



## Six exercise safety tips

In the wake of the COVID-19 pandemic, many Americans are more aware of their health and wellness. Now, as social restrictions ease, you may find yourself stepping up your workouts, whether you're training for an event or working to improve your game in a recreational league.

Sprains, strains and injuries can happen to even the most seasoned athletes. When you're testing your limits, even a minor injury can alter your performance. Consider products and supports like these from the CURAD Performance Series product line, available at Walmart and Amazon, to help you get back in the game quickly and safely.

Find more resources to support your fitness journey at CURAD.com.

### Keep Dirt and Germs Away

The more active you are, the harder it can be to find a bandage that stays with you all day or all game long. You can find serious staying power with CURAD Performance Series Bandages, which come in a variety of shapes and sizes to conform to the body and are made to stand up to mud, sweat, friction and heat. The rugged, heavy-duty fabric offers flexible, breathable protection to help seal out dirt and germs, and the highly absorbent,

colored wound pads are antibacterial to help prevent infection.

### Spray Away Sore Spots

Controlling mild pain can help keep you at the top of your game, and a topical analgesic works fast to heal common pain brought on by fitness and exercise, such as pain in knees, feet, shoulders and backs. For advanced numbing support, Active ICE gel, roll-on and spray relieve soreness fast with ultra-strength 8% menthol that has anti-inflammatory properties to numb muscles pre-workout and relieve post-workout soreness. The gel also includes pharmaceutical-grade conditioners that moisturize for lasting protection and comfort to heal and relieve prolonged inflammatory pain.

### Put Pain in the Past

When recovery becomes the name of the game and pain relief is needed after daily workouts or bodily injuries, home remedies like CURAD Performance Series small reusable hot or cold packs provide long-lasting chilling or heating relief for recovery from aches, pains and swelling. Cold packs work to heal bruises, reduce swelling and relieve headaches and general pain points while microwavable heat packs provide satisfying heat therapy to address sore and stiff joints, muscle

cramps and tension.

### Reduce Impact of Knee Strain

Weak, injured or arthritic knees can come from many sources, including tendonitis and a wide range of conditions that result in strain or overuse. An adjustable band can provide support for on-field sports and during workouts or everyday activities. An option like the CURAD Performance Series Knee Support has a universal, adjustable design that fits either knee for most men and women. Its adjustable patella support pad fits a variety of knee shapes and sizes, and a special antimicrobial layer helps prevent stains and odor-causing bacteria.

### Manage Pain and Relieve Pressure

If you participate in endurance and strength exercises or certain sports, you may ask a lot of your

joints. Kinesiology tape can be configured a multitude of ways to help reduce pain and improve blood circulation, as well as relieve tension and pressure. Providing support and relief while active, CURAD Performance Series

Far Infrared Kinesiology Tape features infrared technology, designed to absorb and redirect energy, and may be experienced as a gentle radiant heat. The tape is latex free, hypo-allergenic and can be worn for multiple days,

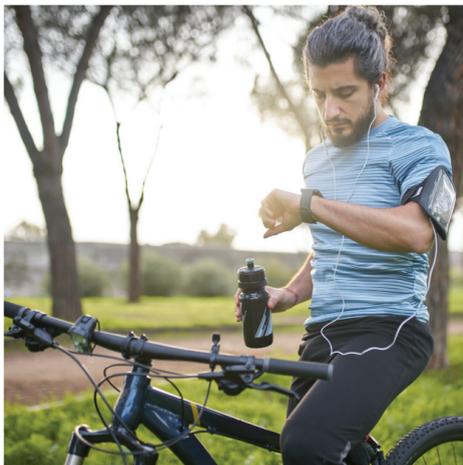
even when swimming or participating in water sports.

### Control Back Strain

When your back is strained, your body and performance can suffer. A mild or moderate sprain can benefit from strong support

and compression, such as the CURAD Performance Series Back Support. The dual-pulley system provides quick, uniform, custom compression with an easy, one-hand pull and metal stays for added support across the

lower back and abdomen. The soft, breathable material is discreet under clothing so you can wear it all day long and hardly notice it, and the adjustable design comfortably fits a wide variety of body types.



