



July 20-26 National Drowning Prevention Week

Every summer many needless deaths occur in our waters. Please take care and follow precautions to avoid risk.



Make sure that you don't swim alone.

Keep children within an arm's reach while in the water.

Children should wear life jackets when near the water.

The highest risk groups are new Canadians who often do not learn to swim in their country of origin. Lessons would be helpful to this group even if they are adults. Young men are risk takers and are more likely to jump into untested waters. Don't mix alcohol and swimming or boating.

Children under the age of 5 are high risk since they have no idea of the hidden dangers. One third of all Toddler drownings occur in backyard pools.

Don't let a tragedy like this happen to your family. While enjoying the water always keep the possible dangers in mind.



THE AGING PROCESS

Our culture is so concerned with staying young and having a youthful appearance that it's easy to get swept up with the multibillion dollar propaganda. As a 55 year old woman I am beginning to understand all of the changes that happen to our bodies as we age. Wrinkles, grey hair and weight gain. Yes it's happening like the waves which sweep across the beach so does the aging process sweep across our lives.

How we deal with these changes is the interesting issue.

We could fight it all the way by having plastic surgery, lipo injections and hair implants. This type of cosmetic surgery seems to work for some people who feel the need.

Another option is to give in completely and let it all go. It would be so easy to eat donuts and chips and just enjoy the quick slide into a blissful liberation.

Of course there are extremes and I hope that I can find middle ground here and learn to be comfortable at this time of life. I decided to let my hair turn grey because I found that hair dyes irritated my scalp. Still every now and then the urge to colour creeps up and bites me in my ego. You know that spot... we all have one, and it pinches when we least expect it.

I try to eat a healthy diet and get daily exercise but now I do it to stay healthy for my grandson, not to look 10 years younger. This shift in priorities feels better because it's for a natural stage in life which fills my heart.

When I think of the people I have met who age well, they all have these attributes; sense of humour, kindness and a bit of bravery that get's them up off the couch and out the door. People who have aged well seem to glow from within and they never seem concerned about a few wrinkles or grey hair.

Camping *Recipe*



Yummy Warm Camping Bananas

- 1/4 cup quick-cooking oats
- 1 tbsp packed brown sugar
- Pinch salt
- 2 tbsp pistachios, chopped
- 2 tbsp dried cherries
- 2 large bananas
- 1 tbsp unsweetened toasted coconut

1. In small bowl, stir together oats, sugar and salt with 1/3 cup boiling water. Stir in pistachios and cherries.

2. Place bananas, stems pointing up, on separate squares of heavy-duty aluminum foil. With sharp knife, cut curved line in peel from end to end, leaving 1/2-inch intact at each end. Repeat on other side of banana and remove piece of peel in centre. Gently score the banana.

3. Top each banana with half of oatmeal mixture; sprinkle with coconut. Fold in each end of foil and roll the top down to seal. Place in hot coals on outer edge of campfire for 10 to 12 minutes or until banana is hot. Carefully open foil to allow steam to escape. Eat directly from banana peel.

CAMPING TIP

Make a natural insect repellent for your camp site! 15 drops of Lavender essential oil on a damp sponge, deters flies and mosquitos. Keep in a jar or tin and open whenever needed. Remember to add more drops if the scent becomes weak. Several other oils can be effective such as peppermint, citronella and basil.



Healthbeat Outdoor Fitness Circuit

Anderton Park, Comox

All ages and abilities welcome!

Our outdoor fitness circuit has something for everyone. We always encourage participants to get their physician's approval before starting to exercise as medical conditions may play an integral role in participation.

Once you get the "green light" from your doctor, go ahead and enjoy the many positive effects you will gain from exercising at the HEALTHBEAT OUTDOOR FITNESS CIRCUIT!

Balance: Stations for balance practise with different surface levels, stairs, steps and walkways.

Function: Stations for everyday living practise, sit to stand, reaching, pulling, pushing, etc.

Fitness: Stations for general overall fitness, upper and lower body strength, training, exercise, plus stretching stations!

Things to consider:

- ❖ Footwear; supportive and comfortable.
- ❖ Clothing; layered and easy to move in.
- ❖ Bring a water bottle!

We hope you find our outdoor fitness circuit beneficial to your health! If you have any questions or would like to book an appointment with a fitness professional, call Comox Community Centre 250-339-2255.

SMART CARBS

Carbs may be the foe of fad diets, but they're vital for boosting energy and mood. They are the body's preferred source of fuel, plus they raise levels of the feel-good chemical, serotonin. The key is to avoid sweets, which cause blood sugar to spike and plummet, making you feel tired and moody. Instead, pick whole grains like whole-wheat bread, brown rice, and cereal. Your body absorbs whole grains more slowly, keeping your blood sugar and energy levels stable.

More smart carbs include quinoa, lentils, nuts, seeds and oatmeal. Vegetables like broccoli, peppers, squash and sweet potatoes are also beneficial.

Food processing was mostly brought about through war time in the first half of the 20th century to preserve and maintain an adequate diet during harsh conditions. By the 1950's companies could see a profitable business in creating quick to prepare heavily processed foods. Most processed food is void of real nutrition and is pumped full of fillers.



Promote Lifelong Fitness in Children

We all know that children need to be active, but how can we instill sports as a lifelong habit?

It's easy for children to feel demoralized when adults display high expectations for success. Some kids thrive on sports teams while others shrivel and lose confidence. We need to help this next generation grow up to be healthy and active by making sports fun.

Choose age appropriate activities

Ages 2 to 5

Toddlers and preschoolers are beginning to master many basic movements, but they're too young for most organized sports. Keep in mind that toddlers who participate in organized sports also typically don't gain any long-term advantage in terms of future sports performance.

At this age unstructured free play is usually best, such as Running, tumbling, throwing, catching and swimming with an adult

Ages 6-9

As children get older, their vision, attention spans and transitional skills, such as throwing for distance, improve. They're also better able to follow directions.

Consider organized activities such as: T-ball, softball or baseball, running, soccer, gymnastics, swimming, tennis, martial arts.

Ages 10-12

By this age children have mature vision and the ability to understand and recall sports strategies. These children are typically ready to take on complex skill sports such as football, basketball, hockey and volleyball. Keep in mind however that growth spurts caused by puberty can temporarily affect coordination and balance.

Fitness for All Ages



To contribute ideas to the Wellness Newsletter please contact
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