

Keeping your health and wellbeing in the know

# MyHealthTALK

Happy Independence Day!

July 2014

Courtesy of Asset Health

## SAFETY Comes First with FIREWORKS

Did you know that sparklers can burn at 2,000 degrees Fahrenheit? That's as hot as a blow torch! July is Fireworks Safety Month, with good reason.

The most dangerous types of fireworks are prohibited from being sold to consumers by the federal government under the FHSA (Federal Hazardous Substance Act). Yet, thousands of people, children and teens most frequently, are injured every Fourth of July while using fireworks, according to the National Fire Protection Agency (NFPA).

When using fireworks, be sure to always read the warning label for necessary safety precautions and instructions for

safe use. You should follow general safety tips and recommendations as well.

- Never allow young children to handle or ignite fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never carry fireworks in your pocket.
- Wear safety glasses.
- Always have water ready in case of a fire or other mishap.
- Find out if fireworks are legal in your area before purchasing or using them.
- Light fireworks one at a time, then move back quickly.

You can check The National Council on Fireworks Safety and United States



Consumer Product Safety Commission (CPSC) websites for additional tips and information on how to prevent injuries. Remember, use fireworks safely and responsibly, and report any illegal explosives to your local fire or police department.

[cpsc.gov](http://cpsc.gov), [nfpa.org](http://nfpa.org), [fireworkssafety.org](http://fireworkssafety.org)

## RunRIGHT

Running can be as simple as throwing on your sneakers and heading out, but if you're new to this sport, there are things you should consider! Here are a few guidelines that can help you create a healthy routine, reduce your risk of injury, and even boost the likelihood of running effectively.



**Take it slow:** If you start out too fast and don't build a proper mileage base, injuries and burnout can occur. First, rotate intervals of running and walking. Then, develop a proper mileage base before increasing the distance, intensity and frequency of your runs.

**Give your body enough rest:** For newbies whose muscles and bones haven't yet been trained for intense and high-impact exercise, running can be really hard on the body. Follow a training plan that includes rest days between workouts. You'll wake up with less aches and pains.

**Wear the proper gear:** A good pair of running shoes is the most important piece of equipment. Before buying a pair, do some research, and explore a few options in your budget. You should also visit a specialty running store and get a professional shoe fitting to find the right shoes.

**Mix up your routine:** Engaging in other activities is important so you're not always using the same muscles. Add cross-training into your routine for two days a week. Instead of aerobic cross-training activities, try weight training, yoga, Pilates, core exercises, or calisthenics.

**Eat healthy and keep hydrated:** Modifying your diet and lifestyle can help energize your runs, restore your body, improve your mood and enhance your performance. Hydration is also important. Start increasing your water intake everyday whether you feel thirsty or not.

**Don't run through pain:** It's vital that you listen to your body to keep it healthy. Stop and treat pain if something hurts when you run.

"Top 10 Tips for New Runners," Susan Paul, [shine.yahoo.com](http://shine.yahoo.com), March 12, 2014.

"6 common mistakes new runners make," Tina Hauptert, [news.health.com](http://news.health.com), May 1, 2014.

"7 Tips for New Runners," Meghan Reynolds, [health.usnews.com](http://health.usnews.com), May 19, 2014.

# Stress-Free Ways to Travel with Kids

Summer can be a great time to travel, especially with your kids. We all know that this can be stressful, whether it's during a road trip or a flight, but there are certain things you can do any time of the year to make traveling with your kids stress-free.

**Plan your trip properly.** Carefully select flights, and airports and consider taking nonstop flights to make your trip easier. It can be beneficial to find out which airports have nursing rooms or family areas if you are nursing an infant. Also, be aware of airline policies on children traveling.



**Avoid the peak travel periods,** and try to book for less popular travel days. If you're planning on taking a road trip, think about leaving midday or during off-peak hours to avoid rush hour and traffic. Get your car serviced and checked out beforehand.



**Bring all the essentials** and pack extras in case you are delayed or even stuck overnight. It might not be a bad idea to bring luggage and transportation that will help you, such as rolling luggage, a toddler backpack or your infant travel system. You can also order diapers, wipes and other necessities in advance and have them sent to your destination, then send them back home at the end of your trip.

**Create a positive atmosphere** by singing along to songs that are familiar to everyone. Bring your favorite CDs, movies, books or games to keep children entertained and occupied. Smartphones and tablets can be handy too, for distractions and navigation.

**Take frequent breaks** during a road trip. Before heading out, find places to stop for food and gas. Look for any kid-friendly places with restrooms, such as parks, libraries and shopping centers – anything exciting to take children's minds off the trip.



**Visit [parents.com](http://parents.com)** for additional tips on how to travel stress-free as a family.



"10 tips for a stress-free road trip with kids, How to ensure your trip is fun, safe, and smooth," [consumerreports.org](http://consumerreports.org), May 20, 2014.

"10 Tips for Stress-Free Travel with Kids," Katie Ginder, [veria.com](http://veria.com), accessed June 12, 2014.