



FFIT News

Flambeau Fitness Incentive Team

Walk the Reclaimed Flambeau Mine Nature Trails!

Dehydration

When we think of the summer temperatures in Wisconsin we can almost feel the beads of sweat forming on our foreheads. Enjoying an iced tea in the shade is an easy way to stay hydrated, but when you add exercise to the picture, meeting your fluid needs takes a little more effort.

Our bodies are about two thirds water. When someone gets dehydrated, it means the amount of water in his or her body has dropped below the level needed for normal body function. Small decreases don't cause problems, and in most cases, they go completely unnoticed. But losing larger amounts of water can sometimes make a person feel quite sick.

Dehydration is a risk when exercising. Many people do not consume enough fluids when they work out to balance the loss from sweating. Here are some guidelines for avoiding dehydration:

- Before, during and after exercise, avoid beverages containing alcohol or caffeine.
- Dress appropriately for your activity. Wear loose-fitting clothes and a hat, if you can.
- Drink plenty of water or sports drinks before, during and after exercise.
- Don't wait until you are thirsty to drink.
- Drink cool beverages

- Begin replacing fluid losses immediately after exercise for quickest recovery.

Common Early Symptoms of dehydration:

- Thirst
- Dry or sticky mouth
- Headache
- Heat Cramps

The risk of dehydration is greatest when you are exercising in heat and high humidity. At very high temperatures, anyone is at risk for heat-related problems such as dehydration, heat exhaustion and heat stroke.

In general dehydration is preventable. So just keep drinking that H₂O for healthy hydration.

2nd Annual Conference in the Garden

Saturday, July 29 from 10 a.m. to 4 p.m

The event includes gardening presentations and tours of seven gardens in the area, including The Reclaimed Flambeau Mine Nature Trails, N4339 Hwy 27, south of Ladysmith.

At the Reclaimed Mine Nature Trails you can...

- Learn about native prairie grasses and wildflowers
- Take a guided tour, departing on the hour, from 10 a.m. to 3 p.m.
- Explore the trails on your own and at your convenience.

You can begin the tour at any participating garden, where a registration fee of \$7 per person will be collected. All proceeds will be used for horticulture education programs in Rusk County. For more information, call the UW-Extension at 715-532-2151.

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Chili-Cumin Bean Salad

Servings: 12

4 cups tomatoes-chopped
1 can hominy-rinsed and drained
1 can black beans-rinsed and drained
1 1/2 cups onion-chopped
1 cup cilantro leaves, whole-minced
1/4 cup lime juice
3 tablespoons olive oil
2 1/2 teaspoons chili powder
2 1/2 teaspoons cumin
1 teaspoon pepper
1/2 teaspoon salt

In a large bowl, combine tomatoes, hominy, beans, onion and cilantro. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over salad and toss to coat.

Refrigerate for at least 2 hours before serving.

Per Serving (excluding unknown items): 175 calories; 4g Fat (21.4% calories from fat); 8g Protein; 28g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 132mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat

Beans and your heart!

When other food sources failed, beans were always there to keep them going. The human body adapted to surviving on beans, and thrives best when it returns to this basic food group. Every major body system depends upon beans for a healthy existence. The goodness of beans includes close relatives of the bean family, peas and lintels, known collectively as legumes.

Walk your way to a Healthy Lifestyle!

Below is a list of helpful tips for efficient walking:

- **Wear the Right Shoes!** Make sure your shoes are the right size and are made for walking. They should have a low supportive heel with a flexible sole.
- **Get a good push-off and hit with a heel-to-toe manner.** Roll through your stride with your back leg and foot. Let your heel hit the ground first, gradually followed by your toes.
- **Swing your arms correctly.** They should be bent at a 90 degree angle, while keeping your elbows close to your body. This should feel natural.
- **Maintain a Good Posture.** Stand up straight, relax your shoulders and be sure to keep your head up.
- **Wear proper clothing.** If it is dark out, wear something so others will be able to notice you, such as reflective stripes.
- **Avoid Boredom.** Walk with a friend or listen to music to keep yourself motivated and entertained.
- **Hydrate!** In addition to drinking 80 ounces of water a day, be sure you are hydrated before, during and after you walk. Bringing a water bottle with you is a good idea.



Well there you have it! You are now a skilled expert on walking. So what are you waiting for? Go ahead, get up and get moving! If you would like to know how much you walk in a given day, a pedometer can be very useful. You can track the number of steps you walk, then later convert them into your distance walked and about how many

Wildflowers of the Flambeau Mine

As you're out walking on the Flambeau Mine Nature Trails and enjoying the beautiful weather, don't forget to look around at the beautiful scenery that is surrounding you. The Reclaimed Flambeau Mine has a variety of different species of wildflowers that are bound to catch your eye.

A total of 369 plant species were found on the re-vegetated mine site in 2005. A total of 279 species are native to this region. One of these being the Yellow Coneflower (*Ratibida pinnata*).

The Yellow Coneflower is a magnificently tall plant of roadsides and native prairies, the Coneflower's tall, thin, hairy stems support striking yellow flowers with relaxed or droopy petals.

Flower heads are about 3" wide and on long individual stalks. Each head has a brown, bullet-shaped central disk less than 1" tall and usually taller than wide, surrounded by up to 13 downward pointing, yellow, petal-like ray flowers.

After pollination, the cone (disk flower) dries to a light gray color and smells

strongly of spice when crushed. Also called the Gray-headed Coneflower.



Sun Safety

Protect Yourself and Your Family All Year Round!

Some tips to help you:

1. Seek the shade, especially between 10am and 4pm.
2. Do not burn.
3. Use a sunscreen with an SPF of 15 or higher every day.
4. Avoid UV tanning salons.
5. Apply 1 ounce of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.
6. Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
7. Examine your skin, head-to-toe every month.
8. See your doctor every year for a professional skin exam.
9. Keep newborns out of the sun. Use sunscreen on babies over six months.

Whether you're working or playing, it's important that you are aware of the dangers when you are outside in the sun.