

Prevent Illness. Promote Health. Protect Our Community.

Beat The Heat

Rising temperatures and increased time being spent outdoors means that you should take a few extra steps to ensure you stay safe while you have fun in the sun:

1. Be sure to stay hydrated. You should aim to take in at least 8 ounces of water every hour and increase the amount if you are outdoors or in direct sunlight.
2. The hottest hours of the day are typically mid morning to mid afternoon. Try to limit rigorous outdoor activity during these hours.
3. Dress lightly. Darker colored clothing absorbs the sun's rays and will make you hotter.
4. NEVER leave a person or a pet in a hot car, even with the window cracked. Temperatures inside cars can reach dangerous levels within 5 minutes.
5. Be sure to apply sunscreen with a minimum SPF of 30 prior to going outside.

Men's Health Awareness

You are your biggest fan, so show yourself some love and get routine checkups. Getting your annual exam is a great way to be proactive for prevention. Keeping track of your blood pressure, blood sugar and BMI are good indicators of your overall health.

Men can get all of these numbers and receive many more free health services checked for free at the NET Health Center For Healthy Living.

Contact our Community Health Workers at (903) 593-7474.



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Awareness To Wellness

Below is a list of healthy behaviors to track to improve your awareness to wellness.

Tobacco & E-Cigarettes: Slowly decrease your current usage to zero. This is for people who currently smoke, dip, or use e-cigarettes. The goal is to track their daily usage and to slowly decrease their usage over time.

Exercise: At least 30 minutes total every day. 30 minutes of exercise can be divided throughout the day. You could take six 5 minute walks or 3 ten minute walks. Gardening, dog walking, housework and working out are all included.

Fruits and Veggies: At least 5 servings of fruits or veggies. One serving is about the size of your fist. If you eat a whole fruit (apple, banana, kiwi, orange, etc.) Use your best judgment and choose wisely.

De-Stress Time: At least 30 minutes of meditation or solo quiet time. This category can include taking a power nap, practicing Tai Chi, listening to calming music, soaking in a bubble bath, preparing for bed, etc.

Water: At least 8 cups of water, unsweetened coffee/tea. Every person has a different physical requirement of fluids, but the main point is to increase water intake instead of sweetened or carbonated options.

Quality Sleep: At least 7 hours of nighttime sleep. Quality sleep is a very subjective term but the goal is to motivate you to create a bedtime routine, so that your overall time spent asleep is at least 7 hours.

Keep a Journal of the Journey

Maintaining a daily journal of your activities is a great way to see if you may need to make a few small changes that will improve your overall health.

Do an experiment with yourself: pick 2 of the behaviors above and write down (not type) everything that you did today that helped you to meet that goal. Continue for at least 3 days and notice if you need to make changes or if you should pick a new behavior to track.

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Taco Turkey Avocados

- 1 lb lean ground turkey
- 1 packet of taco seasoning
- 2 avocados
- Toppings of choice (pico, cheese, sour cream, jalapeño)

1. In a large skillet, brown turkey. Once turkey is cooked, add taco seasoning per package directions.
2. Cut avocados in half and remove pits.
3. Fill with seasoned turkey
4. Top with your favorite taco toppings!



Grilled Hawaiian Barbecue Chicken

- 4 boneless skinless chicken breasts
- 1 cup BBQ sauce
- 1 15-ounce can pineapple slices (including juice)
- 2 teaspoons soy sauce
- 1 teaspoon garlic
- 1 red bell pepper, cut into cubes
- 2 medium zucchini, sliced
- green onions, for garnish



1. Heat grill to medium heat.
2. Cut 4 sheets, enough to wrap the chicken and veggies, of heavy duty foil.
3. Place chicken on center of aluminum foil and divide the veggies and add 2-3 pineapple slices into each packet.
4. In a bowl, combine BBQ sauce, juice from the pineapple slices, soy sauce, and garlic.
5. Spread about 2 Tablespoons of the sauce on the chicken and make sure to reserve about $\frac{1}{4}$ cup.
6. Place packets onto grill and grill for 13-15 minutes flipping at about 7 minutes.
7. Carefully open packets, baste with reserve sauce and garnish with green onions.

Sweet Potato Nachos

- 2 sweet potatoes
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp paprika
- 1 tsp garlic powder
- 1 chicken breast
- 2 cups black beans
- 1 jalapeño (optional)
- 1/2 cup low fat cheese
- 1/2 avocado
- pico de gallo
- green onion



- Preheat oven to 400. Evenly slice potatoes into rounds then toss with olive oil and spices until evenly coated. Lay rounds flat on a parchment lined baking sheet and set aside.
- On a second parchment lined baking sheet, season chicken with olive oil and salt & pepper to taste. Wrap the parchment paper around the chicken, folding at the edges.
- Bake sweet potatoes and the chicken in the oven for 20 minutes or until the chicken is cooked through and juices run clear. Shred chicken when cooled.
- Line the bottom of a skillet with the potato rounds. Top with chicken, beans, jalapeño and cheese. Broil for 5-10 minutes or until toppings are heated through and cheese is melted.
- Garnish with avocado, pico, and green onion if desired.

Honey Lime Rainbow Fruit Salad

- 1 lb fresh strawberries
- 1 lb diced pineapple
- 12 oz fresh blueberries
- 12 oz diced grapes
- 4 diced kiwis
- 1 (15 oz) can mandarin oranges drained and sliced
- 2 diced bananas

Honey Lime Dressing:

- 1/4 cup honey
- 2 tsp lime zest
- 1 tbsp fresh lime juice



- Add fruit to large mixing bowl
- In a small mixing bowl, whisk together the honey, lime zest and lime juice.
- Pour over fruit just before serving and toss evenly to coat. As it sits the juices will gather at the bottom, so toss again before plating.