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### Strawberry Banana Smoothie

- 1 1/2 cup raspberries
- 1 cup strawberries
- 1/2 frozen banana
- 1 cup almond milk, or oat milk
- 1 tablespoon honey or maple syrup
- 1 1/2 cups ice
- Handful of mint or basil, optional

1. Combine the raspberries, strawberries, banana, almond milk, honey or maple syrup, basil, if using, and ice in a blender. Blend until smooth.
2. Taste. If it's too tart for you, add another 1/2 cup or so of almond milk and another tablespoon of honey or maple syrup.

## Leave the recipes to us!



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## Manage heart health for stronger brain health

The same risk factors that contribute to making heart disease the leading cause of death worldwide also impact the rising global prevalence of brain disease, including stroke, Alzheimer's disease and dementia.

The global death rate from Alzheimer's disease and other dementias is increasing even more than the rate of heart disease death, according to the American Heart Association's Heart Disease and Stroke Statistics 2022 Update.

Globally, more than 54 million people had Alzheimer's disease and other dementias in 2020, a 37% increase since 2010 and 144% increase over the past 30 years (1990-2020). Additionally, more than 1.89 million deaths were attributed to Alzheimer's disease and other dementias worldwide in 2020, compared to nearly 9 million deaths from heart disease.

"The global rate of brain disease is quickly outpacing heart disease," said Mitchell S.V. Elkind, M.D. M.S., FAHA, the past president of the American Heart Association (2020-21), a professor of neurology and epidemiology at Columbia University's Vagelos College of Physicians and Surgeons and attending neurologist at New York-Presbyterian/Columbia University Irving Medical Center. "We are learning more about how some types of dementia are related to aging, and how some types are due to poor vascular health. It's becoming more evident that reducing vascular disease risk factors can make a real difference in helping people live longer, healthier lives, free of heart disease and brain disease."

According to the statistics update, people with midlife hypertension were five times more likely to experience impairment on global cognition and about twice as likely to experience reduced executive function, dementia and Alzheimer's disease. The risk for dementia associated with heart failure was nearly two-fold.

Experts recommend maintaining a healthy weight, man-

See **Heart health** on Page 4B



**OSAGE COUNTY HEALTH DEPARTMENT**  
 205 E Main St Linn, MO 65051 573-897-3103

### SAFE PRENATAL EXERCISES

Walking, swimming, low-impact aerobics, yoga, & running/strength training (if done prior to pregnancy). Always check with doctor before starting new workout regimens!

### POSTPARTUM EXERCISES

Wait until 6 weeks postpartum or when you are cleared by your doctor. Resume normal activities! If breastfeeding, this should not affect production.



#### Directions:

Combine all ingredients in a bowl. Mix thoroughly. Cover and chill in the refrigerator for at least 1 hour, to allow the flavors to blend. Serve with cut-up veggies or whole-wheat crackers. Makes 12 servings - Each serving provides 61 calories, 1 gram protein, 4 grams carbohydrate, 4.5 grams fat, 103 milligrams sodium, trace fiber



### RECIPES

#### Veggie Yogurt Dip

**Ingredients:**  
 1 cup raw broccoli, finely chopped  
 1/2 cup carrot, peeled and grated  
 2 green onions, diced  
 1 TSP dried dill  
 1/8 TSP garlic salt  
 1 cup light mayonnaise  
 1 cup nonfat plain yogurt

#### Tuna Salad

**Ingredients:**  
 2 cans (5 oz each) chunk tuna, packed in water, drained  
 2 tbsp mayonnaise  
 3 tbsp dried cranberries  
 1/4 cup celery  
 1 tbsp onion, chopped  
 1/4 cup green bell pepper, minced  
 1/4 cup pecans, chopped

#### Directions:

In a bowl, break up the tuna with a fork. Add remaining ingredients & mix well. Serve on lettuce with whole-wheat crackers. Makes 4 servings - Each serving provides 138 calories, 16 grams protein, 5 grams carbohydrate, 6 grams fat, 110 milligrams sodium, 1 gram fiber

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# Main Dishes

## NO PEAK BEEF TIPS

Submitted by **Nancy Maxwell**

- 2 lbs. Stew meat
- 1 can cream of mushroom soup
- 1 pkg. brown gravy mix
- 1 envelope beefy onion soup mix

### DIRECTIONS:

Mix well and put into a 13 x 9 pan. Cover with foil. Bake at 300 for 3 hours. **NO PEAKING!** Meat is super tender. Can be served with potatoes or noodles.

