Summer means a time for surfing, sand, barbecues, pool parties, and the occasional getaway. Many of these plans are also an open invitation for you to get sick, especially if you are traveling or lounging outside.

If any of your summer plans revolve around these activities, here are six ways you can ensure you stay healthy.

1. Apply Your Daily SPF

No one likes a sunburn and no one likes those funky tan lines. Applying sunscreen is important.

Not only does sunscreen help prevent skin cancer, but it has also been proven to help slow down your skin’s aging process. If you aren’t careful, severe sunburns (also known as sun poisoning) can also lead to extreme dehydration, which could require a stay in the hospital.

A sunscreen with a lower SPF can be just as effective as one with a higher SPF. However, people with a fairer complexion should use a higher SPF, due to less melanin in their skin. Lotions are usually a little more effective than sprays, just because there is less of a chance for streaking.

2. Hydrate, Hydrate, Hydrate

Water is your best bet for a summer beverage. Sure, you can still enjoy the occasional cocktail, you just need to drink more water if you are going to be outdoors for more than a few hours.

For every hour that you are in the sun, you should drink at least 1-2 glasses, or at least 1-2 bottles. This prevents dehydration and will replenish your energy levels while you take in the rays.

3. Embrace “Healthier” Barbecues

Families and friends love to have a good barbecue during the summer, but instead of the traditional staples, broaden your palette a little.

Instead of the traditional burgers and brats, opt for grilled chicken or try some fresh fish on the grill. These portions of tasty protein are much healthier than hamburgers or hot dogs, and they leave you feeling fuller longer. For some tasty and healthy recipe grilling ideas, check out healthy ideas from one of your favorite culinary magazine or foodie web sites.

4. Travel Light

Although you want to make sure that you have everything you need when catching a flight to your vacation destination, it is important that you pack light – especially if you are a frequent traveler.

Most people don’t think of luggage leading to injury, but actually, it is quite common.

Packing light can prevent injuries such as strains, pulls, and tears. If you do need to pack more because you are going on an extended trip, make sure you are familiar with proper techniques for heavy lifting. Bend at the knees, and use your leg muscles, and avoid twisting or rotating your spine.

Ideally, you want to save money by not checking your bags, but it may be a good idea to reconsider, especially if you are traveling alone. A checked bag fee is cheaper than a visit to the doctor.

5. Eat Breakfast!

Too many times too many people forget to eat breakfast in the morning before heading outside. Without proper nutrition first thing in the morning, your body basically wilts in the summer sun, potentially leading to heat overexposure, dehydration, or fainting.

Eat a breakfast high in protein, like eggs, with a side of fruit or whole grains. Plus, a healthy breakfast first thing in the morning will jump-start your metabolism.

6. Avoid Over-Intoxication

It is understandable that during summer you want to have a good time, but it’s important that you cool it on the alcoholic beverages if you are going to be outside for more than a few hours.

When you drink alcohol in the sun, it dehydrates you further, causing you to perspire and urinate more. Alcohol fails to replenish your water stores, so it’s important that you drink water between alcoholic beverages.

Article contents adapted from the bistroMD web site at http://www.bistromd.com/health-tips/.
Women’s health series seminars scheduled for June and July 2017

Constantly craving sweets and not sure why? Tired of always feeling tired? Want to gain control over your cravings and not deprive yourself?

If any of these questions pique your interest, then join us on Tuesday, June 27, 2017, when Sarah Haas (pictured left), local integrative nutrition health coach and certified personal trainer, presents “Sugar Blues: Curb Cravings for Good!” Location is the Global Understanding Video Conference Room, Campus Center Building, room 233. Start time is noon.

So many of us are more dependent on sugar than we would like. We crave sugary snacks to give us energy or satisfy that sweet tooth, but end up feeling sluggish, foggy, and stressed out and experiencing headaches, poor sleep and weight gain. Sarah will help you understand the causes of your sugar cravings and learn practical tools for dealing with them.

In this workshop you’ll learn:

- The top ways sugar is negatively affecting your health and happiness
- How to understand what your cravings are really telling you
- How your lifestyle affects your cravings
- Tips to eat foods you enjoy and not deprive yourself.

It’s not about deprivation. It’s about freedom — the freedom to eat foods you love and have sweetness in your life without the side effects or the guilt.

Reservations are required. To reserve a space for Haas’ Women’s Health Series seminar, contact the Women’s Resource Center at 423-439-5772. This seminar is free and open to the public.

In July 2017, fish is the focus of an upcoming Women’s Health Series seminar. Several studies have shown that eating fish reduces risk of heart disease. Fish is an excellent source of protein and many species are also rich in omega-3 fatty acids. Eating at least 250 mg. of these omega 3s per day is enough to provide health benefits. Unfortunately, Americans eat less than half of this amount.

Murray conducting “Clutter” workshop in August 2017

Would you like to open up to your future, clear your way forward, and lighten your spirit? How may clutter be affecting the quality of your life? There are many reasons why we find it so hard to get rid of our stuff (tangible and intangible), but the number one reason is the fear that it may be needed at some time in the future.

