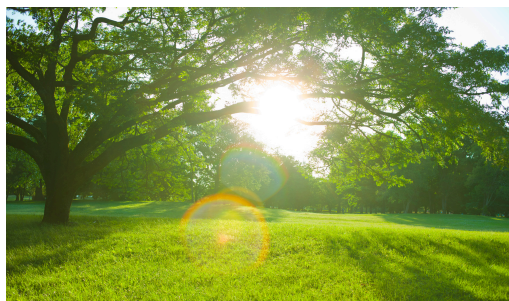


Family & Community Health *“Connections” in Taylor County*



Stay Safe in the Summer Heat

As summer temperatures increase, so does the threat of a heat-related illness. To help reduce this risk, Texas A&M AgriLife Extension Service experts offer tips on how to keep your cool and stay safe in the heat.

Pace yourself and reduce activity during the hottest parts of the day

Avoid strenuous activity in hot weather. Drink plenty of fluids and rest frequently in a shady or cool spot.

Get acclimated to the heat

Limit the amount of time spent working or being active in the heat until you're conditioned to it. This is especially important for people not used to hot weather.

Wear loose-fitting, lightweight clothing

Your body doesn't cool properly when wearing excess clothing or clothing that fits tightly.

Protect against sunburn

Protect yourself outdoors with a wide-brimmed hat, sunglasses and sunscreen because sunburn can reduce the body's ability to cool. Protect your skin using an SPF 30 or greater sunscreen applied generously. Reapply every few hours afterward, especially if you are swimming or sweating a lot.

Drink plenty of fluids

Stay hydrated to help your body sweat and maintain body temperature. During outdoor activity or work, keep a drink with electrolytes handy to help replenish fluids, salt and other substances lost through sweating.

Source: <https://agrilifetoday.tamu.edu/2024/07/02/tips-to-avoid-heat-exhaustion-heatstroke/>

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Walking is such a great form of exercise. It can be done by most everyone. You can do it most anywhere. You can make it social or solitary. You can grab a good pair of shoes and get going. Once you've been walking for fitness, you might want to keep it interesting by switching the way you walk.

Check out the suggestions below for a few different types of walking styles you might want to try.

As with any form of exercise, it's important to consult your health care provider before you begin, especially if you have any chronic conditions, injuries, or other health concerns. Then, when you're ready for a boost to your fitness or motivation, give one of these walking ideas a try.

1. Power Walking

Power walking involves walking at a faster pace – usually about 4 -5.5 miles per hour (mph) (or 13-15 minutes per mile),¹ rather than the 3 miles per hour typically considered moderate to brisk walking. If you decide to work on speed, remember that power walking involves a slight change in your form. It will involve swinging your arms more vigorously to help propel you forward (keeping your elbows at 90 degrees); shortening your stride for a quicker pace, while keeping your back straight, leaning slightly forward from your hips, and engaging your core.

2. Hiking or Nature Walking

Hiking or nature walking differs from conventional walking in that it involves different terrain. Hiking or nature walking can involve ascending and descending hills, as well as walking on uneven ground, such as dirt, rocks, or sand.

3. Mindful Walking

Mindful walking, sometimes called meditative walking, is walking while focusing your attention on your inner experience. While there are a variety of descriptions, during mindful walking people most often pay attention to the present moment without judging the experience as good or bad. They may pay attention to their breathing, the way their body feels, their current surroundings, their thoughts and emotions – without judgment. The idea is to cultivate conscious attention and awareness.

Source: <https://howdyhealth.tamu.edu/7-types-of-walking-styles/>

Picnic Food Safety



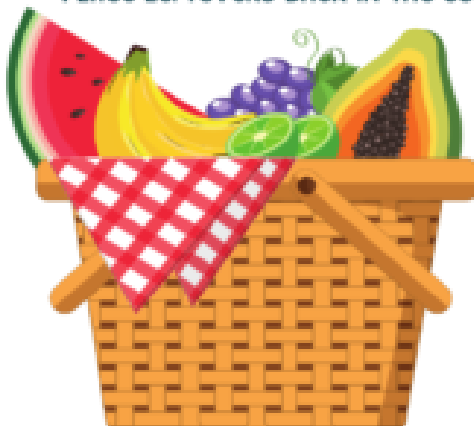
IT'S PICNIC SEASON! Are you doing everything you can to make sure you don't get ill from food-borne bacteria?

Follow these tips to reduce your family's risk of food-borne illness at picnics.

- Take just Enough Food – you won't have to worry about saving leftovers.
- Keep your Cooler in the Shade – and avoid repeated openings that will warm the contents of the cooler.
- Use Separate Coolers – One for drinks and one for perishable foods.
- Place Leftovers back in the Cooler within an Hour – general rule: if there is still ice in the cooler when you get home the leftovers are safe to eat.

packing a safe picnic basket

- TAKE JUST ENOUGH FOOD
- KEEP YOUR COOLER OR BASKET IN THE SHADE
- USE SEPARATE COOLERS FOR DRINKS AND PERISHABLE FOODS
- PLACE LEFTOVERS BACK IN THE COOLER WITHIN AN HOUR



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Watermelon Cucumber Balsamic Salad

Ingredients

- 4 cups watermelon cubed
- 2 cups cucumber cubed
- 1/2 cup red onion sliced
- 1/4 cup basil chopped
- 2 tablespoons olive oil
- 1/2 cup balsamic vinegar
- 2 ounces Fat Free feta cheese crumbled

Instructions

1. Mix together watermelon, cucumber, red onion and basil.
2. Mix together olive oil and balsamic vinegar then pour over the watermelon mixture.
3. Top with feta cheese and enjoy!



Upcoming Events

July 4 - Holiday - Extension office closed

**July 7 - 4-H Sewing Camp - 9:00 - 1:00 -
Taylor County Extension Office**

**July 10-11 - Multi-County 4-H Camp -
Buffalo Gap**

<https://taylor.agrilife.org/>

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is provided by the following Texas A&M
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