



Summer WELLNESS

LiveWELL
July 2024

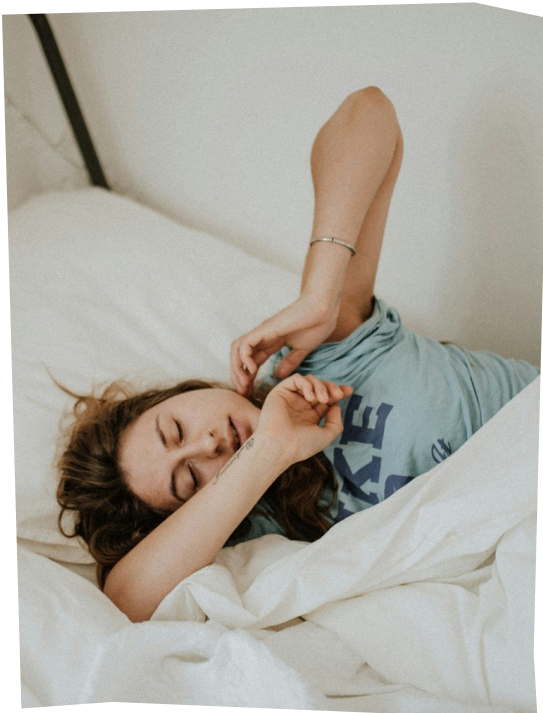


Summer is heating up and knowing how to stay cool in Arizona is important. This month's newsletter will share tips on how to beat the heat.



LiveWELL How to sleep better without blasting the air conditioning

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As the days get hotter, tossing and turning in bed becomes more common. One recent study found that people are estimated to be losing 44 hours of sleep per year. On nights above 86 degrees Fahrenheit, people sleep about 14 minutes less on average.

Sleep experts say a cool environment helps you drift off and stay asleep, but air conditioning is not always the answer. Experts recommend the following tips to avoid using air conditioning 24 hours a day and increasing the energy bill.

1. **Keep the bedroom cool:** Close the shades during the day and open the windows or bedroom door at night.
2. **Take a cool shower, not cold:** Cold showers can make the body uncomfortable, ultimately leading the heart to race. Take a cool shower and leave the hair and body damp to provide longer cooling effects.
3. **Change your sleeping arrangement:** If you are sleeping with someone who is warm or sweats in their sleep, consider sleeping in a cooler environment such as the floor or basement.
4. **Practice good sleep habits:** Experts recommend creating a dark and quiet environment, unplugging from screens, and winding down with relaxing activities to promote better sleep.
5. **Only use fans sometimes:** Fans can improve airflow and help you feel cooler as long as it is not too hot inside. When indoor temperatures reach the high 90s, electric fans which only move air around and don't cool it, won't prevent heat-related illness.

Information derived from [washingtonpost.com](https://www.washingtonpost.com)



PlayWELL

Health benefits of swimming

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As the summer heats up, swimming is a great way to stay active while staying cool. The activity provides numerous benefits and is a form of exercise for people of various ages, weights, and health conditions.

Swimming takes much less of a toll on your body than, say, running or riding a bike. That's because exercising in water lessens the impact of your body weight on your [joints](#).

"The buoyancy of the water takes the weight off," Travers says. "It also adds resistance, but it's low impact." This is especially helpful if you have a condition that causes stiffness or joint pain.

A major study commissioned by Swim England found that swimmers have a 41% lower risk of death due to heart disease or stroke than non-swimmers," Travers shares, "plus a 28% lower risk of early death overall."

It's even an option for people who are in cardiac rehabilitation. Studies show that swimming can be well tolerated by people who are recovering from heart failure or coronary artery disease.

The built-in resistance that water provides also helps build muscles and makes you stronger. And because water is more resistant than air, swimming does this faster than land workouts like running and biking.

Plus, swimming allows you to block out the world around you and just be, providing great way to destress and reap some of the benefits of meditation while also engaging in physical fitness.

Information derived from clevelandclinic.org



WorkWELL

Encourage time off

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Studies have shown that taking time away from the job can have the following physical and mental health benefits.

