



# Frackson Health Care

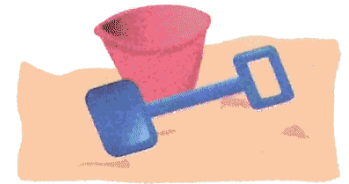
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June 2016 Edition



-Don't forget it's **Father's Day on Sunday June 19<sup>th</sup>**

-We are happy to welcome Caitlin Milloy RMT back from maternity leave on Wednesday June 15<sup>th</sup>.

-Congratulations to Dr. Kavan Yu who gets married at the end of June. We wish you all the very best.

## Protect Your Kids This Summer

The summer season is in full effect and the outdoors is the place where many kids will be spending their time – under the scorching sun. So how can you make sure they are safe?

Here are a few tips to help your kids make it through the hot weather in a healthy way while they are out of school:

1. Sunscreen is a MUST – Make sure your kids are prepared for the sunny afternoons by protecting their skin with sunscreen. This will ensure they are not prone to skin rashes and heat stroke.
2. Take Water Breaks – Kids love to play, but they need to stay hydrated, so if you are planning on being outside for a long period of time, make sure your kids are equipped with water to help replenish.
3. Watch the bumps, bruises and bugs! – Make sure your family has an emergency kit handy for unexpected bug bites or injuries that may occur at play.
4. Pack healthy treats – Summer is a good time to instill healthy eating habits for your kids. Try introducing grilled veggies and summer fruits on your summer outings and keep your kids healthy. The more prepared your kids are the more you will be able to enjoy the rest of the summer without any stress - a major plus.

## Summer Shake-Up: Take Your Workout Outdoors

Whether you live on the coast, in the mountains, the heartlands, the desert or anywhere in between, summer's the perfect time to get outdoors and mix up your exercise routine at the same time. Leave the stuffy gym behind and embrace Mother Nature! Here are four easy ways to do it.

- *Pick a Stroke (or Two):* You can't beat swimming when it comes to a sustained full-body workout, plus it's one of the most aerobically challenging athletic endeavors out there. Near the beach? Take on the waves a few times a week. If not, find a lake, pond, pool or river and start swimming.
- *Take a Hike (Literally):* With the cold, inclement weather behind you, summer beckons with countless opportunities to put one foot in front of the other. So take to a beaten (or not-so-beaten) path and bond with nature while toning your body at the same time.
- *Put Your Toolbelt On:* Tackle your project list this summer and you'll soon discover painting, sanding, hammering, weeding and other tasks can do more than get the job done; they'll give your body a great workout.
- *Power of the Picnic:* Summer and picnics go hand in hand, whether we're talking your traditional food or the larger "outdoor eating" concept, which includes BBQ. Regardless, you'd be surprised how much physical exertion goes into executing a good picnic, be it at the beach, park or your own backyard. Lug a fully stocked cooler 100 yards – you'll feel it everywhere. Carry a dozen chairs and a table from the car to your favorite eating spot – you'll know you've done it by how tired you feel the next morning.

For months, you've slaved inside at the gym or your home, building the summer body you deserve. It's high time to get outdoors, enjoy the sunshine and take your workouts to the next level. Talk to your doctor for more information.