

## Upcoming Classes & Events

The following classes are free and open to the public! All are held at 5:30 p.m. at Mercy Weight Loss & Nutrition Center in Clive.

**July 10** – Navigating Food Labels

**July 24** - Cooking Demo: Cooking with Grains

**August 14** – How to Help Your Heart: Diet and Exercise

**August 28** - Cooking Demo: Cooking for Heart Health

**September 11** – Mindful Eating

**September 25** – Cooking Demo: Savoring Sweets...Chocolate Sampling

### Bariatric Surgery Support Group

We will continue to meet from **5:30-7 p.m.** the first Tuesday of every month at Mercy Bariatric Surgery Center. Presentations will be from 5:30-6:15 p.m. followed by 45 minutes of open discussion.

**July** – NO SUPPORT GROUP

**August 7** – Engaging without Food

**September 4** – Think Before You Eat

### **OPTIFAST Friends**

We hope you are enjoying these hot summer days! Come and attend a class in air conditioned comfort. It's a great way to touch bases with old friends and make new ones, in addition to encouraging each other to stay on our healthy paths. Classes are offered on Thursdays, 4-5 p.m. and 5:30-6:30 p.m. as well as Fridays 8-9 a.m. If you are more interested in a nutrition focus come on Thursdays 6-7 p.m. or Fridays 9:30-10:30 a.m.

Additionally, we are offering special pricing on vegetable soup - \$2.00 per packet (\$14 / box) while supplies last.

## Summer Refreshers

- 1. Cucumber Mint Infusion** Calorie Free!  
One medium cucumber, peeled & sliced thin.  
6-8 fresh mint leaves  
½ gallon water

Mix ingredients in a glass pitcher. Place in refrigerator for 4-12 hours. Serve over ice.

- 2. Strawberry Lemonade** 8 ounces = 78 calories  
(Serves 8)  
2 cups strawberries  
Juice of 5 lemons  
½ c. agave or 1 tsp. Stevia (to desired taste)  
½ gallon cold water

Pulse strawberries, lemon juice and sweetener in blender and strain. Pour into a ½ gallon pitcher and add water. Serve over ice. Garnish with a fresh strawberry or lemon slice.

- 3. Tropical Breeze Slushie** 8 ounces = 25 calories  
(Serves 8)
  - 1 package of sugar-free orange or fruit punch flavored drink mix (makes 2 quarts)
  - 1/2 cup lemon juice
  - 1 cup unsweetened pineapple juice
  - 1 quart of water
  - 36 ounces diet lemon-lime soda

Mix first four ingredients. Freeze in a gallon-size ziplock bag until slushy. Pour chilled soda over slush and serve.

## Stay Sippin' This Summer



**Beyond Thirst:** Your body awaits hydration before you're feeling a bit dry. "The rule of thumb is, if you're thirsty, you're already dehydrated," reports Dr. Irvin Sulapas, a primary care sports medicine physician, Baylor College of Medicine.

**Hydration** is a dynamic force to your overall health. The human body is 60% water! Water helps regulate body temperature, lubricates joints, maintains kidney function, keeps bowel function regular, preserves vibrant skin, and is needed to keep the body working optimally from every cell, organ and system. Attention to fluid intake is especially important with exercise, hot & humid temperatures, during acute and chronic illnesses and pregnancy.

**Water Loss** occurs continuously from our skin, exhalation, and body waste; rehydrating regularly is essential. The average person has 2.6 million sweat glands! In the summer drinking the standard recommended 64 ounces of fluids per day may not be enough. The National Academies of Science, Engineering and Medicine recommend an adequate daily fluid intake is 15.5 cups (124 oz.) for men and 11.5 cups (92 oz.) for women. Only 20% of our body's daily needs comes through foods, water is a great beverage of choice.

**Prehydrate:** When you know you're going to be gardening, running, sightseeing or in the sun/heat for a long period of time it is recommended by some fitness experts that you drink 16-20 ounces of water before you head out to keep your fluid, potassium, sodium, and chloride levels in balance.

**Dehydration and Heat Exhaustion** can occur when temperatures and humidity meet strenuous activity. Prompt attention is necessary to prevent heatstroke. Signs of dehydration are: minimal or dark colored urine, fatigue, dizziness, dry mouth and skin, headache, muscle cramps, sunken eyes, irritability, low blood pressure, constipation, rapid pulse, confusion, listlessness. Don't wait – seek emergency help.

**Sports Drinks** can effectively replace fluid and nutrients after intense activity but beware of the dangers of overconsumption. These beverages contain acid that may erode your teeth, caffeine that over time may increase your chance of high blood pressure, and make you anxious and sleepless. Added carbohydrates may give you quick fuel but their sugar and calories add to weight gain. Check for low calorie versions.

**Warm Weather Fluid Goals** can get you started:

- Attainable goals - track 'water only' ounces daily using a refillable water bottle at work.
- Be prepared – keep water available inside & out. (coolers, car trunks, insulated cups)
- Caffeinated beverages - limit to 16 ounces on hot days to minimize diuretic effect.
- Drink only plain water with meals. Adding the hydration can prevent overeating.
- Enhance plain H2O with lemon slices, fresh mint or basil leaves to avoid flavor boredom.
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<https://www.webmd.com/diet/features/6-reasons-to-drink-water#1>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

<https://healthresearchfunding.org/pros-cons-sports-drinks/>

<https://blogs.cdc.gov/niosh-science-blog/2011/08/12/heat-2/>