



WEALTH IN WELLNESS

JULY WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments



STAY HYDRATED WITH FOOD

From aiding digestion and normalizing blood sugar to delivering nutrients and oxygen to cells, water supports the proper functioning of all bodily systems. Since it accounts for approximately 50-60% of body weight and is lost through daily functions such as sweating, breathing, and urinating, replenishing with fluids throughout the day is vital for overall health. In addition to drinking beverages containing water, hydrate with what's on your plate!

Food with water content of 80-90%

- Cottage cheese (80%)
- Plain yogurt (88%)
- Oranges (88%)
- Peaches (89%)
- Cantaloupe (90%)

Foods with water content of 90-95%

- Strawberries (91%)
- Cauliflower (92%)
- Tomatoes (94%)
- Cucumbers (95%)
- Lettuce (96%)

PROTECT YOUR VISION

Research consistently shows that adults spend an increased amount of time using devices with screens, such as computers, phones, and TVs. The downside of more access to technology is side effects such as eye strain, double vision, and headaches that result from increased screen time. Protect your vision by practicing this easy exercise to reduce eye strain.



GIVE IT A TRY!

To soothe digital eye strain, improve circulation around the eyes, and relax, try cupping your hands and gently placing them over your eyes, without applying pressure. Let your fingertips overlap, and try not to let any light through. With your eyes covered, breathe deeply for one minute. Practice this exercise at any time throughout the day, or use it to unwind before bedtime.

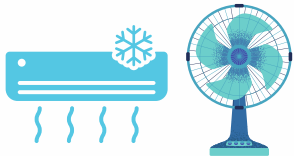




BEAT THE HEAT THIS SUMMER

Summer heat can be dangerous. Here are some tips to keep in mind to keep yourself safe when the temperatures heat up:

Stay indoors during the hottest part of the day, typically between 10 a.m. and 4 p.m. If you need to be outside, wear loose-fitted and light-colored clothing, a hat, and sunglasses to protect yourself from the sun. Take breaks in shaded areas.



Stay in air-conditioned buildings or use fans to stay cool. If you do not have air-conditioning access at your home, visit a public building, such as a library.

Keep hydrated by drinking water frequently, even if you don't feel thirsty. Avoid sugary or alcoholic drinks, as they can dehydrate you.



Be aware of symptoms of heat exhaustion, such as excessive sweating, dizziness, nausea, and rapid heartbeat. If you experience these symptoms, seek medical attention immediately.

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

- July: Water and Boat Safety with the Wisconsin Department of Natural Resources

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

- August: Introduction to CPR and First Aid with the Monroe County Health Department

Thursday August 10th at 8:15am or
Thursday August 24th at 3:30pm



Join our Zoom Meeting:

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



Find our 2023 wellness resources at:

<https://www.co.monroe.wi.us/departments/personnel>