

The Teamsters Local 922- Employers Health Trust

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Helpful Hints & Reminders



Monthly Focus: **Outdoor Exercise**

As the weather is warming up, it's a perfect time to get outdoors and exercise.

It's a natural antidepressant. Outdoor exercise can help ward off seasonal affective disorder (SAD), depression and anxiety because sunshine naturally increases serotonin, a hormone that affects your mood. And exercise itself produces endorphins, another feel-good hormone that boosts your mood and reduces pain.

It challenges your body. When exercising on ever-changing outdoor terrain, your body is more challenged than when it is working out on a flat indoor surface.

You can turn it into a social outing. Instead of meeting a friend for lunch or coffee, consider going for a walk. Or take your family out for a walk together instead of watching TV after dinner.

It's free. All you need to get a fantastic workout is a safe, well-lit park, track, neighborhood or walking trail, and your bodyweight. No gym membership required.¹

✓ **Quench Your Thirst:** Drink 8 to 16oz of water beforehand to prevent dehydration, and then again afterward to allow your muscles to properly recover and avoid soreness the next day. If you're sweating a lot during your workout, make sure to drink enough water to make up for your body's water loss — typically a glass every 15 minutes.

✓ **Grab Some Grub:** Make sure you eat something within 30 minutes of finishing a workout. Even a banana or handful of pretzels can hold you over until you get home to

make a meal. A post-workout meal is crucial to restore your glycogen levels and prevent muscles from breaking down.

✓ **Slather on Sunscreen:** No matter the time of year, if the sun is out, you need to wear sunscreen.

✓ **Quit Wearing Cotton:** Wear breathable synthetic fabrics that draw sweat away from your body. Cotton doesn't dry as quickly, which can leave your skin feeling wet and uncomfortable throughout your workout.

✓ **Go Early:** Working out in the morning can help you avoid the heat and direct sunrays, especially if you go before sunrise, when the day is at its coolest.

✓ **Skip the Cup of Joe:** Hot beverages can heat up your body and leave you feeling more dehydrated and unable to cool down in the heat. If you need your caffeine, add ice to your morning coffee or blend up a slushy mix.²

¹ <https://www.piedmont.org/living-better/7-health-benefits-of-outdoor-exercise>

² <https://www.armandhammer.com/articles/exercising-outdoor-summer-winter>



The National Council on Skin Cancer Prevention has designated the Friday before Memorial Day (May 26, 2023) as “Don’t Fry Day”.³



June is Myasthenia Gravis (“MG”) Awareness Month, worldwide. Characterized by weakness and rapid fatigue of any of the muscles under your voluntary control. It’s caused by a breakdown in the normal communication between nerves and muscles. While there is no cure, treatment can help relieve signs and symptoms, such as weakness of arm or leg muscles, double vision, drooping eyelids, and difficulty with speech, chewing, swallowing, and breathing.

Muscle weakness caused by myasthenia gravis worsens as the affected muscle is used. Because symptoms usually improve with rest, muscle weakness can come and go. However, the symptoms tend to

progress over time, usually reaching their worst within a few years after the onset of the disease. Although myasthenia gravis can affect any of the muscles that you control voluntarily, certain muscle groups are more commonly affected than others.

Eye muscles

In more than half of people who develop myasthenia gravis, their first signs and symptoms involve eye problems, such as:

- Drooping of one or both eyelids (ptosis)
- Double vision (diplopia), which may be horizontal or vertical, and improves or resolves when one eye is closed

Face and throat muscles

In about 15% of people with myasthenia gravis, the first symptoms involve face and throat muscles, which can:

- Impair speaking. Your speech might sound soft or nasal, depending on which muscles have been affected.
- Cause difficulty swallowing. You might choke easily, making it difficult to eat, drink or take pills. In some cases, liquids you’re trying to swallow come out your nose.
- Affect chewing. The muscles used for chewing might tire halfway through a meal, particularly if you’ve been eating something hard to

chew, such as steak.

- Change facial expressions. For example, your smile might look like a snarl.

Neck and limb muscles

Myasthenia gravis can also cause weakness in your neck, arms and legs. Weakness in your legs can affect how you walk. Weak neck muscles make it hard to hold up your head.

When to see a doctor

Talk to your doctor if you have difficulty:

- Breathing
- Seeing
- Swallowing
- Chewing
- Walking
- Using your arms or hands
- Holding up your head⁴



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TO PREVENT DIGITAL EYE STRAIN

TAKE A	EVERY	LOOK AT SOMETHING
20	20	20
SECOND BREAK	MINUTES	FEET AWAY

Visit www.aaopt.org for more tips on how to protect your eye health and to find a doctor of optometry near you for your annual comprehensive eye exam.

AMERICAN OPTOMETRIC ASSOCIATION

³ <https://skincancerprevention.org/get-involved/dont-fry-day/>

⁴ <https://www.mayoclinic.org/diseases-conditions/myasthenia-gravis/symptoms-causes/syc-20352036>



**Free in the DMV:
Family-Friendly Fun This
Month⁵**

- ★ “A Capitol Fourth” – you can watch the spectacle from more areas than just the National Mall.
- ★ Outdoor Movies – “CanIKickIt” in Franklin Park; “Films at the Stone” at the Martin Luther King, Jr. Memorial; “Movies on

the Potomac” at National Harbor, and many more. Check out <https://washington.org/visit-dc/outdoor-movies-in-washington-dc>.

- ★ Visit the National Zoo, the National Gallery of Art and its Sculpture Gardens, or the Kenilworth Aquatic Gardens.

- ★ Capital Fringe Festival



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Red, White, and Blue Cheesecake Salad

Ingredients

1 box 3.4 oz. cheesecake pudding mix
12 oz whipped topping
18 oz strawberry yogurt
1 teaspoon vanilla extract
1 lb strawberries sliced
2 cups blueberries
2 cups miniature marshmallows

Directions

1. Place the whipped topping, pudding mix, vanilla extract, and yogurt into a large bowl. Whisk together until fully combined and smooth. Cover the mixture and refrigerate until for about one hour or until ready to serve.
2. Wash and drain the blueberries. Wash, pat dry and slice the strawberries.
3. Remove cream mixture from the refrigerator and gently fold in strawberries, blueberries, and mini marshmallows, stir gently to combine.
4. Serve immediately.

⁵ <https://washington.org/visit-dc/free-things-to-do-summer-washington-dc>

