



○ E-Newsletter | ○ SUMMER

Wellness *focus*

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
1180 S. Main Street, Suite 378 | Akron, Ohio 44301 | (330) 434-1FIT

Don't count the days, make the days count.
Muhammad Ali

A COURSE IN CALM WH Mag 4/2021

Help achieve a more relaxing life with a few of these tools from Dr. Chloe Charmichael.

- › If you are in worry mode, try taking 15-minutes to track these concerns. Capture your fears in a calendar event, add doable ways to address them with a plan to move forward.
- › Are you criticizing yourself before a meeting? Step back and start using the three breath method: inhale from the belly then through the middle of the chest to upper chest, exhaling in reverse. Be mindful of your thoughts before and after your breathing exercises.
- › When you have a stressful thought that won't go away, write down everything you'd rather be thinking about.
- › If you are feeling overwhelmed by tasks, try breaking it down. Taking the tasks in small steps, focusing on the positive and what is exciting about each one. Perhaps it is learning new skills or focusing on your strengths.
- › During tough situations, do you get shortness of breath? The use of "anchor statements", like "I have been here before and this too shall pass." Statements like this will remind you that you are in control of the situation.



Get more from Dr. Chloe Charmichael's book, "*Nervous Energy*".

LIFT OFF!

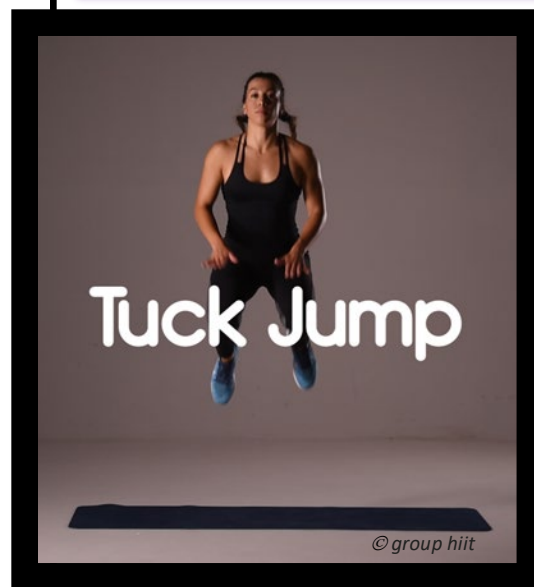
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Let's change up the workout a bit, give burpies a break and throw in some Tuck Jumps. This will still give you strength and cardio in one move minus the upper body push. With proper form, it will work your core, glutes, and legs, along with spiking your heart rate. Here are a few tips to nail the form.

First, be sure to warm up prior to the jumps. You can start with a few bodyweight squats. Let's begin by placing your feet at hip-width. Bend your knees slightly while extending your arms out at shoulder height with your elbows bent wide and palms facing the floor. When ready, jump straight up, lifting your knees to your hands. Be sure to land softly with your knees slightly bent.

Remember, "watch for sleepy calves". Every jump should not only activate your quads, but also your lower leg muscles like your calves. The more you drive your knees up, the more your lower core gets engaged. If these are a bit much to start, try modifying it by only lifting one leg at a time, instead of jumping, similar to marching in place. You can also start with a Squat Jump to get your body ready for a Tuck Jump.

SUMMER WORKOUTS WITH DAP
Attend, sign-in with your Employee ID and earn Virgin Pulse Points.
[Downtown Akron Partnership Schedule](#)



THE GREAT MILLENNIAL SKIN CANCER CRISIS MH March 2021

MELANOMA ISN'T JUST AN OLDER MEN'S ISSUE ANYMORE. IT'S NOW KILLING YOUNG GUYS AT AN ALARMING RATE

Dustin Allen was a soft-spoken electrical engineer, age 27, when he noticed a small red spot on his right temple. Thinking



the red spot was perhaps just an acne scar, he dismissed it until it never faded away. The fact is, it kept getting darker with noticeable splotches of dark brown popping up inside it. Out of concern, he asked his primary care physician. "She said it just looked like sun damage and they typically don't worry about that until it gets to about nine millimeters," he says. Due to the fact his father had had melanoma, he knew he was at

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Submit proof directly through the Virgin Pulse platform under *Benefits > COVID-19 Vaccination*.



higher risk for this particular dangerous form of skin cancer.

