

Fitness Your Way

You may wonder how you can boost your physical fitness. If it seems overwhelming, relax. Start with these five steps:



- 1 Assess your fitness level.** If you want to improve something, you have to measure where you are starting. There are several ways you can measure, from your pulse rate to your waist circumference. How long does it take you to walk a mile or more?
- 2 Pick an activity you like and can sustain for months or years.** Try dancing, playing pickleball or just moving to the music in an online exercise video. What will fit easily into your daily routine? Stretching in the morning? An evening water aerobics class at the recreation center? Is there a buddy who will walk with you?
- 3 Gather equipment you need.** Whether it's tennis or hiking, buy gear that's certified for the activity. Types of gear include gloves, helmets, shoes, sweat-wicking clothing and workout mats.
- 4 Start the routine, but slowly.** If you have been inactive, your body needs time to adjust to anything new. Increase your exercise time about ten minutes a week. By doing so, you'll reduce your risk of injury.
- 5 After you've been regularly exercising for a few months, measure your progress.** If you don't see any, maybe try a different activity. Keep experimenting.

Always get your health care provider's okay before starting regular physical activity if you are not used to moving beyond daily activities, such as walking to your car or grocery shopping. This is especially important if you have a chronic condition, such as arthritis, heart disease or type 2 diabetes. Nearly everyone can find a physical activity that's right for them.

Start slowly, pick fun activities and track your fitness progress.

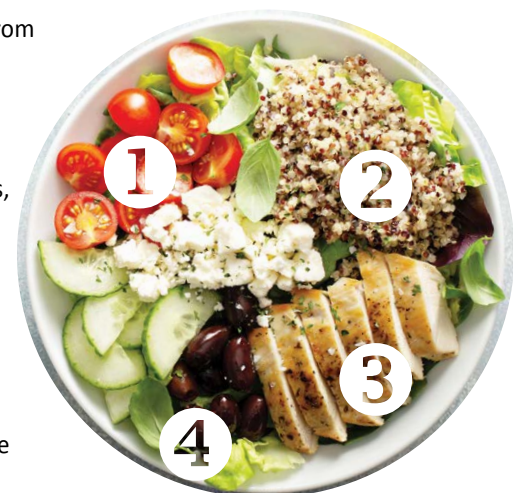
Create Super Summer Salads

By Cara Rosenbloom, RD

Salads can become complete meals when you plan them correctly. A simple bowl of lettuce and cucumber is not enough to sustain you or delight your taste buds. Instead, build salads that can deliver both nutrition and satisfaction. A nourishing salad includes vegetables for volume, protein for satiation and healthy fats for nutrient absorption.

Turn your next salad into a first-class meal with this winning four-step formula.

- 1. Use vegetables as a base:** Start with leafy greens, such as spinach, arugula or romaine lettuce (or a mix). Greens provide volume and fluid, which fill you up. Plus, they are brimming with vitamins A, C and K. Add your favorite vegetables for texture and more nutrients. Try crunchy carrots, peppers, purple cabbage and cucumbers. The more colors on your plate, the wider the range of beneficial antioxidants you'll get.
- 2. Add a scoop of whole grains:** For more fiber and energy, mix some quinoa, whole-grain pasta or brown rice into your vegetables. Aim for about ½ cup. Not a fan of grains in salad? Try whole-grain bread on the side. Or skip the grains and enjoy them at your next meal.
- 3. Top with protein:** Adding protein turns your salad into a meal. Try chicken, shrimp, canned tuna, cheese or hard-boiled egg. Or keep it plant-based with beans, lentils, tofu or edamame. These protein-rich sources help support muscle health and provide a feeling of fullness that keeps hunger at bay. Aim for a palm-sized portion.
- 4. Add healthy fats:** Fats from avocado, nuts, seeds or an oil-based dressing help your body absorb key nutrients from vegetables. Vitamin A and antioxidants, such as carotene are fat soluble. That means they need fat to be properly absorbed and used by the body, so adding fat to vegetables is important. A tablespoon of nuts or seeds or a drizzle of oil is enough.



Q: What is biofeedback?

