

SUMMER QUARTER 2023



WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work, & Live



**Hope you are
enjoying summer
Highlanders!**

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Ways to Stay Active at Home

BY: FRIDA VILLASENOR

The summer heat makes it hard to exercise outside, especially in Riverside. It's easy to fall into the habit of staying home in the AC and watching movies all day. But it's essential that we keep our bodies moving despite the weather. Here are some ways to stay active at home!

Perform movements at home to engage your body



View exercise videos online to work out at home

Make sure to stretch and take breaks throughout the day



Try new summer recipes, read a new book, or organize your home

Try new activities with family and friends in the morning or early evening when it is cooler!



KEEPING HEALTHY ROUTINES DURING SUMMER BY JING HU

As summer continues, students are taking summer courses, performing job duties, or at home getting ready for the Fall Quarter. Summer can also be a chaotic season as students may attempt to adapt to a new routine, waking up earlier, or getting their mind and body for the Fall Quarter. Regardless of your current situation, it is important to maintain healthy habits and routines during the summer season. Below are tips and suggestions that have helped me and my fellow students:

Drink Plenty of Fluids & Treat Yourself Out to a “Silly Drink”:

Stay hydrated and keep yourself healthy this summer by drinking plenty of fluids. Treat yourself to a delightful "silly drink" occasionally for added fun. You can easily find refreshing options at your local market or convenience store, like tea or coffee, while you go about your daily errands or tasks. Personally, I've been enjoying a drink that's similar to a Mocktail. I mix Flavored Sparkling Water, Passion Fruit Puree, and Korean Citrus Tea Mix, add some ice, and lightly stir it together. This concoction is perfect for those who prefer less sweetness but still want something enjoyable during their trips to places like Target!



For this helpful tip, rely on Yelp and TikTok as your trusted companions. However, be cautious not to get lost in endless scrolling on your "For You Page" once you're there. Utilize these platforms to search for local diners, beaches, parks, or restaurants that you, your family, and friends can explore. You might stumble upon charming Mom & Pop Breakfast shops or discover hidden beaches you've never heard of before. Remember, new and exciting activities don't always have to be costly. Sometimes, a simple outing to a new park with healthy sandwiches and containers full of cut-up fruit can be the perfect way to enjoy quality time with your loved ones.



KELLY CANNOBBIO

WELLNESS AMBASSADOR



Who is Kelly Cannobbio?

Kelly Cannobbio works in Human Resources for the Vice Chancellor of Student Affairs office with UC Riverside. She currently holds a BA in Organizational Leadership from Cal Baptist University and is a long-time natural health and wellness enthusiast.



What does Wellness Mean to Kelly?

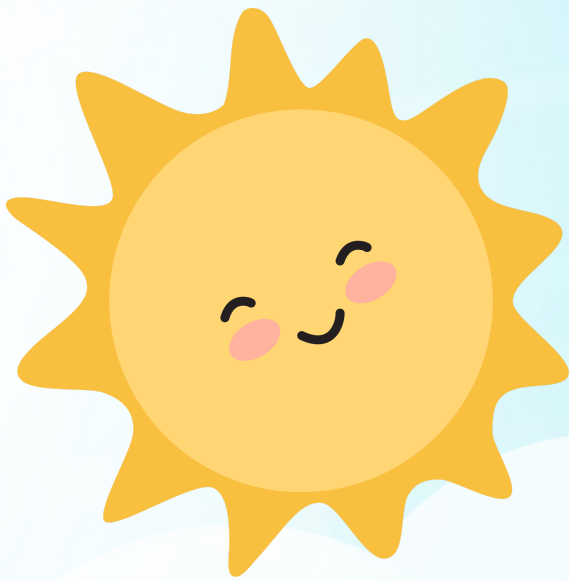
"My wellness journey started several years back when I noticed an uptick in many people I cared about, being diagnosed with "chronic" issues, and swiftly being prescribed a pill as their ongoing treatments. Then I found out that I also became one of these individuals who was diagnosed with a chronic health issue, of which I was able to directly link to the foods that I chose to eat.



Since then, I have been on a journey to not only improve my health, but also encourage and share information that I have to help empower others. Additionally, I am a huge advocate for local small businesses/family-owned farms/farmer's markets and encourage our community to support them as much as possible! I believe that food is health, and mother nature provides us with the greatest medicine.

Being a Wellness Ambassador to me has been such a deeply rewarding experience at UC Riverside. It has given me a greater sense of purpose beyond myself and my regular work duties; to collaborate with fellow colleagues across campus. Being a Wellness Ambassador also has empowered me to focus on some potentially transformational ways to boost morale and promote more connectedness on campus, and hopefully inspire others to get involved as well."





