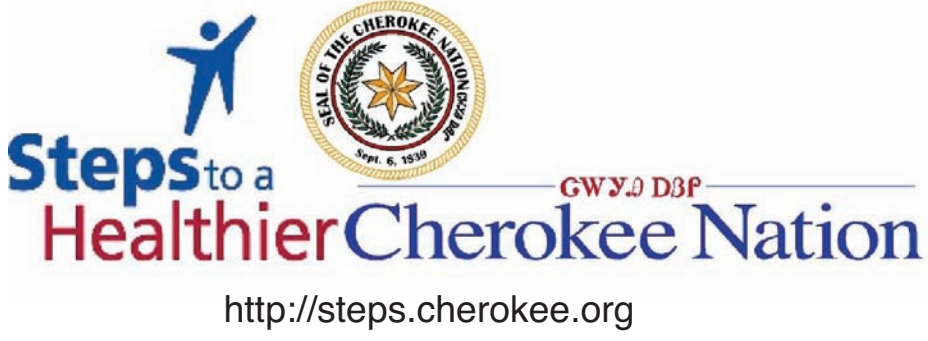
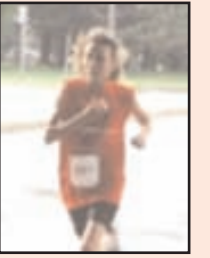


# HEALTHY NATION VA DBP



## July Wings Spotlight

**Name:** Andria (Andi) Gourd **Age Division:** 9-12  
**Home Town:** Sallisaw, OK  
 Andi just returned from one week of camp at Cherokee Nation/Healthy Nation Summer Youth Fitness Camp



## Summer exercise: How to keep cool in hot weather

### Planning to exercise in hot weather?

**Stay safe by drinking enough fluids, wearing proper clothing and timing your workout to avoid extreme heat.**

In the excitement of a pickup basketball game or the relaxation of a friendly round of golf, you might not notice the temperature rising — but your body will. If you exercise outdoors in the heat, use caution and common sense to prevent heat-related illnesses.

### How hot weather affects your body

Exercising in hot weather puts extra stress on your cardiovascular system. Both the exercise itself and the air temperature increase your body temperature. To dissipate heat, more blood circulates through your skin. This leaves less blood for your muscles, which increases your heart rate. If the humidity is high, your body faces added stress because sweat doesn't readily evaporate from your skin — which only pushes your body temperature higher.

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long. The result may be a heat-related illness, such as heat cramps, heat exhaustion or heat-stroke.

### Keep it cool

To avoid heat-related illnesses, keep some basic precautions in mind.

- Take it slow. If you're used to exercising indoors or in cooler weather, take it easy at first. As your body adapts to the heat, gradually increase the length and intensity of your workouts. If you have a chronic medical condition or take medication, ask your doctor if you need to take additional precautions.
- Drink plenty of fluids. Your body's ability to sweat and cool down depends on adequate hydration. Drink plenty of water while you're working out — even if you don't feel thirsty. If you're planning to exercise intensely or for longer than one hour, consider sports drinks instead. These drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid drinks that contain caffeine or alcohol, which actually promote fluid loss.
- Dress appropriately. Lightweight, loose fitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat. A light-colored hat can limit your exposure to the sun.
- Avoid midday sun. Exercise before 10 a.m. or after 6 p.m., when it's likely to be cooler outdoors. If possible, exercise in the shade or in a pool.
- Wear sunscreen. Sunburn decreases your body's ability to cool itself.
- Have a backup plan. If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps at the mall or climb stairs inside an air-conditioned building.

### Play it safe

Stop exercising at the first hint of a heat-related illness. Signs and symptoms may include:

- Weakness • Headache • Dizziness • Muscle cramp • Nausea or vomiting • Chills

If you suspect a heat-related illness, get out of the heat. Drink water, and wet and fan your skin. If you don't feel better within 30 minutes, contact your doctor. If you develop a fever higher than 102 F or become faint or confused, seek immediate medical help. Regular exercise is important — but don't let your workouts put your health at risk. <http://www.mayoclinic.com/health/exercise/HQ00316>

## Upcoming Runs/Walks\*

**July 13**  
 Friday evening  
 Honey Springs Memorial  
 Checotah

**July 28**  
 Stilwell Run  
 Stilwell

**August 11**  
 Salina Run  
 Salina

**August 18**  
 Balloon fest Run  
 Tahlequah

**Aug. 25**  
 Ft. Gibson Run  
 Ft. Gibson

\*Schedule subject to change  
 To request an entry form call:  
 1-800-850-0298

**WINGS EVENTS CONTACTS**  
 Lu McCraw @ 918-453-5260  
 Trina Jackson @ 918-207-3913

## July Spotlight

**Name:** Mike Teehee **Age:** 40 **Home Town:** Vian, OK

**Favorite Workout:** Nature walks with my children, Trinity, Kaylee, and Isaiah

**Active wings member since:** 2000

**What physical activities you enjoy:** Running and Hiking

**How did you get started:** Encouraged by my children.

**Personal Benefits:** Quality time with my kids.

**Long term fitness goal:** To be fit enough to enjoy taking nature walks with my grandchildren.

**Fitness advice to others:** Don't sweat the small stuff.



Mike Teehee

## “Summer Exercise Tips”

The summer season is quickly approaching and along with that comes the hot weather. Many people will be involved with outdoor activities and such, but just keep in mind that although it is important to be physically active, do not forget about keeping yourself safe in hot weather. Try to avoid exercising or being physically active during the hottest part of the day. You may be putting yourself at risk for heat stroke. Also, another important tip to remember is to drink plenty of water. Simply applying these basic tips to your summer outdoor activities will make your summer days more enjoyable.



Adair County people of all ages came out and participated in the Fry Bread Walk



Summer Youth Fitness Camper learn Pow-Wow dance



Team building activities



Principal Chief Chad Smith talks to Summer Youth Fitness Campers



Campers learn to play stickball



Campers on a mission