It*

Plan your meals before you shop. Then, check the foods you have on hand and make a list of what you need.

▶ *Organize and Use Your List*

Avoid impulse buying. List shopping needs by departments - produce, canned and boxed goods, dairy, etc., in the order that you shop. Buy perishable and frozen foods last.

▶ *Avoid Shopping When Tired, Rushed or Hungry*

Under these circumstances, you view food less objectively and usually make poor choices.



HOT WEATHER WORKOUTS

Summertime sports and recreational activities, like swimming, bike riding and walking or jogging on the beach, can add fun and variety to your exercise program. But when exercising in the heat you should consider these special safety factors.

When you exercise, your body produces extra heat, which has to be removed. This heat is released as sweat evaporates from your skin and you cool down. When weather is hot and humid, sweat doesn't evaporate as easily. So, under these conditions, your body's cooling system doesn't work as well. But, there are things you can do to help your body work at its best when it's hot outside.

- ▶ Wear light colored, loosely woven (no nylon or polyester), lightweight clothing so air can circulate and sweat can evaporate. Wear a hat to protect your neck and face, and sunglasses to protect your eyes. And consider a sweatband to keep sweat out of your eyes.
- ▶ Exercise during the coolest part of the day - morning or evening. Schedule a rest every 15 minutes. To prevent dehydration, drink plenty of water! Remember, thirst isn't a good measure of dehydration. When you feel thirsty, you're already partially dehydrated!
- ▶ Finally, know the signs of heat exhaustion: goose bumps, headache, dizziness, shortness of breath, nausea, vomiting, and loss of coordination. If you experience these symptoms, get to a shaded area immediately, cool off by drinking water, and get medical help.

