



HEALTH AND WELLNESS POWERED
LIVING (SENIORS/ADULTS)

BE ACTIVE & GET SOCIAL CAMPAIGN





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DEAR PARTNERS,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post this materials throughout your site to raise awareness for the topics shared.

This quarter (July-September) our focus is the topics: Outdoor Recreational Activities. The toolkit will focus on the health benefits to getting active outdoors, examples of fun activities to engage in, as well as tips for staying safe in warm temperatures. Being active is a vital part of a healthy lifestyle, and engaging in activities outdoors is a way to not only enjoy nature but keeps your body moving.

Best,

Nutrition Education Team
Community FoodBank of New Jersey





OUTDOOR RECREATIONAL ACTIVITIES

Fun in the Sun

Who doesn't love the feeling of the sun shining on their face during the warm summer months? Sun exposure helps our bodies generate vitamin D, which is a necessary vitamin for a healthy brain, bones, and muscles. Research has also shown that vitamin D can improve cognitive function and mood.

Being outside provides mental and emotional benefits! Getting outside enables older adults to socialize with new people, and many outdoor activities provide opportunities for interacting with children, nature, and animals. Engaging in fun activities can be rejuvenating and provide a sense of connection with those around them.

Outdoor Activity Ideas

- Take a Tai Chi class
- Be a tourist in your own town - get out and explore
- Take a water aerobics class
- Go for a walk around the neighborhood
- Organize a picnic at the park or beach
- Attend a community event, like a concert or farmers market
- Bird watching and nature observation
- Start a garden

SUN-KISSED GARDENING

Gardening is a great way to enjoy the warmer weather, whether you have a large yard or just a small balcony. You can easily grow herbs at home in garden beds or pots, and if you're a SNAP participant, you can use your benefits to buy seeds.

Engaging in gardening is a great way to stay active and keep your joints and muscles in good shape. It also lifts your mood and builds confidence. It is also a chance to connect with neighbors and strengthens community ties. Enjoying the sunshine while gardening also ensures you receive a healthy dose of vitamin D.



HOW TO PLANT HERBS?

1. **Choose where to plant it:** For outdoor, pick a close spot. For indoor, select a sunny spot.
2. **Prepare Your Space:** Use pots indoors with good potting soil and fertilizer. For outdoor, turn the soil with a garden fork and mix in compost or fertilizer.
3. **Planting:** Dig a hole big enough for the plant, place the plant in the hole, and fill it with soil. Water immediately and then as needed.

Herbs need at least 4 hours of sunlight daily to thrive.

HOW TO HARVEST?

When herbs reach 6-8 inches tall, cut a third of the branches near a leaf node to promote new growth. Excess herbs can be chopped, frozen in ice cube trays with olive oil or water and used later in cooking or drinks.

POPULAR SUMMER HERBS

1. Basil
2. Chives
3. Dill
4. Mint
5. Rosemary
6. Thyme



FOR MORE
INFORMATION YOU
CAN CLICK ON



[GROWING HERBS AT HOME](#)
[GROWING HERBS IN CONTAINERS](#)

[A GUIDE TO HERBS](#)



SUMMER SUN SAFETY

Even though the warmer weather is great for outdoor activities, summers in New Jersey are very hot, typically between 70 and 90 Fahrenheit. Humidity is high especially near the coast, making it feel even hotter.

Our bodies are usually around 98.5 °F, but in combination with the summer temperatures it can rise to 101-104 °F and cause heat Exhaustion.



What is Heat Exhaustion?

Heat Exhaustion happens when your body gets too hot and loses too much fluid through sweating.



What are the symptoms?

- Heavy sweating
- Cold
- Pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting



What to do?

- Move to place with a cooler environment (an air-conditioned room if possible)
- Loosen clothing
- Apply wet cloths or, if possible, sit in a cool bath
- Offer sips of water

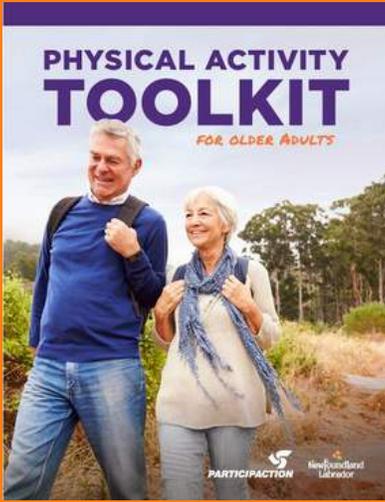
Prevention

Stay cool and beat the heat! Wear light, breezy clothes, and take breaks indoors or enjoy a refreshing shower. Plan your outdoor fun for the cooler mornings or evenings, slather on some sunscreen, and stay hydrated by taking small but constant sips throughout the day

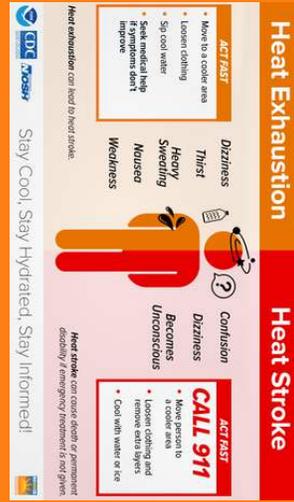


Resources, Handouts & Flyers

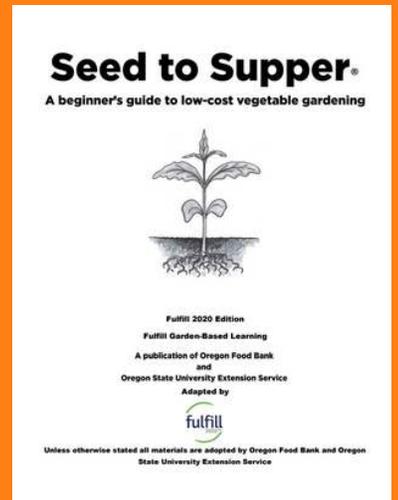
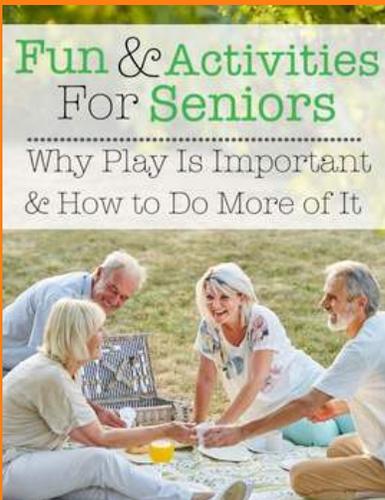
Outdoor Activities



Preventing Heat Exhaustion



Gardening



Click on the images to download and print them to share with your organization, partners, and neighbors!