## CHICKEN AND RICE BAKE

Submitted by **Nancy Maxwell**

- 1 box Uncle Ben Long Grain and Wild Rice Mix
- 1 can EACH of cream of mushroom and cream of onion soup
- 1 1/2 - 2 cans of water
- 4 - 6 chicken breasts
- Salt and pepper to taste

### DIRECTIONS:

Mix the box of rice with both cans of soup and water. Pour into a 13 x 9 pan, top with chicken, sprinkle with salt and pepper and cover with foil. Bake at 350 for 1 1/2 hours - do not open foil while baking.

## BAKED SAUSAGE

Submitted by **Nancy Maxwell**

- 1 pound rope sausage
- 2 - 2 1/2 cups water

### DIRECTIONS:

Heat oven to 350. Put sausage in oven safe dish and cover with water. Cover and bake for one hour. After baking drain off water and put back in the oven till brown on both sides.

## BAKED CHILI CASEROLE

Submitted by **Christy Brandt**

- 1 pound ground beef
- 1 onion, chopped
- 1 green pepper, chopped (optional)
- 1 can kidney beans, rinsed and drained
- 1 can whole kernel corn, drained
- 1 can (15 oz.) tomato sauce
- 1 can diced tomatoes, with juice
- 2 tsp. chili powder
- 1 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. sugar
- 1/2 tsp. garlic powder

## CORN BREAD BISCUITS:

- 1 cup flour
- 1 cup cornmeal
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 egg
- 1/2 cup milk
- 1/2 cup sour cream
- 1/2 cup cheese, cut into small cubes (optional)

### DIRECTIONS:

Brown beef, onion and green pepper; drain. Add remaining ingredients; bring to a boil, stirring occasionally. Reduce heat and simmer for 10 minutes. Meanwhile, combine flour, cornmeal, baking powder and salt in a bowl. Beat egg, milk, and sour cream until smooth; stir into dry ingredients just until moistened. Stir in cheese. Pour chili mixture into 9x13 inch baking dish. Drop batter by heaping spoons onto hot chili. Bake, uncovered, at 400 degrees for 15-17 minutes, or until biscuits are lightly browned.

## PIZZABURGER

Submitted by **Kraft Company**

- 1 1/2 pounds ground beef
- 1/2 tsp. garlic salt
- 1/4 tsp. pepper
- 1 (16 oz.) can tomatoes, drained, chopped
- 1 (8 oz.) can tomato

### sauce

- 1 (2 1/2 oz.) jar mushrooms, divided
- 1 tsp. oregano leaves
- 3 individual French bread loaves, baked, split
- 1 (8 oz.) pkg. Kraft Natural Low-Moisture Part-Skim Mozzarella Cheese Slices
- 2 cup onion rings, sauteed

### DIRECTIONS:

Combine meat and seasonings. Shape into 6 oval patties; broil on both sides to desired doneness. Heat together tomatoes, tomato sauce, mushrooms and oregano; simmer 15 minutes. For each sandwich, top bread half with patty; spread with sauce. Top with cheese, onion and additional sauce; broil until cheese melts. 6 sandwiches.

## SAVORY CRUST CHICKEN POT PIE

Submitted by **Brenda Lecure**

- CRUST:**
- 1 cup (8 oz.) sour cream
- 1/2 cup butter or margarine, softened
- 1 egg
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1 tsp salt
- 1 tsp dried sage

### FILLING:

- 1/2 cup EACH chopped carrots, green pepper, sweet red pepper and onion
- 1/2 cup sliced fresh mushrooms
- 2 Tbsp. butter or margarine
- 2 cups cubed cooked chicken
- 1 can (10 3/4 oz.) condensed cream of chicken soup, undiluted
- 1/2 cup shredded cheese

### DIRECTIONS:

In a mixing bowl, beat sour cream, butter and egg. Add flour, baking powder, salt and sage; mix well (mixture will be sticky). Spread into the bottom and up the sides of an ungreased 10-in. pie plate. **FOR FILLING:** Sauté vegetables in butter over medium heat until crisp-tender. Add chicken and soup; mix well. Spoon into the crust. Sprinkle with cheese. Bake at 400 degrees for 30-35 minutes.

