

Live Well, Work Well

June 2021



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Outdoor Exercise Safety Tips

As we move into summer, many will want to exercise outdoors to stay active and get some fresh air. That's great news, as experts recommend at least 150 minutes of moderate aerobic activity each week. Working out in hot and humid weather can put extra stress on your body; however, there are simple precautions you can take to protect yourself.

In 2021, **50%** of gym members plan to run and do other outdoor activities instead of indoor activities.

Source: RunRepeat



Workout Tips

By moving your workout outdoors, you can boost your mood and improve your concentration. Also, you don't need to stick to your own yard or neighbourhood. Jogging trails, exercise parks, sports fields and stairs provide endless opportunities to switch up your workout. Keep in mind the following tips to safely exercise outside during the summer:

- **Avoid the hottest part of the day.** If possible, plan your workout before 10 a.m. or after 3 p.m. to dodge those strong sun rays.
- **Wear light-coloured clothing.** Dark colours absorb the heat, while light colours will reflect the sun.

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Lightweight, loose-fitting clothing will help air circulate and keep you cool.

- **Apply sunscreen.** Opt for a broad-spectrum sunscreen that's at least 30 SPF. Reapply every two hours, even if the label says it's sweatproof. Wearing a wide-brimmed hat can also protect your face from sun exposure.
- **Stay hydrated with water.** Drink water before you head out, and try to take sips every 15 minutes during your workout—whether you're thirsty or not.
- **Replenish your electrolytes.** Instead of reaching for a sports drink after a workout, consider replacing electrolytes through real food like chia seeds, kale, coconut or fruits and vegetables.
- **Listen to your body.** If you're feeling dizzy, faint or nauseous, stop immediately. Sit down in the shade, and drink some water until you're feeling better.

Your body may need to adapt to outdoor workouts, so take it slow and gradually pick up the pace or intensity as you feel comfortable. As always, talk to your doctor before you start a new exercise regimen.

The logo for KRGinsure, featuring a blue house-like shape above the letters 'KRGinsure' in a bold, sans-serif font.

Health Benefits of Gardening

It's likely that you may already have a garden. According to research from Dalhousie University's Agri-Food Analytics Lab, 51 per cent of Canadians grow at least one type of fruit or vegetable.

As we enter the growing season, gardening is a great way to spend time outdoors and get some exercise. The Cardiac Health Foundation of Canada counts activities like raking and cutting grass as light to moderate exercise, while shovelling, digging and chopping wood are vigorous exercise.

In addition to physical activity, consider these health benefits of gardening:

- Increased vitamin D levels essential for body functions
- Boosted self-esteem
- Improved mood
- Reduced stress and anxiety

Talk to your doctor to learn more about ways to manage your well-being.



3 Ways to Snack Smartly

It's completely normal to snack throughout the workday. However, it can be tempting to opt for the fast, easy (but unhealthy) option if you are working from home. Keep the following three tips in mind to help you snack smartly during the workday at the office or home.

1. **Plan your snacking.** Think ahead so you don't reach for unhealthy items. At the beginning of the week, make or pre-portion your healthy snacks so they're ready to go.
2. **Be mindful of portions.** Avoid eating directly out of the bag or original container, and portion your snacks before eating.
3. **Choose healthy snacks.** Nibble on fruits, vegetables, whole grains and healthy fats to stay satisfied and full. Pass on the junk food, as chips, candy and cookies can leave you feeling sluggish.

You might not have control over where you're working, but try to work away from the kitchen. Click [here](#) to learn about nutritionist-approved snack options.

Cucumber Blueberry Salad

Makes: 4 servings

Vinaigrette Ingredients

- 22.5 ml (1 ½ tbsp) extra virgin olive oil
- 30 ml (2 tbsp) white balsamic vinegar
- 15 ml (1 tbsp) lime juice
- 5 ml (1 tsp) sugar
- 1.25 ml (¼ tsp) salt
- .6 ml (⅛ tsp) black pepper

Salad Ingredients

- 250 ml (1 cup) fresh blueberries
- 1 medium cucumber (chopped)
- 950 ml (4 cups) fresh arugula
- ¼ medium red onion (thinly sliced)
- 60 ml (¼ cup) reduced-fat feta cheese (crumbled)
- 30 ml (2 tbsp) walnuts (coarsely chopped)
- 4 slices whole-grain bread

Preparations

- 1) Whisk together vinaigrette ingredients in a small bowl.
- 2) Mix together all salad ingredients, except bread, in a large bowl.
- 3) Add the vinaigrette to the salad and toss to serve.
- 4) Toast bread, then cut each slice into four pieces.

Nutritional Information

(per serving)

Total calories	212
Total fat	10 g
Protein	7 g
Sodium	368 mg
Carbohydrate	24 g
Dietary fibre	4 g
Saturated fat	3 g
Total sugars	10 g