

PLAY IT SAFE AT THE PARK

THIS JUST IN 08.13.11

GOING GREEN? KEEP IT CLEAN

Given up disposable water bottles in favor of an eco-friendly reusable one? Good for you. Now — are you washing it daily? "Even with plain water, if you drink half of the water and you leave it in the hot car, that too can run the risk

of bacteria growing. Your mouth has got lots of germs," says Dr. Georges Benjamin, head of the American Public Health Association. His tips:

- Use a brush if you can't reach all areas of the bottle.

- Dry it well.
- Wash by hand if it's not marked "dishwasher safe." Otherwise, "if it's plastic, you can deform it, and (lids) won't fit right."



WORK IT OUT WITH HEAT

Two reasons hot weather workouts are tough: Your body pumps more blood to your skin to lower body temperature, so there's less blood for your muscles, making you feel more tired. And sweat can't evaporate as easily when it's humid, so your body has an even harder time cooling off. But instead of staying on the couch, try these tips from *Prevention* magazine:

- Set your alarm. Early morning is the best time to go out.
- Sunburn makes you even hotter, so use a sunscreen with an SPF of 30 or higher that's waterproof and designed for sports.
- Choose lightweight, light-colored clothes that wick away moisture. Visors protect your face without making you as hot as baseball caps do.
- When it's very hot, skip high-intensity workouts. Or take them into the gym or pool. Don't like swimming laps? Try running and resistance training in the pool.
- Drink water every 15 to 20 minutes during your workout, even if you're in the pool.

EXERCISE BENEFITS

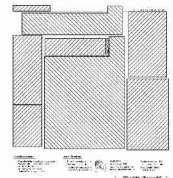
Wondering how much exercise is enough to matter? A new quantitative review in *Circulation, Journal of the American Heart Association* says people who did 150 minutes of moderate-intensity activity a week had a 14 percent lower risk of coronary heart disease compared with those who reported no exercise. The more you do, the better the results, but even a little is better than nothing. Jacob Sattelmair of the Harvard School of Public Health said this work differs from previous reviews, since it looked at both how much activity people need, and how much benefit they can get from it.

MULTITASK FOR MEDIOCRITY

Modern society smiles on those who can multitask. It's a sign of mental acuity. Or is it?

In "Prime Your Gray Cells," an article posted to *Psychology Today's* blog, Teresa Aubele and Susan Reynolds argue that scattering attention among tasks is a bad idea, not just because it's difficult to keep up the juggling routine but also because it saps our ability to think creatively.

"The more tasks you add, the less efficient your brain is, and the less likely it is to focus on the most important task," they write. "If you are allowing yourself to be besieged by an influx of information, you are more likely to have trouble making the creative leap required for original thought — or to make wise decisions." Their advice? Focus. Limit access to such distractions as e-mail and phones, and give your subconscious room to percolate.



WEIGHT LOSS REWARDS

Need inspiration to lose weight? Would you do it for \$10,000?

HealthyWage, a New York company, is bringing its dieting-for-dollars weight loss competition to Florida this month. During the "Florida Matchup," teams will compete for \$10,000, \$5,000 and \$3,000 prizes. Participants each pay \$60 to enroll, and HealthyWage co-founder David Roddenberry said that's the key. "When people put up their own money they are more successful," he said. Roddenberry said more than \$200,000 in prize money has been paid out since the incentive-based wellness programs started 2½ years ago. Details:

- Teams of five — co-workers, family members, friends — compete to lose the greatest percentage of body weight (just like on TV's *Biggest Loser*).
- The contest runs from Aug. 26 through Nov. 18. Contestants must weigh in at local health clubs at the beginning and end.
- Individuals can register their own teams. Some companies are entering teams, including Rooms To Go, Suncoast Hospice and Gate Petroleum.
- Or you can participate for free and win \$100 cash if you register, report for weigh-ins and lower your BMI from 30 or higher (the definition of obesity) to a healthy number below 25. You have a year to do it, but won't be eligible for big prizes.

To learn more: www.healthywage.com/florida-matchup.



DIRK SHADD | Times (2008)

SheiKra is one of the premier roller coasters at Busch Gardens in Tampa.

Taking the kids to an amusement park for an end-of-summer treat? Here are tips to make it a safe and healthy day from Elizabeth Ringas of American Coaster Enthusiasts:

- Sip water all day, even if you're not thirsty. Avoid dehydrating caffeine and alcohol.
- Slather on sunscreen; reapply at least three times daily, more if you're on water rides.
- Skip clothes with hoods or strings, which can tangle on equipment. Tie back long hair.
- Visit www.saferparks.org for a nationwide

database of safety complaints and general tips.

- Follow all rules. If you don't meet height requirements, don't try to sneak on. Keep your hands inside the car.
- Don't pig out. To avoid motion sickness, limit foods that are fatty, spicy or high in sugar. Don't get on big rides right after a big meal.
- Don't force a frightened child on a ride. Also take plenty of breaks — exhausted riders may skip safety steps or lack the strength to brace their bodies as needed on hills and curves.