## QUICK AND EASY CRAB DIP

Submitted by **Brenda Lecure**

- 1.5 pounds imitation crab meat, chopped
- 16 oz. container sour cream
- 1 pkg. (or to taste) green onions sliced or chopped
- 1 tsp. dill weed or to taste

### DIRECTIONS:

Combine all ingredients and refrigerate until needed. Best if refrigerated at least a few hours. Serve on crackers, chips or celery stalks.

## EASY BEEF AND BROCCOLI

Submitted by **Brenda Lecure**

- 3 Tbsp. cornstarch, divided
- 1/2 cup water, plus 2 Tbsp., divided
- 1/2 tsp. garlic powder
- 1 pound boneless round steak or chuck steak, cut into thin 3-in. strips
- 2 Tbsp. vegetable oil, divided
- 4 cups broccoli florets
- 1 small onion, cut into wedges
- 2 cups sliced mushrooms (optional)
- 1/3 cup reduced sodium soy sauce
- 2 Tbsp. brown sugar
- 1 tsp. ground ginger

### DIRECTIONS:

- In a bowl combine 2 tablespoons cornstarch, 2 tablespoons water and garlic powder until smooth. Add beef and toss.
- In a large skillet over medium high heat, stir-fry beef in 1 tablespoon oil until beef reaches desired doneness, remove and keep warm.
- Stir fry broccoli, mushrooms and onion in remaining oil for 4-5 minutes. Return beef to pan.
- Combine soy sauce, brown sugar, ginger and remaining cornstarch and water until smooth and add to the pan. Cook and stir for 2 minutes. Serve over rice.

small pieces and fry, drain grease. Using the same frying pan add your cooked rice, chopped green onions, 2 eggs and soy sauce. Mix all of those ingredients together and fry. The key to evenly browning your rice is to keep your mixture moving in the pan, and your heat not too high. This method of continuous stirring will prevent your rice from sticking and scorching in the pan. When you feel your rice is well blended remove from heat and eat!

## SWEET AND SOUR CHICKEN

Submitted by **Tricia Orscheln**

- Chicken breast
- Vegetable oil
- Ingredients for batter:
- 1/2 cup flour
- 1/4 cup cornstarch
- 1/2 cup water
- 1 tsp. salt
- 1/2 tsp. baking powder
- 1 tsp. vegetable oil

### DIRECTIONS:

Mix all of the ingredients together until well blended and smooth. Add your small pieces of chicken breast. Stir everything together until all chicken is covered in the batter. In a medium size pot or fry daddy heat

your oil. Using a teaspoon, dish out your chicken/batter mixture into the hot oil. Continuously stir the mixture around in the pot until the chicken clusters are crisp and golden brown. Do not over fill your pot or your "clumps" of chicken will stick together.

### Ingredients for dipping sauce:

- 1/4 cup brown sugar
- 2 tsp. cornstarch
- 1 can pineapple juice
- 1/4 cup vinegar
- 2 tsp. ketchup

### DIRECTIONS:

Combine all of the ingredients in a small pot and bring to a complete boil on the stove. Stir continuously or it will scorch! Chill for about 20 minutes.

## CHICKEN & DRESSING SHEET PAN SUPPER

Submitted by **Linda Pfahl**

- 1/2 loaf Ciabatta, cut into 1-in. pieces
- 4 cups cornbread chunks (use your favorite recipe)
- 1 whole medium red onion, cut into chunks
- 3 stalks celery, sliced

See **Main dishes** on Page 3B



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Main dishes • from page 2B

2 whole carrots, peeled and cut into chunks  
 1 1/2 tsp Kosher salt  
 1 tsp. black pepper  
 1/2 tsp. ground sage  
 1/2 tsp ground thyme  
 8 whole bone-in chicken thighs  
 1 whole half stick Land O Lakes Salted Butter, cut into small pieces