1. **Improved physical health:** Stress can contribute to heart disease and high blood pressure. For both men and women, the New York Times reported, taking a vacation every two years compared to every six will lessen the risk of coronary heart disease or heart attacks.
2. **Improved mental health:** Neuroscientists have found that chronic exposure to stress can alter your brain structure and bring on anxiety and depression. When you take a vacation, feelings of calm arise and relieve stress, which allows the body and mind to heal.
3. **Greater well-being:** According to a Gallup study, people who "always make time for regular trips" had a 68.4 score on the Gallup-Heathway's Well-Being Index, in comparison to a 51.4 Well-Being score for less frequent travelers.
4. **Increased mental motivation:** Studies have found that chronic stress can make it difficult to achieve certain tasks and cause memory problems. Taking time off can sharpen the brain, improving your mental health and cognition.
5. **Decreased burnout:** Employees who take regular time to relax are less likely to experience burnout, making them more creative and productive than their overworked, under-rested counterparts.
6. **Boosted happiness:** Research shows planning a vacation can boost your happiness. Some people experience an elevated mood up to eight weeks before the trip.

The bottom line is, take a vacation if you can. When you take time away from the stresses of work and daily life, it can help you feel refreshed and more prepared to handle whatever comes when you return.

Information derived from allinahealth.org



EatWELL

Stay hydrated by eating fruit

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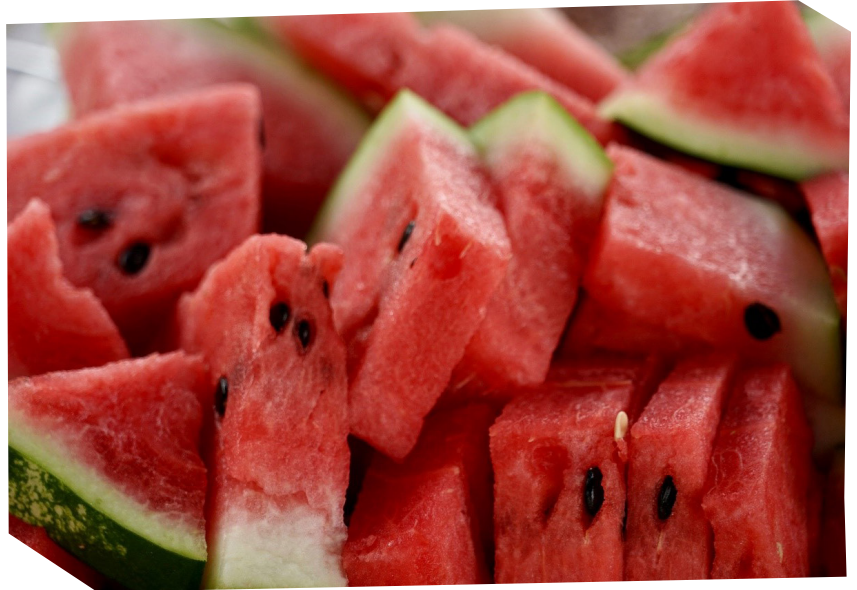
Proper hydration is extremely important for your health. But drinking water is not the only way to stay hydrated.

Here are the fruits that have the highest water content to stay hydrated over the summer:

1. **Watermelon: 92%**
2. **Strawberries: 91%**
3. **Cantaloupe: 90%**
4. **Peaches: 89%**
5. **Oranges: 88%**

These fruits also have many health benefits offering antioxidants, vitamins, and minerals, as well as reducing inflammation and preventing various types of cancer. While drinking water is important, you can consume a significant amount of water by including a variety of water-rich fruits, vegetables, and dairy products in your diet.

Learn more here: <https://www.healthline.com/nutrition/19-hydrating-foods>



WELL Community

Facts about workplace wellness

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Heat deaths surged by 50% in Phoenix in 2023, making it the deadliest year on record. At least 579 people lost their lives to heat this year, with senior citizens accounting for one in three deaths, and unsheltered people accounting for 45%, according to [the year's final heat surveillance report](#) by the medical examiner's office in Maricopa county.

In Phoenix, thousands of people are unsheltered. To help those in need combat the heat, the Greater Phoenix Chamber and Foundation partnered with Kid in the Corner for their annual Zack Packs community kindness event where they prepared and provided care "packs" for those suffering from the heat and homelessness.

750 care packs were assembled which included essential items like water, food, sunglasses, hygiene products, and more. Learn more about how your team can make a difference this summer with [Kid in the Corner](#).

Source: [theguardian.com](https://www.theguardian.com)