EMBRACE SUN SAFETY

BY: FANNY YAO

As we bask in the warmth of summer, it's time to talk about a topic that should be at the top of your summer checklist: Sunscreen, your ultimate defense against harmful UV rays.

We all love spending time outdoors, whether it's lounging at the beach, hiking through nature's beauty, or enjoying outdoor sports. However, the sun emits ultraviolet (UV) rays that can be harmful to our skin. Applying sunscreen acts as a protective shield, blocking these harmful rays from penetrating your skin. Here are a few reasons why SPF is important.

DEFENSE AGAINST SUNBURN

THE LOBSTER-RED LOOK IS SOMETHING NOBODY ENJOYS! SUNBURNS NOT ONLY BRING IMMEDIATE DISCOMFORT BUT ALSO RAISE THE CHANCES OF SKIN DAMAGE. TO AVOID THIS, MAKE SURE TO APPLY SUNSCREEN WITH A HIGH SPF. BY DOING SO, YOU CAN PROTECT YOUR SKIN FROM BURNING AND SAFELY RELISH THE OUTDOORS WITHOUT FACING THE CONSEQUENCES LATER ON.

PREVENT PREMATURE AGING

SUNSCREEN IS YOUR BEST ANTI-AGING WEAPON FOR VIBRANT SKIN. REGULAR USE OF SPF CAN HELP PREVENT FINE LINES, WRINKLES, AND AGE SPOTS CAUSED BY PROLONGED SUN EXPOSURE. EMBRACE THE SUNSCREEN NOW, AND YOUR FUTURE SELF WILL THANK YOU FOR THE RADIANT SKIN.





EMBRACE SUN SAFETY

CONTINUED

LOWER RISK OF SKIN CANCER

SKIN CANCER IS ONE OF THE MOST COMMON TYPES OF CANCER, BUT IT'S ALSO ONE OF THE MOST PREVENTABLE. SUNSCREEN PLAYS A CRUCIAL ROLE IN REDUCING YOUR RISK OF DEVELOPING SKIN CANCER. BY PROTECTING YOUR SKIN FROM HARMFUL UV RADIATION, YOU'RE TAKING A PROACTIVE STEP TOWARD A HEALTHIER FUTURE.

Now that you've gotten an idea of the importance of SPF, here are some tips when applying sunscreen!

SUNSCREEN TIPS FOR MAXIMUM PROTECTION:

- USE A BROAD-SPECTRUM SUNSCREEN THAT PROTECTS AGAINST BOTH UVA AND UVB RAYS.
- APPLY A GENEROUS AMOUNT OF SUNSCREEN AT LEAST 30 MINUTES BEFORE SUN EXPOSURE.
- REAPPLY EVERY TWO HOURS OR MORE FREQUENTLY IF SWIMMING OR SWEATING.
- DON'T FORGET EASY-TO-MISS AREAS LIKE EARS, LIPS, AND THE BACK OF YOUR NECK.
- WEAR PROTECTIVE CLOTHING, HATS, AND SUNGLASSES FOR ADDED DEFENSE.

Remember, sunscreen isn't just a skincare product; it helps the fight against sun-induced skin damage. So, whether you're going to the beach, going for a hike, or simply stepping out for a quick errand, put on that SPF and protect your skin!



Ways to Stay Hydrated

By: Briana Trujillo

Summer in the Inland Empire calls for extremely hot summers! We often forget to get a glass of water, but it is essential to remember these helpful tips to ensure you stay hydrated in this heat! Simply drinking a cup of water the second you wake up, helps create energy for you and the upcoming day. Investing in a fancy water bottle helps as well!



Dressing for the weather and hydration are essential to keeping cool. Drinking enough water is essential to staying hydrated. A good benchmark is to drink at least 1/2 of your bodyweight in ounces of water per day

SYMPTOMS OF DEHYDRATION TO NOTE

- Darker than-usual urine
- Not urinating despite steadily drinking water
- Muscle water
- Bad breath
- Fatigue
- Fever or chills
- Craving sweets
- Dry mouth/skin

Doctors highly recommend the best way to decrease the risk of dehydration is through prevention! We hope these tips helped out and make sure you always have a glass of water out.

Riverside has several cooling areas throughout the city. We hope these suggestions help you decrease your risk of dehydration and make sure you always have cold water available. If you are getting too tired of water, some water-rich fruits and vegetables can help you out! Examples of these are strawberries, cantaloupe, watermelon, cucumbers, tomatoes, celery, and radishes. Thank you for tuning in and make sure to stay hydrated!