**DIRECTIONS:**  
 Preheat the oven to 425 degrees. Place the bread cubes, cornbread cubes, onion, celery and carrots on a sheet pan. Toss together with your hands. Nestle the chicken thighs all around the pan, skin side up. Mix together the salt, pepper, sage and thyme and sprinkle it all over the chicken, bread, and veggies. Dot the top with the butter. Place the pan in the oven for 15 minutes. Use a wooden spatula to stir the bread and veggies, mixing in the butter. Do not disturb the chicken. Return the pan to the oven and continue roasting for 25 to 30 minutes until chicken is completely cooked.

Remove the pan from the oven, stir the bread and veggies, and serve!

**CROCK POT SWEET & SOUR TURKEY**  
 Submitted by **Melanie Peters**

**FOR THE TURKEY:**  
 2 pounds turkey breast, cut into chunks  
 Sea salt and black pepper to taste  
 1/2 cup cornstarch  
 2 large eggs, beaten  
 1/4 cup olive oil

**FOR THE SAUCE:**

1/2 cup brown sugar, packed  
 1/2 cup apple cider vinegar  
 1/4 cup ketchup  
 1/4 cup soy sauce  
 1/2 cup water  
 1 tsp. minced garlic

**DIRECTIONS:**  
 In a large bowl, whisk sauce ingredients until well blended.

In a separate bowl, season turkey with salt and pepper. Add cornstarch and eggs. Mix until turkey is coated with egg and cornstarch batter. Heat olive oil in large skillet and cook turkey until it is golden brown, usually 4-5 minutes.

Put turkey in crockpot and cover with the sauce. Stir evenly until turkey is coated. Cook 3 hours on high or 6 hours on low. Serve over warm rice or noodles.

**CHICKEN LOMBARDY**

Submitted by **Becky Kraus**

3 boneless skinless chicken breasts  
 1/3 cup butter divided  
 1/2 cup flour  
 8 oz. sliced mushrooms  
 3/4 cup marsala wine  
 1/2 cup chicken stock  
 1/2 tsp. salt  
 1/4 tsp. pepper  
 1/2 cup shredded mozzarella  
 1/2 cup parmesan cheese  
 2 green onions sliced

**DIRECTIONS:**  
 • Heat a large skillet over medium-high heat

- and add 2 Tbsp. butter.
- Add the mushrooms and cook, stirring frequently, until they begin to brown; remove them and set aside.
- Slice chicken breasts in half lengthwise. Flatten each piece between 2 sheets of waxed paper or plastic wrap with a meat mallet to about 1/4-inch thickness. Dredge each flattened piece in the flour.
- In the same pan you cooked the mushrooms in, add 1 Tbsp. of the butter and heat over medium-high heat.
- Add 2 chicken breast pieces and brown well on all sides. Remove and set aside.
- Repeat the browning process 2 more times (using a Tbsp. of butter with each shift)—you have to do this in shifts so the chicken is not crowded in the pan and browns evenly. Don't drain the drippings, you need it for the marsala sauce.
- Preheat oven to 450 degrees F. Lightly grease a 13x9-inch baking pan.
- Add the chicken breasts to the prepared baking pan, overlapping each piece slightly. Sprinkle evenly with the mushrooms.
- After all the chicken is browned, using the same pan with the collected drippings, add the wine, chicken stock, salt and pepper. Bring to a boil, reduce heat and simmer uncovered for 10 minutes. Pour the sauce evenly over the chicken.
- Mix the cheeses and green onions and distribute over the top of the chicken.
- Bake for 15-20 minutes until cheese is melted and just starting to brown.

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**MAIN DISH POTATO SALAD**

Submitted by **Joan Kiso**

2 1/2 pound of potatoes  
 1 cup vegetable oil  
 1/2 cup wine vinegar  
 2 tsp. chopped fresh dill or 3/4 tsp. freeze-dried dill  
 1 1/2 tsp. salt  
 1 1/2 tsp. dry mustard  
 1 tsp. celery seeds  
 1/2 tsp. sage  
 1/4 tsp. garlic powder  
 1/4 tsp. white pepper  
 2-3 endives, diced  
 1/2 pound Swiss cheese, cut in 1/4-in. cubes  
 1 medium red onion, chopped  
 3 hard-cooked eggs, chopped  
 1/2 cup sliced pitted ripe olives  
 1/2 cup chopped green pepper

over warm potatoes. Refrigerate overnight.