If these thoughts have crossed your mind then join us for “Clutter Clearing: A creative look at what that means for you!” with guest facilitator Pam Murray, B.A., M.B.A., on Tuesday, August 1, 2017. Location is the Campus Center Building, Global Understanding Video Conference Room, room 233. Start time is noon.

Murray, local artist and creative coach, invites participants to join her in a creative journey to envision how you might use clutter clearing to open up to and attract more of the life that feels more clearly, peacefully, naturally you.

Clutter can block and clog our life in various ways, rendering us unable to move forward. Whether clearing physical objects or old beliefs and blocks, as you physically or mentally shift what is not needed, transformation begins. Beyond physical objects, you might be cluttering your time, your relationships, and the amount of information you are taking in. It is not about having a perfectly clean and clear environment, but about having a clear life and letting go of what does not serve you.

Reservations are required. To reserve a space for Murray’s Women’s Personal Enrichment Workshop, contact the Women’s Resource Center at 423-439-5772. This workshop is free and open to the public.

Hall’s seminar provides information on healthy food-related behaviors to reduce your risk of heart disease. In this session, you will learn nutrition tips and resources to help you choose and prepare foods that support and strengthen your body’s hardest working muscle – your heart!

Upon graduating from Harding University with a bachelor’s degree in dietetics and minor in psychology, Hall completed her dietetic internship at Vanderbilt University. She works with K-VA-T’s Healthy Initiatives team to develop and implement health and nutrition programs for store associates and communities.

Reservations are required. To reserve a space for Hall’s Women’s Health Series seminar, contact the Women’s Resource Center at 423-439-5772. This seminar is free and open to the public.


Women’s Personal Enrichment Workshop, contact the Women’s Resource Center at 423-439-5772. This workshop is free and open to the public.
For more information on the events listed contact the WRC at 423-439-5772.

JUNE – AUGUST 2017

Main Campus Programs

Wednesday, June 21
Book Review Group. Participants will meet to discuss Offshore: A Novel by Penelope Fitzgerald. New readers welcome.
LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Tuesday, June 27
“Sugar Blues?: Curb Cravings for Good!” – A Women’s Health Series Lunch Break Seminar. Sarah Haas, a local integrative nutrition health coach and certified personal trainer, is guest speaker. Haas will discuss the causes of your sugar cravings and provide practical tools for dealing with them. Reservations are required. See article page 2.
LOCATION & TIME: Global Understanding Video Conference Room, Campus Center Building, room 233, noon.

Wednesday, July 19
LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Tuesday, July 25
“Go Fish for Your Heart” – A Women’s Personal Enrichment Lunch Break Series. Elizabeth Hall, R.D.N., L.D.N., corporate/retail registered dietitian for K-VA-T Food Stores, is guest speaker. Hall’s seminar provides information on healthy food-related behaviors to reduce your risk of heart disease. She also will discuss nutrition tips and resources to help you choose and prepare foods that support and strengthen your body’s hardest working muscle – your heart! Reservations are required. See article page 2.
LOCATION & TIME: Global Understanding Video Conference Room, Campus Center Building, room 233, noon.

Tuesday, August 1
“Clutter Clearing: A creative look at what that means for you!” – A Women’s Personal Enrichment Series Lunch Break Seminar. Pam Murray, B.A., M.B.A., local artist and creative coach, is guest facilitator for this one-session workshop. Murray invites participants to join her in a creative journey to envision how you might use clutter clearing to open up to and attract more of the life that feels more clearly, peacefully, naturally you. Reservations are required. See article page 2.
LOCATION & TIME: Global Understanding Video Conference Room, Campus Center Building, room 233, noon.

Wednesday, August 16
LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.
Saluting the Women of ETSU

Blevins receives 2017 ‘ETSU Staff Woman of the Year’ award

On April 5, 2017, the ETSU Staff Woman of the Year award was presented to Julie S. Blevins, executive aide in the Department of Geosciences. ETSU President Brian Noland, along with Dr. Larissa Bossaer, chair of the ETSU Commission for Women Standing Committee, presented Mrs. Blevins with the award plaque and $1,000.00 monetary award during the annual recognition ceremony and reception.

Congratulations, Julie!

Upcoming Sexual Assault Education Summit

2017 Notable Women of ETSU

The 16th annual Notable Women of ETSU is taking place on Wednesday, November 8, 2017. Watch for more details from the Office of Women's Studies. Contact them at 423-439-4125 for more information.

HOLIDAY CLOSINGS

ETSU will be closed and classes will not be in session Tuesday, July 4, and Monday, September 4, 2017.

FALL SEMESTER 2017

Classes begin Monday, August 28, 2017.

East Tennessee State University does not discriminate against students, employees, or applicants for admission or employment on the basis of race, color, religion, creed, national origin, sex, sexual orientation, gender identity/expression, disability, age, status as a protected veteran, genetic information, or any other legally protected class with respect to all employment, programs and activities sponsored by ETSU. The following person has been designated to handle inquiries regarding non-discrimination policies: Special Assistant to the President for Equity and Diversity/Affirmative Action Director, 206 Dossett Hall, 439-4211. ETSU's policy on non-discrimination can be found at: http://www.etsu.edu/equity/compliance.aspx.