



HEALTHY LIVING

Drink Up!

How to Stay Hydrated this Summer

Summer has arrived and it's the perfect time of the year to hit the beach, go swimming, play at the park, or simply go for a leisure stroll. We know it's important to keep hydrated all year long, but it is especially crucial to drink enough water during the summer months, even if it is just to help you stay cool. Dr. Julie Durnan, ND, shares the following tips:

- Pack a water bottle. You just never know when a heat wave might strike so it's a good idea to pack one for each child and one for yourself everywhere you go.
- Elect hydrating food and drinks. Cucumber slices, celery sticks, juicy berries and watermelon wedges are excellent snack choices. To help keep your energy level up all day long, you can also opt for coconut water, freshly pressed vegetables and some (watered-down) fruit juices.
- Try electrolyte rich foods. Did you know the Mediterranean diet keeps your blood sugars

balanced while containing a healthy amount of sodium to normalize blood pressure? Try electrolyte rich foods such as olives, seaweed snacks, trail mix, hummus and grainy crackers.

- Monitor your daily activity. Fuel up on water before, during and after you do anything strenuous. Fluid and sodium losses (from sweating) can be replaced by consuming foods that have salt and potassium, such as soup and vegetable juices.
- Seek shade. It goes without saying that too much sun isn't good for your skin or your overall health. If you plan to be outdoors, make sure you find frequent shade relief to help prevent dehydration and sun damage.

HEALTHY MIND

Bright Nights

Six Summer Sleep Tips

It's past nine o'clock in the evening and there's still light outside. Understandably, the bright summer nights, coupled with the lingering heat make it difficult for young children to adhere to their usual bedtime. Use these simple tips to ensure they get sufficient slumber hours during the warmer months.

1. Stick to a bedtime routine all year round. Since children like routine, use it help cue them of their bedtime. Nightly baths, pajamas, teeth-brushing and story time are all important routine items not be omitted.
2. Make it dark. Invest in black-out curtains to keep the light out. They are also great in the winter to keep the heat inside the house.
3. Cool the room temperature. Turn on the fan for at least 15 minutes to help cool the room before the child's bedtime. Opening the window could also be an option only if the neighbours aren't too loud.
4. Keep them busy during the day. With longer days, young children can play after dinner, in addition to the various activities throughout the day.
5. Avoid watching television or playing any electronic device (iPad, Tablet, etc). Any gadget that emits artificial light stimulates the brain. Opt for a good storybook instead.
6. Allow for extra unwinding time. Even the best behaved children cannot go to sleep on demand. It is important, however, that they are in bed to get their rest.

the sunshine. While you are working on the garden, you'll be surprised at how fast an hour goes by. Time sure flies when you are having fun.

- If you garden, you are likely to eat more fruits and vegetables than your peers. What better feeling than to be able to enjoy the fruits of your labour! Literally! An increase in consumption of fruits and vegetables is definitely good for your heart!
- You get plenty of physical activity, which can help lower your risk of developing cardiovascular disease, diabetes, and many other ailments. All that squatting and digging can really get your blood flowing and work up a sweat.
- It offers stress relief, similar to other relaxing leisure activities. This is made possible because you tend to concentrate only at the task at hand (or rather at your fingertips) instead of worrying about other stressors.
- Your mood is elevated and you feel a sense of accomplishment because you can see how much progress you made.

HEALTHY HEART

The Good Gardener

Gardening Goodness for the Heart

Gardening is often considered a rewarding hobby, especially when you see the first floral blossom or sprouts of vegetables emerging from the vines. According to health.com, there is a whole host of health benefits associated with gardening, including the following:

- It gets you outside to enjoy the fresh air and allows you to soak up some vitamin D from