About 1 hour before serving, add endive, cheese, onion, eggs, olives and green pepper. Toss. Let marinate at least 1 hour before serving. Serves 6-8.

**PASTA SALAD**

Submitted by **Linda Pfahl**

1 pound rotini, cooked and drained  
 1 cup chopped onions  
 1 cup chopped cucumbers  
 2 tsp. parsley flakes  
 1 1/2 cup sugar  
 1 cup vinegar  
 1/2 cup vegetable oil  
 2 tsp. mustard  
 1 tsp. salt  
 1 tsp. pepper  
 1 tsp. garlic powder  
 1 cup diced tomatoes  
 1 cup chopped peppers

**DIRECTIONS:**  
 Combine macaroni, onions, cucumbers and parsley flakes well together. Prepare in a separate bowl: sugar, vinegar, oil, salt, pepper and garlic powder. Mix all together. Pour over mixture. Do not stir. Marinate overnight. Next morning stir all together, then add tomatoes and peppers. Serve. \*I used only 3/4 cup vinegar.

Broccoli Fried Rice

Ingredients:

- 3 cups chopped broccoli (fresh)
- 3 cups cooked and cooled brown rice
- 2 tbsps sesame oil, divided
- 1/2 cup chopped yellow onion
- 2 large garlic cloves, minced
- 1 cup chopped or shredded carrots
- 3 tbsps soy sauce
- 1/2 tsp garlic powder
- 1 egg
- 1/2 cup sliced green onion



Instructions:

Add broccoli to a food processor. Pulse until broccoli resembles rice. Do not over process!

Heat a large wok or non-stick pan to a high heat. Add 2 teaspoons sesame oil. Once the oil is hot, add onion, garlic, and carrot. Season with salt and pepper. Use a wooden spoon to stir-fry veggies until fragrant, about 30 seconds. Add another two teaspoons of sesame oil and add broccoli. Again, season with a little bit of salt and pepper. Continue to stir-fry 3-4 minutes until broccoli begins to cook. Add remaining oil followed by rice. Continue to use the wooden spoon to stir-fry the mixture for another 2 minutes or until the veggies are all cooked.

Drizzle in soy sauce and sprinkle with garlic powder. Continue to cook another 2-3 minutes until sauce has coated all the rice and veggies. Reduce the heat to medium and make a well in the center of the mixture. Crack an egg in the middle and use the spoon to scramble the egg. Mix in to the rice. Add green onions. Toss. Season to taste with salt and pepper. Serve hot.

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## Making Summer Fun Safe

Longer days and lighter schedules make summer perfect for relaxing, having fun outdoors and spending time with loved ones. However, more physical activity and time spent in the sun can also translate to increased health and safety risks.

As you and your family enjoy the warmth and sunshine while swimming, biking, grilling, playing on the playground and more this summer, remember these precautions from the experts at the American Heart Association.

### Watch for Signs of Heat Stress

On hot summer days, be alert for signs of heat illnesses, such as heat cramps, heat exhaustion or heat stroke. Even when it doesn't seem extreme, heat and humidity can take a toll. Some signs of heat-related illness include muscle pain, cramps or spasms; heavy sweating; paleness; dizziness; headache; nausea or vomiting; confusion; fainting or unconsciousness; high body temperature (greater than 100 F) with dry skin; and rapid pulse. If you experience any of these symptoms, take a break, drink some water and find shade or air conditioning to cool off.

### Stay Hydrated

Staying hydrated is important for optimal body functioning, especially during the hot and humid months. If you plan to spend a lot of time outdoors, frequently consuming water and foods with high water content - melons, lettuce and cucumbers, for example - can help replace the fluids lost via sweat. In addition, be aware of the signs and symptoms of mild dehydration, including a dry or sticky mouth; dry, cool skin; headache; or muscle cramps.