HEALTHY BREAKFAST IDEAS

Are you usually running late to work or school and need a quick and healthy meal, here are some breakfast ideas you can make in less than 5 minutes!



Yogurt Parfait

Yogurt Parfaits are a delicious and refreshing quick breakfast!

Ingredients Needed:

- Greek or plain yogurt
- Maple Syrup
- Fruits and Granola
- Cinnamon, Vanilla
- Extract (Optional)

Great! Now add your yogurt first, and then your toppings to enjoy your quick meal.

Overnight Oatmeal

Oats are great for fiber and is enough to keep you full until lunch time!

Ingredients Needed:

- Any brand of Oats
- Dairy free or whole milk
- Chia Seeds
- Maple syrup for some sweetness

Awesome! Now you can add all your ingredients and leave your oats overnight in the fridge, you can add granola or fruit on top in the morning,





Avocado Toast

Avocado has great fibers for the heart, and can help improve brain health.

Ingredients Needed:

- Whole Wheat Bread
- Cream Cheese or hummus
- Avocado
- Tomato, or boiled egg(Optional)
- Seasoning(Salt/Pepper)

There you go! A breakfast that is healthy, rich in fiber, & nutritious!

Banana Oat Smoothie

If you have a bit more time to spare but still want a quick breakfast, smoothies are a great way to digest and be filling.

Ingredients Needed:

- Banana
- Other frozen fruits (Optional)
- Oats
- Milk
- Yogurt

This recipe can be adjusted to your liking and can be healthy at the same time!



Omelette

A great way to get your protein in for the day is by eating eggs!

Ingredients Needed:

- 2-3 Eggs
- Spinach, tomatoe, ham
- Seasonings

Mix these ingredients up and cook on the stove, ready to serve in a few minutes!



Tips for saving money in the Summer!

Save money, invest, and receive more.

Tip 1: Set a savings plan or goal:

- Put at least \$10 aside each month into your savings
- Have a goal in mind of how much you would like to save up and by when



Tip 2: Stay on a Budget:

- Purchase items that are on sale or discounted.
- Cook homemade meals instead of eating out
- Only spend for necessity, not for luxury



Tip 3: Invest your money:

- Start a High Yield Savings Account and get money back, while saving at the same time.



Tip 4: Avoid spending more than you have:

- Once putting aside some savings at the start of the month, make sure to calculate how much you are going to pay for necessities first, and any extra money can be used for personal use.



Tip 5: Use Rewards:

- Store apps have opportunities to receive discounts and free items when you use the app to shop.



Beat the Heat!

By: Jasmine An

Summer is here and so is an increase in temperature. With warmer weather, keeping yourself cool throughout the season is important. Learn how to beat the summer heat with these helpful tips!

Stay Hydrated

It is important to remain hydrated during the summer to avoid overheating whether it's indoors or outdoors. Drink plenty of water throughout the day and add some ice to help cool yourself down more.

Dress Appropriately

Choose to wear loose light-colored clothing like linen and cotton to avoid getting hot. With the UV rays shining, wear sunglasses to protect your eyes from being damaged by the sun. Also, wearing a hat to shield the sun can help.

Wear Sunscreen

Wearing sunscreen is essential to tackle this extreme heat! Sunburns can cause dehydration as it affects the body from cooling down! Ensure to wear sunscreen with an SPF 15 or higher and apply it 30 minutes prior to exposure to the sun.

Beat the Heat!

(Cont.)

Try to Avoid Being Outside Between 11 AM-3 PM

Try to avoid being outdoors during the hours of 11 AM - 3 PM as the UV rays are the strongest because this is when the sun is the hottest. By limiting exposure, it will limit the chances of overheating and more sunburns. Schedule outdoor activities in the morning and evening hours. If having to be outdoors during these hours, ensure to wear sunscreen, dress accordingly, and stay hydrated. Rest often in shady areas to allow the body to cool down!

Have a Cold Treat

Beat the heat by enjoying cold treats like popsicles, frozen watermelon and grapes, and fruits. A great way to keep yourself cool while eating something yummy!

Stay in Air-Conditioned Places

Stay in air-conditioned spaces to avoid the heat. A few hours spent in air-conditioned spaces helps the body remain cool before going back to being exposed to the heat. This can be done at home with the air conditioning being set around 75-80 or in public places such as the local libraries and shopping malls.

Cool your Pressure Points

Pressure points in the body are the body's "cooling areas." They're known as the ankles, neck, behind the knees, wrists, elbow bends, and temples. Apply an ice pack or a cold towel around these areas of the body to allow the body to cool down.