



## June: Getting Outside More

Welcome, June!

Can you believe we are six months into 2018? We see blooming flowers, clear skies, and many of us are planning summer vacations. Our children are out of school and we're excited to get outside!

This month, the focus of our newsletter is getting outside after months of being cooped up due to cold weather, rain, sleet or snow, wind and busyness. Have you had a barbecue or picnic lately? Have you played outside or taken a walk lately? It's time to start!



Some people notice they are afflicted with spring and summer pollen allergies, which may prevent them from doing all of the outdoor activities they'd like to try. Here are the symptoms:

- Runny nose and mucus production
- Sneezing
- Itchy nose, eyes, ears and mouth
- Stuffy nose (nasal congestion)
- Red and watery eyes
- Swelling around the eyes

## Healthy Tips to Minimize your symptoms:

- **Limit your outdoor activities when pollen counts are high.** This will lessen the amount of pollen allergen you inhale and reduce your symptoms.
- **Keep windows closed during pollen season and use central air conditioning with a [HEPA filter attachment](#).** This applies to your home and to any vehicle (car, bus, train, etc.).
- **Start taking allergy medicine before pollen season begins.** Most allergy medicines work best when taken this way. This allows the medicine to prevent your body from releasing histamine and other chemicals that cause your symptoms.
- **Bathe and shampoo your hair daily before going to bed.** This will remove pollen from your hair and skin and keep it off your bedding.
- **[Wash bedding](#) in hot, soapy water once a week.**
- **Wear sunglasses and a hat.** This will help keep pollen out of your eyes and off your hair.

- Limit close contact with pets that spend a lot of time outdoors.
- Change and [wash clothes](#) worn during outdoor activities.
- Dry your clothes in a clothes dryer, not on an outdoor line.

If you don't have allergies, challenge yourself to spending more time outdoors each week and weekend. You could take a walk around a botanical garden, visit a zoo, play a pickup game of tennis, basketball or catch with a friend or child, or stroll in a neighborhood that you haven't visited in quite some time. It's also rewarding to volunteer to clean up a nature area in your town or clean up trash and plastic at the beach or in the hills.

Source: [Asthma and Allergy Foundation of America](#)

## Exercise of the Month

### Getting Out and Staying Mindful

Here is a great activity to do alone, with kids, on a date, or if you're feeling blue.

Take a 30-60 minute walk. Notice how many different types of birds, flowers, trees or plants you see. If you want to make your walk more fun and artsy, take photos of each unique variety. This type of mindful exercise is a great way to stay grounded in June while also getting outside and enjoying the natural beauty of the season. If you'd like to make this walk more difficult, go to a hiking trail and challenge yourself to an hour-long hike at a faster pace. Be sure to bring water and wear a hat!



## Recipe of the Month

### Grilled Strawberry Kebabs with Lemon-Mint Sauce

The sun is shining and it's time to get outside. Many areas of the country have farms where people can pick their own strawberries. This is a fun activity for family and friends to do, and the rewards are delicious. If you can't get to a strawberry farm, the strawberries you buy at your local farmers market or supermarket will work just as well. This healthy, fun dessert is sure to please everyone and will be a great treat to bring to work as a snack or to add to your oatmeal for breakfast.

#### Ingredients

- 24 ripe medium strawberries, hulled (about 1 1/2 pounds)
- 1 tablespoon vegetable oil
- 4 tablespoons pure maple syrup
- 1/4 cup loosely packed mint leaves, torn
- 1 teaspoon finely grated lemon zest
- 3 tablespoons lemon juice





**DIRECTIONS**

- Special equipment: Eight 10-inch wooden skewers, soaked in water at least 15 minutes
- Preheat a grill or grill pan to medium-high and scrape it clean with a grill brush.
- While the grill preheats, thread the strawberries onto the skewers, piercing each strawberry with 2 skewers and making a total of 4 kebabs with 6 strawberries on each (double-skewering the strawberries will make them easier to turn). In a cup, combine the oil and 2 tablespoons of the maple syrup. Brush the syrup mixture over the strawberries.
- In a small bowl, combine the mint, lemon zest and juice and remaining 2 tablespoons of maple syrup.
- Grill the strawberries until they are softened and have grill marks, 3 to 4 minutes per side. Serve the strawberries drizzled with the lemon-mint sauce.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/grilled-strawberry-kebabs-with-lemon-mint-sauce-3362807>

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