

Pace Yourself in the Heat

Warm summer days feel especially good after such a long, harsh winter, but high heat can take a toll on even the most physically fit vacationer. If you are not accustomed to recreation in high heat and humidity, you must pace yourself.



Prevent heat-related illness and review these tips before engaging in physical activity on very warm days:

- Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear a hat.
- Avoid strenuous activity during the warmest part of the day, generally between 10 a.m. and 4 p.m.
- Take regular time-outs and try to find a cool, shaded place to rest.
- Eat small meals and eat more often. Your body has to spend a great deal of energy keeping you cool in the heat.
- Stay hydrated. Carry water or juice with you when hiking and drink even if you do not feel thirsty. Drink two to four glasses of cool fluids each hour.
- If exertion in the heat makes your heart pound and leaves you gasping for breath, **stop all activity**. Get into a cool area and rest, especially if you become lightheaded, confused, weak or faint.

Outfit the Whole Family with Sunglasses

Sunglasses aren't just a vacationer's fashion statement. They greatly reduce the risk of cataracts and other eye damage. Adults and children should protect their eyes with lenses that provide 99 percent to 100 percent protection for both UVA and UVB rays. Check the label before buying.

All children should be taught to wear sunglasses, especially between 10 a.m. and 4 p.m. Ultraviolet exposure is greatest at high altitudes, on bright sandy beaches and near reflective bodies of water.

Oatmeal Bars Makes: 20 bars

Bake a batch or two of these rich and chewy bars well in advance of your vacation departure date and freeze them for healthy snacking while on the road.

Ingredients

1 1/2 cups white whole-wheat flour (or a mixture of all-purpose and traditional whole-wheat flours)
1/3 cup granulated sugar
1/3 cup brown sugar
2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/8 teaspoon salt
2 cups old-fashioned rolled oats
1/2 cup toasted wheat germ
3/4 cup nonfat milk
1/2 cup unsweetened applesauce
1 large egg
1/4 cup canola or safflower oil
1 teaspoon pure vanilla extract
3/4 cup semisweet chocolate chips
1/2 cup raisins

Preparation

1. Preheat oven to 350°F. Spray a 9x13-inch baking pan with cooking spray. Line the bottom with parchment or wax paper and spray again.
2. In a mixing bowl, whisk together flour, sugars, baking powder, cinnamon and salt. Stir in oats and wheat germ.
3. In a separate bowl, whisk together milk, applesauce, egg, oil and vanilla.
4. Add milk mixture to the dry ingredients. Stir to blend. Mix in chocolate chips and raisins. Spread batter in the prepared pan.
5. Bake until the edges are brown and firm, about 20 minutes.



Nutritional info per bar

168 Calories
5 g Fat
1 g Saturated fat
0 g Trans fat
4 g Protein
28 g Carbohydrate
2 g Fiber
41 mg Sodium

Source: Alere Kitchens