

WEALTH IN WELLNESS

JUNE WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



SAFE SUMMER FUN

Summer is the perfect time to enjoy quality time outside! From al fresco dining to engaging in social activities with friends and family. Summer offers many opportunities to get outdoors. Follow these helpful tips to safely take advantage of outdoor activities.



Prepare food with safety in mind by removing grease buildup and never leaving a hot grill unattended.



Apply sunscreen with at least SPF 15 every 2 hours.



Throw away any cold foods left outdoors for longer than 1 hour.



Protect your eyes from the sun's harmful UV rays by wearing sunglasses and a hat.



Stay hydrated. Always keep water nearby. Remember, alcoholic or sugary beverages can make dehydration worse.



Never swim alone and always in the presence of a lifeguard or someone who has their eye on the water.

STAY ACTIVE THIS SUMMER

When the weather is nice, it is the perfect time to take your workout outside. Try one of these exercises to enjoy the outdoors while staying physically active!

Swimming

Whether done in a pool, lake, or other body of water, swimming provides a great cardio workout that is gentle on the joints and works the entire body. Check out your local pools for lap swim or water aerobics class options.

Jump Rope

This full-body workout helps improve coordination and burns more than 10 calories per minute while strengthening your legs, shoulders, and arms.



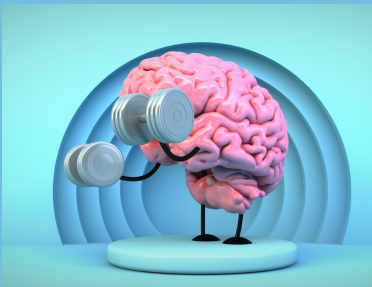
Hiking

A hike in the woods is beneficial for both mind and body as this weight-bearing exercise improves bone density and balance while also boosting mood. Be sure to pack your bug spray and be tick-safe by wearing layers to cover exposed skin.



Stay active by visiting one of Monroe County's parks! Learn more at www.co.monroe.wi.us/departments/forestry-parks





PLAY GAMES TO EXERCISE YOUR BRAIN

Being mentally active is one way to improve your mental sharpness. Sharpen your brain by taking classes, learning new skills, enjoying new experiences, or training your brain with puzzles and games.

Try new ways to give your brain a workout! Limit screen time by purchasing physical copies of puzzle books and games, or limit clutter by downloading free brain puzzle apps to your phone or play free games on the internet. How many will you try?

- | | |
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| <input type="checkbox"/> Adult coloring sheets | <input type="checkbox"/> Math puzzles |
| <input type="checkbox"/> Card games | <input type="checkbox"/> Mazes |
| <input type="checkbox"/> Checkers | <input type="checkbox"/> Memory |
| <input type="checkbox"/> Chess | <input type="checkbox"/> Number fill-in puzzles |
| <input type="checkbox"/> Crossword puzzles | <input type="checkbox"/> Solitaire |
| <input type="checkbox"/> Dot-to-dot for adults | <input type="checkbox"/> Spot the difference pictures for adults |
| <input type="checkbox"/> Hangman | <input type="checkbox"/> Sudoku |
| <input type="checkbox"/> Jigsaw puzzles | <input type="checkbox"/> Word games |
| <input type="checkbox"/> Mahjong puzzles | <input type="checkbox"/> Word search |

WHAT'S HAPPENING THIS MONTH?

VIRTUAL LEARNING TABLE

Attend our monthly virtual "Learning Table" sessions to learn more about improving your health and well-being:

Note the new morning session start time of 8:15am

- June: Opportunities in the Great Outdoors with the Monroe County Land Conservation Department

Thursday June 8th at 8:15am or
Thursday June 22nd at 3:30pm

- July: Water and Boat Safety presented by Deputy Leis with the Monroe County Sheriffs Department

Thursday July 13th at 8:15am or
Thursday July 27th at 3:30pm



Join our Zoom Meeting:

<https://bit.ly/3Hr1Ztn>
Meeting ID: 872 7191 0533
Passcode: 690755

