

Words of Wellness

June 2013

Summer Wellness

Special Thanks to Janice Shaw and Robin Buchanan – ASD-West Wellness Facilitators & Eileen Anderson — NBTA

Hiking

Hiking is a great stress reliever and is a way to connect with nature. Along with footwear, food, backpack, water or other essentials for hiking there are a few important intangibles which will make or break your hiking experience.

Time: Allow yourself the proper amount of time to complete a given hike. Rushing a hike often leads to stupid injuries, bad decisions, and an abbreviated sense of enjoyment.

Knowing when to turn back: Turning back short of your intended destination is always a tough decision, but it may be a decision that could ultimately save your life.

Check the weather forecast: Embarking on a trail with a solid idea of what the weather is going to be like for the day is one of the smartest things you can do before heading out on the trail.

Being safe in the sun

Plan ahead

If you can, plan your outdoor activities before 11 a.m. or after 4 p.m. If your shadow is shorter than you, it's time to find some shade or go inside.

Cover up

Choose clothing that is:

- loose fitting
- tightly woven
- lightweight

Wear a hat with a wide brim. Don't forget to put sunscreen on your ears, chin and neck even when you're wearing a hat.



Wear your sunglasses

Make sure you choose ones with:

- even shading
- medium to dark lenses (grey, brown or green tint)
- UVA and UVB protection

Sunscreen

Your sunscreen should be "broad spectrum" with SPF 15 or higher and should be applied generously and at least 20 minutes before going outside

Check your skin regularly

You can never be completely safe from the sun. Get to know the skin you're in and report any changes to your doctor.

Canadian Cancer Society

Websites

www.canoekayaknb.org

waterfallsnewbrunswick.ca

www.tourismnewbrunswick.ca

www.geocaching.com

Benefits of Coconut Oil

The health benefits of coconut oil include hair care, skin care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, proper digestion and metabolism, relief from kidney problems, heart diseases, high blood pressure, diabetes, HIV and cancer, dental care, and bone strength. These benefits of oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties such as antimicrobial, antioxidant, antifungal, antibacterial and soothing properties.

Carolina-Style BBQ Sauce

This is a combination of sweet and tangy flavours bringing out the absolute best in grilled/smoked pork or chicken.

Ingredients:

- 1 cup prepared yellow mustard
- 1/2 cup sugar
- 1/4 cup light brown sugar
- 3/4 cup cider vinegar
- 1/4 cup water
- 2 tablespoons chili powder
- 1 teaspoon black pepper
- 1 teaspoon white pepper
- 1/4 teaspoon cayenne
- 1/2 teaspoon soy sauce
- 2 tablespoons butter
- 1 tablespoon liquid smoke (hickory flavoring)

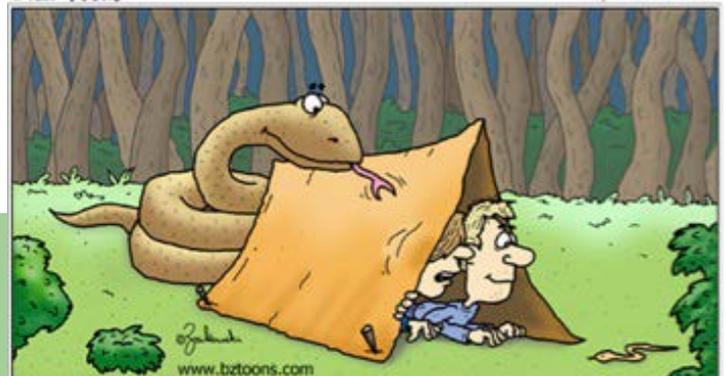


Preparation:

Mix all except soy, butter and smoke. Simmer 30 minutes. Stir in remaining ingredients and simmer for 10 more minutes.

B.Z. Toons

by Brian Zalkowski



Oh yuk, a snake! I hope they don't get any bigger than that.