

BEAT THE HEAT WITH THESE TIPS

- **Freeze your breeze!!** .. If you place a bowl or tray of ice in front of a blowing fan, your room will cool down as the ice melts.
- **Shut out the sun** .. Keep curtains and blinds closed during the day as a preventative measure to stop your room from overheating.
- **Get in the shade** .. It is advisable to stay in the shade between 11 am and 3 pm when the sun is strongest.
- **Eat small meals regularly** ... Your body warms up as it works to process larger meals. Metabolic heat is needed to break down food, so eating smaller portions can help you stay cooler.
- **Choose cotton**... Opt for lightweight cotton clothing when its scorching outside. Choose summery whites and creams over darker colors, as these are more likely to reflect the sun's radiation.
- **Keep hydrated**.... Sweating can cause dehydration, making you more susceptible to heat exhaustion and heat stroke. Drinking cool glasses of water can be enough to keep your body temperature down.
- **Get low** ... hot air rises, so get as low as you can to make sure you're surrounded by cool air. Sleep on the floor, or head downstairs to escape the heat.
- **Rinse your wrists and feet** .. Especially before getting into bed can help keep your temperature down.
- **Breathe deep** ... Inhale through the mouth and exhale through the nose can create a refreshing effect. When breathing this way, your saliva should help cool the air before it gets to your lungs.
- **Keep your moisturizers in the fridge**... can be rejuvenating applying cool moisturizer to your body.

Summer Footcare : some tips ..



Watch out for flip-flops : Flip-flops don't have the necessary support, especially in the arch of the foot. They do protect your feet from the hot sand at the beach, or prevent the spread of athlete's foot or plant warts at the pool, but they offer no stability for the foot.

Prevent fungal infections : If you are prone to sweaty feet, you are more prone to fungal infections. Take time to expose your feet without socks to the air more often, especially if you wear shoes and socks all day. Have 2 or 3 different pairs of shoes that you rotate. Beware of communal showers at pools as foot fungus and warts can be easily acquired in these areas.

Injuries : Too often, when walking barefoot outside, injuries occur from punctures

Some refreshing infusions



Cucumber and Mint



Citrus with Blueberries



Pineapple with Mint



Watermelon with Basil



Strawberry with Lemon

or cuts. If engaging in water activities, try to wear water shoes or sandals to protect your feet along rocky shorelines, or river beds. If you are diabetic, shoes should be worn at ALL times to avoid injury.

Heel Care : During the summer, the heel of your foot is prone to dryness and cracking due to excessive sweating. In extreme cases, your feet can bleed or become infected. Use a pumice stone on your heels during a shower or bath. Apply softening footcare twice a day.

Apply Sunscreen : to the tops of your feet and toes. Have a safe and enjoyable summer, and above all, keep those feet healthy and happy!!

http://www.podiatryinfoCanada.ca/Public/Files/484_Summer%20Foot%20Care.pdf

July Runs in and around Toronto

- Jul 07, 2018 - Saturday Mudmoiselle – Peterborough
 - Jul 07, 2018 – Saturday The Limberlost Challenge
 - Jul, 2018 (TBD) Night Nation Run Toronto
 - Jul 14, 2018 – Saturday Summit 700 at Blue Mountain Resort
 - Jul 20, 2018 - Friday Angus Glen Five Miler
 - Jul 21, 2018 - Saturday 5k Foam Fest Toronto
 - Jul 21, 2018 – Saturday MEC Toronto Trail Race THREE
 - Jul 21, 2018 – Saturday Durham Quarter Marathon
 - Jul 21, 2018 - Saturday 5 Peaks Ontario Race 3 - Albion Hills
 - Jul 22, 2018 – Sunday 5 Peaks Ontario Half-Marathon Race 3 - Albion Hills
 - Jul 22, 2018 – Sunday 5 Peaks - Albion Grind
 - Jul 28, 2018 – Saturday Toronto Carnival Run
 - Jul 29, 2018 – Sunday Toronto Beaches Jazz Run
 - Jul, 2019 (TBD) Barrie Canada Day Race
- For more info, goto <http://www.runguides.com/toronto>



Dead Bug : The name might make you laugh, but this stability exercise fires up the core, working both the front and the back of the body.

- Lie on your back with a neutral spine and your hips and knees at right angles, with your palms pressed into your thighs, just above your knees.
- Pull your abs to your spine keeping your ribs and pelvis still as you lengthen your right arm and leg out until they are almost parallel to the floor. Keep your torso and spine completely stable as the arm and leg move.
- Return to the starting position, and repeat on the left side to complete one rep.



Sitali Breath : Yogic cooling breath. Sitali means “cooling”, and this breath has an immediate cooling effect. Sit in a comfortable position with a tall spine. Breathe in and out, and pay attention to the flow of your breath at the tip of your nose. Stick your tongue out, and roll the outer edges together so it looks like a hot dog bun. Take a long inhalation through the tube of your tongue, to a count of 3. retain the breath for a beat. Then draw your tongue back in your mouth, close your lips, and exhale long and slow through your nose to a count of 3. Try at least 10 rounds, working it up to 50 rounds for more complete cooling.

<https://www.yogajournal.com/poses/7-cool-poses-beat-heat#gid=ci020756a7500b25bd&pid=kristen-kemp-teaches-sheetali-breath-at-bryant-park-yoga>



*July's Soup – Season for chilled soups
This is one of my favourites. Very tasty even without the whipped cream!!!*

Ingredients:

- 2 tbsps unsalted butter or olive oil*
- 1 onion, chopped*
- 2 large leeks, white and light green parts sliced*
- 1 cauliflower cut into florets (about 8 cups)*
- 6 cups vegetable or chicken stock*
- 1/3 cup whipping cream*
- Thinly sliced chives and freshly ground pepper to taste*

Method:

In large pan, heat butter or olive oil over medium heat. Add onion and leeks. Cook, stirring until soft (about 10 minutes) do not brown. Add cauliflower, stock and salt to taste. Bring to a boil, cover and lower heat to simmer. Cook until cauliflower is soft. Puree mixture in blender until smooth. Transfer to large mixing bowl. Cool soup, stirring occasionally, to room temperature. Stir in cream (or not!) Transfer to airtight container and refrigerate until cold. Garnish with chives and pepper.

Makes 6-8 servings. ... Judy