A: Biofeedback is a painless, drug-free technique that's been used for more than 50 years to treat a wide variety of conditions. With the help of a trained professional, you can learn to alter bodily functions that are not typically under voluntary control, such as your breathing, heart rate, skin temperature and brain waves.

During sessions, sensors attached to your body provide feedback to you about these functions via visual, auditory or haptic (e.g., vibration) signals. Sometimes the feedback is provided in the form of a video game in which you can influence what happens on the screen by gradually learning control over a bodily function.

Biofeedback has been used to treat conditions such as:

- Anxiety.
- Depression.
- PTSD.
- ADHD.
- Chronic pain.
- Hypertension.
- Migraines.
- Bedwetting.



If you decide to try biofeedback, consider finding a provider who is certified by the Association for Applied Psychophysiology and Biofeedback. — Eric Endlich, PhD

Coping with Wildfire Smoke

Whether you're close to a wildfire or miles away, the smoke from it can irritate your lungs, sting your eyes and drain your energy. Fortunately, there are some simple, practical steps you can take to reduce exposure.

- **Check** your local forecast and air quality at www.airnow.gov or on a weather app.
- **Listen** to local authorities and stay inside if you are told to do so.
- **Keep** windows and exterior doors closed.
- **If** you have central air, use a high-efficiency filter (MERV 13 or higher). Set the system to recirculate the air or close the outdoor air intake.
- **Close** off at least one room in your house from outdoor air. Use a portable air cleaner or filter to keep the room's air clean, even if it's smoky elsewhere. Using a DIY box fan filter? Don't leave it unattended.
- **Don't** burn candles, incense, gas, propane or wood. Avoid cooking on the stove, vacuuming and smoking.
- **If** you have to go outside, wear a well-fitting respirator. Follow user instructions to ensure the best fit. **Best choice:** an N95 or P100 respirator. For children, choose a respirator size or mask that fits comfortably over your child's nose and under the chin.
- **Remember** to protect your pets, too. Keep them indoors as much as possible. Move pets into a room with good ventilation. **Tip:** Plan ahead. Know which emergency shelters accept pets.
- **Keep** track of wildfires near you and be prepared to evacuate at any time by making a plan ahead of time.



Pay attention to your health especially if you have lung disease.

Traveling with a Disability

From airports to hotels, traveling with a disability can come with unique challenges, but with a little preparation, patience and advocacy, travel can be smoother, safer and more enjoyable.

Before you leave:

- ✓ **Make** a checklist of everything you need.
- ✓ **Request** accessibility accommodations in advance. For example, if you're flying, contact TSA Cares (tsa.gov/travel/tsa-cares/passenger-support) at least 72 hours in advance. The U.S. Department of Transportation also has general travel tips at transportation.gov/individuals/aviation-consumer-protection/general-travel-tips-persons-disabilities.
- ✓ **Check** lodging options to ensure accessibility. Contact hotel, hosts and any lodging selections early to ensure they have what you need, whether it's grab bars, ramps, adjustable beds or elevators.
- ✓ **Pack** essentials such as extra equipment chargers and batteries and medications.
- ✓ **Prepare** yourself for questions and carry medical documentation — especially if your disability is hidden. **Tip:** Wear the Hidden Disabilities Sunflower Lanyard that lets staff know you have a disability that may require extra time, needs and other assistance.
- ✓ **There** are many online resources for traveling with a disability at ucp.org.



At the airport or station:

- ✓ **Know** your legal rights under the Americans with Disabilities Act. **Also:** The Air Carrier Access Act prohibits airlines from discriminating against passengers with disabilities.
- ✓ **When** you check in at the airport, tell the agent you have a disability.
- ✓ **Give** yourself extra time and arrive early.
- ✓ **Look** for quiet spaces or sensory rooms. Some airports provide them.
- ✓ **Let** the crew know your needs. If you have difficulty verbalizing your needs, use an app or, if you're traveling with someone, have them help.
- ✓ **Choose** the correct seat for your needs.

Arrival:

- ✓ **Have** your medical documents handy.
- ✓ **Be** flexible and patient.

