

# Bathroom Buzz

## CALORIES IN FAIR FOODS THAT MIGHT LEAVE YOU FUMING

### LEMON SHAKE-UP 12 OZ.

150



### COTTON CANDY

171



### CHOCOLATE-COVERED BANANA

240



### CORN DOG

250



### FRIED CANDY BAR

420-450



### ELEPHANT EAR

550



### FRENCH FRIES

560-620



### FUNNEL CAKE

WITH POWDERED SUGAR

760



### TURKEY LEG

1136



Darra Walker, Publicity-Promotions Associate

Source: calorieking.com

## Find a county fair near you

### How to navigate the fair food frenzy!



- Have a snack before you go.
- Bring water to drink, then share a shake-up.
- Limit your daily choices to two
- Make your selections, then sit down to enjoy them.
- Walk around to enjoy all the exhibits but do not think you can walk off all the extra calories (10,000 steps burns 300-400 calories)

Source: Mary Liz Wright, Nutrition & Wellness Educator

## July is Picnic Month

### Consider these food safety tips

1. Use leftover food containers to freeze ice in chunks to add to cooler.
2. Transport cooler in the air conditioned car rather than the trunk.
3. Place coolers in the shade at the picnic site.
4. Use 1 cooler for drinks and 1 for foods to limit air exposure of perishable foods.
5. Do not let food sit out longer than 2 hours (1 hour if 90°F).
6. Keep raw meats separate from other foods and use a thermometer to determine if meat is cooked thoroughly.
7. Bring a cooler with a spigot filled with warm water to use with soap and paper towels to wash hands and surfaces.

Source: FDA

## I Didn't Know That!



### Swimming can lower death rates.

A study by Dr. Steven Blair at the University of South Carolina followed 40,000 men, age 20 to 90. The study showed swimming had a 50 % lower death rate than runners, walkers, and those who didn't exercise at all.

Swimming is one of the biggest sports at the Olympics. As adults, it is easy to watch over children while they swim and watch the Olympics on television but, why not dive into swimming?

There are many benefits of swimming for adults and here are just a few:

- **Improves social well-being:** Whether you have a pool at your house and you invite friends over to swim or attend swim class locally, socializing with others connects you with others.
- **Teaches goal orientation:** Set goals, however small or large, helps maintain accountability and keeps you in the pool.
- **Improves memory function and thinking skills:** It helps with improving mood, reducing anxiety and stress, which increases the brain's ability to think more efficiently.
- **Burns calories:** It helps maintain a healthy weight and is easier on your body. Swimming for half an hour can burn as many as 250 calories.
- **Great exercise:** It is easy on our joints for the water supports the body.
- **Slows down aging:** It helps reducing blood pressure, lung function, increasing muscle mass, improving oxygen and blood flow to the brain.

Tessa Hobbs-Curley, Family Life Educator adapted from: Dr. G. John Mullen, DPT, CSCS, <https://www.swimmingworldmagazine.com/news/10-hidden-benefits-swimming/>, May, 7, 2021.; Diane Sewell, <https://www.everythingzoomer.com/health/fitness/2019/08/19/swimming-exercise-aging/>, August 19, 2019.