### Learn CPR

As summertime activities expose people of all ages to risks, it's important to be trained in CPR - or cardiopulmonary resuscitation - an emergency life-saving procedure that is performed when the heart stops beating. If performed immediately, it can double or triple a cardiac arrest victim's chance of survival.

al, according to the American Heart Association. However, only about 40% of people who experience out-of-hospital cardiac arrest receive help before professionals arrive.

Because about 74% of adult and 87.5% of child out-of-hospital cardiac arrests happen in homes, you will likely be trying to save the life of someone you love - a child, spouse, parent or friend - if called upon to perform CPR. Hands-Only CPR is recommended for members of the general public. Call 9-1-1, or send someone to do so, then push hard and fast in the center of the person's chest until medical assistance arrives. Use an AED, if available, following the prompts. Conventional CPR is the next step and involves chest compressions and mouth-to-mouth breathing but should only be used by health care professionals and those trained to perform it correctly.

### Protect Skin from the Sun

While it's easy to get caught up enjoying activities outdoors, remember to take steps to protect your skin from the sun's damaging rays. Limit your time in the sun, especially during the midday hours when the rays are strongest, and wear sunscreen to help reduce your risk of sunburn. Experts recommend sunscreen with an SPF of 30 or higher. Wearing sunglasses, a hat and cool, long-sleeved clothing can further limit exposure when outdoors for long periods of time.

### Swim Safely

Whether enjoying the pool, beach, lake or river, bodies of water can be dangerous if appropriate precautions aren't taken. In fact, drowning is among the top five causes of unintentional injury death in the United States, according to the CDC. Avoid swimming alone, especially in natural bodies of water that aren't clear and may present strong currents or underwater obstacles, and don't overestimate your swimming ability.

For more tips on CPR and first aid, visit [cpr.heart.org](http://cpr.heart.org) or download the Knowledge Booster app.

## Heart health • from page 1B

aging your blood pressure and following other heart-healthy lifestyle behaviors that can also support good brain health while studies show maintaining good vascular health is associated with healthy aging and retained cognitive function.

Optimal brain health includes the ability to perform tasks like movement, perception, learning and memory, communication, problem solving, judgment, decision making and emotion. Cognitive decline and dementia are often seen following stroke or cerebrovascular disease and indicate a decline in brain health.

Consider these steps to live a healthier lifestyle and protect your heart and brain health:

- \* Don't smoke; avoid secondhand smoke.
  - \* Reach and maintain a healthy weight. Be mindful of your eating habits; eat foods low in saturated fat, trans fat, sodium and added sugars.
  - \* Be physically active. Start slowly and build up to at least 150 minutes of moderate physical activity (such as brisk walking) each week. As an alternative, you can do 75 minutes of vigorous physical activity, or a combination of the two, to improve overall cardiovascular health.
  - \* Get your blood pressure checked regularly and work with your health care team to manage it if it's high.
  - \* Have regular medical checkups and take your medicine as directed.
  - \* Decrease your stress level and seek emotional support when needed.
- Learn more about the relationship between heart health and brain health at [heart.org](http://heart.org).

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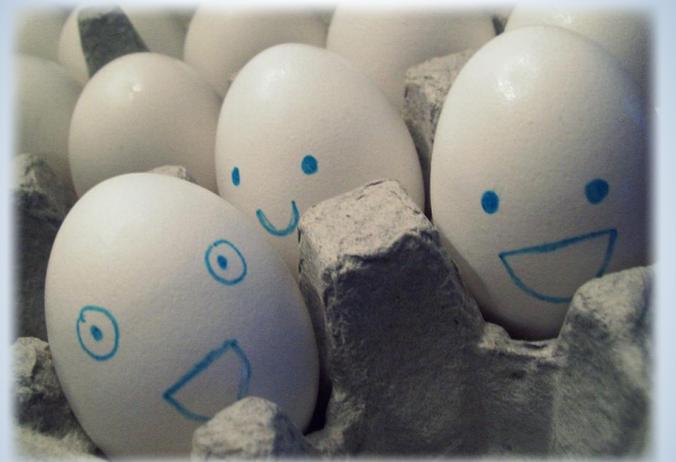
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