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CALIFORNIA

Healthy Fontana's Preparing you for Summer!

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HEALTHY FONTANA

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Beat the Heat Safely this Summer

Summer is right around the corner, and with temperatures rising and the sun shining, it's important to remember sun safety while having fun.

The average temperature in Fontana in June is 85 degrees Fahrenheit with record temperatures over 100 degrees Fahrenheit. High temperatures can pose a danger to our bodies, if we're not careful.

Our bodies naturally cool themselves when we sweat and by heat radiating through the skin. "*In very hot weather, high humidity, and other conditions, this natural cooling system may begin to fail [and] can cause heat illness, such as heat cramps, heat exhaustion, or heatstroke.*"

Heat cramps are painful cramps that can occur in the arms, legs, or belly during or after intense activity when extremely hot. Although not serious, heat cramps can lead to heat illness and should be attended to as soon as possible.

What to do if experiencing heat cramps:

- Move to a cool place.

Chill Out with Sweet Strawberry Yogurt Pops

Mix **1 cup low-fat strawberry yogurt** with **6 chopped strawberries.** Use an ice cube tray or paper cups as a mold, and pour in yogurt mixture. Cover tray or cups with plastic wrap or tin foil, and add craft sticks. Freeze about **4 hours or until firm.**

From: CalFresh Healthy Living

Strawberries can taste oh so good, and are oh so good for you!

Naturally sweet, this low calorie fruit has been shown to reduce "bad cholesterol" and is an excellent source of vitamin C. Vitamin C is known for its immune

- Rest.
- Drink water or fluids that contain salt and sugar such as a sport drink to rehydrate and replenish lost electrolytes.
- Gently stretching and massaging cramped muscles can also help.

Heat exhaustion can occur when someone has not drank enough fluids in a hot climate. This form of health illness can be accompanied by extreme thirst, weakness, dizziness or fainting, muscle cramps, nausea and/or vomiting, headache, increased sweat, clammy skin, raised body temperature (but less than 104 degrees Fahrenheit).

What to do during heat exhaustion:

- Move to a cool place indoors, an air-conditioned car, or shady area.
- Remove any excess clothing.
- Drink water or cool fluids containing salt and sugar, such as sports drinks, to replenish lost electrolytes.
- Place a cool, wet cloth on skin.
- Call your doctor. Someone who is too exhausted might need professional treatment.

Preventing heat illness can be as simple as remembering to drink plenty of fluids before and during any activity in hot, sunny weather -- even when not thirsty. When outdoors on hot days, wear light-colored and loose clothing. During the hottest parts of the day like the mid to late afternoon, try to limit outdoor activity. Rather, save activity for later in the day when temperatures are lower and outdoors are cooler.

Source: KidsHealth from Nemours

*** Check the City of Fontana's [website](#) for Cooling Center information to beat the heat at a community center.

"Mental health is...cuddling with momma, playing and learning."

Thank you to everyone who participated in our May activities last month! We celebrated mental health, biking, and older Americans all in one month! Below are some of the submissions we received.

Healthy Fontana asked the community to share what mental health means to them. For the Duong family, mental health means many things like "*cuddling with momma, playing and learning*" (Kai, 2) as well as "*sleeping enough*" (Emma, 7) and "*eating fruits and vegetables*" (Iris, 5).

Pictured above are sisters Emma and Iris and their two dogs, Mimi and Cocoa.

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boosting properties and is full of antioxidants.

Did you know that strawberries are also good for your skin and eyes? The fruit can protect your skin from pollutants and UV damage. Studies suggest that strawberries may also be useful in "*preventing free radical-induced skin damage*" helping us to look more youthful. Eating strawberries can also prevent dry eyes and vision defects and degeneration of the optic nerves.

Strawberries can be enjoyed fresh, frozen, or freeze-dried. Add them to smoothies, salads, and more for a tasty treat!

Grow Your Own

"*Strawberries are the most popular small fruit grown in home gardens.*" The fruit is relatively easy to grow and can fit in small containers or bigger garden plots.

Once you've decided to grow your own strawberries, you'll need to decide if you want to start from seed or transplant a purchased plant to your garden.

For help with all your planting needs, contact the Master Gardener Helpline at mgsanbern@ucanr.edu or 909-387-2182.

Save the Dates!

- 6/4/21: Virtual Fontana Days Run
- 6/12/21: National Recreation and Park Association's Annual Family Health & Fitness Day

Check out another creative submission below from Rebekah C.

Mental health haiku

Walking purposely
Sun shining on all of us
Feeling wonderful

We also received a number of **Fontana Walks/Rides!** submissions from our May 15th virtual event. We even spotted some with the free bike helmets they received! To see the photos/videos and find out information on our next event, please visit fontanawalks.org or call 909-350-6542.

- 6/12/21: Virtual Fontana Walks!*
- 6/14/21: Summer Camps begin!
- 6/16/21: Healthy Fontana Summer Stakeholders' Social
- 6/20/21: First day of summer!

* For more information and to register, visit fontanawalks.org or call 909-350-6542.

Connect with Healthy Fontana!

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Healthy Fontana Hotline (909) 350-6542

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