The odds are higher by 50 percent having had a first-degree relative with melanoma. Another risk being he had red hair and freckled complexion, his gut was telling him this was much more than sun damage.

Allen had many roadblocks when trying to get an appointment with a dermatologist in Texas for a second opinion, but finding one where he lives in Texas between taking his insurance and availability was very difficult. So, he ended up putting it off until he had better insurance. Five years later, he finally was able to see a dermatologist, in which the doctor initially said it was sun damage, but Dustin pushed for a biopsy and it was a good thing he did.

Sure enough, he received a phone call from the doctor's office notifying him of the results, which clearly showed melanoma. Although he stated he was not surprised by the result, he considered himself lucky to have caught it at an early stage, and within weeks he had surgery to remove the cancer. He was 32 years old at the time they finally discovered it. Many guys aren't so lucky,...

[Continue Article on Men's Health](#)

HEALTH & WELLNESS SAVETHEDATES

RECEIVE VIRGIN PULSE POINTS FOR ATTENDING LUNCH & LEARN WEBINARS. JOIN US VIRTUALLY AT THE HEALTH FAIR...CHECK THE INTRANET SCENE FOR MORE HEALTH & WELLNESS INFORMATION.

DATE	ACTIVITY
June 29 th	Lunch & Learn PNC
June 28 th – July 30 th	Virgin Pulse Journeys Challenge
July 7 th	Lunch & Learn Summit Federal Credit Union
July 12 th – 18 th	Virgin Pulse Monthly Challenge
July 13 th	Lunch & Learn Public Health
July 28 th	Lunch & Learn Akron-Summit County Public Library
August 2 nd – 8 th	Virgin Pulse Healthy Habits Challenge
August 9 th – 15 th	Virgin Pulse Monthly Challenge
August 11 th	Lunch & Learn Davis Vision
August 19 th	Lunch & Learn Downtown Akron Partnership
August 24 th	Lunch & Learn ADM
August 30 th – September 30 th	Virgin Pulse Journeys Challenge
September 1 st	Lunch & Learn Summit Metro Parks
September 8 th & 9 th	Mammovan
September 13 th	Lose4U Begins YMCA
September 13 th – 19 th	Virgin Pulse Monthly Challenge
September 15 th	Lunch & Learn Alzheimer's Association of Akron
September 21 st	Lunch & Learn YMCA

Stay connected: *Health & Wellness Google Calendar.*

LOCAL ACTIVITIES

Find activities to do around town from Virtual Balloflex with Summit Metro Parks to Story Time with the Akron-Summit Public Library.

Visit their websites to get more information:

Akron-Summit Public Library

services.akronlibrary.org/events

Akron/Summit Convention & Visitors Bureau

www.visitakron-summit.org/visitors/what-to-do/attractions-points-of-interest

Downtown Akron Partnership

www.downtownakron.com/calendar

Summit Metro Parks

www.summitmetroparks.org/ProgramsAndEvents.aspx

Healthy RECIPE SUMMER FISH TACOS

-skinnymys.com



Servings: 2; Prep Time: 20-Minutes;
Cook Time: 15-Minutes

- 1 Small Diced Roma Tomatoes
- ½ Small Diced Red Onion
- ½ Minced Poblano Pepper
- ½ Juiced Lime
- ¼ Roughly Chopped Fresh Cilantro
- 2 Fillets Tilapia
- ½ Tbsp Taco Seasoning
- ½ Tbsp Olive Oil
- ½ Cup Corn Kernels
- 4 Small Flour Tortillas
- 1 Cup Shredded Green Cabbage
- 1/8 Cup Plain Fat Free Greek Yogurt

In a mixing bowl, combine the tomatoes, onion, poblano pepper, half the lime juice, and half the cilantro. Mix well and set aside.

Season the tilapia with the taco seasoning. Heat half the olive oil in a saute pan on medium high heat. Once hot, add the fillets and cook about 4 to 5 minutes per side or until cooked through.

Once cooked, carefully break the tilapia into pieces. Drizzle remaining lime juice on top. Set aside.

In a second pan, heat the remaining olive oil on high heat. Once hot add the corn and cook just until the corn begins to char. Remove from heat.

Lay the tortillas on a flat surface. First, place the cooked fish inside each. Top with the tomato mixture followed by the charred corn, green cabbage, and remaining cilantro. Last, finish with a dollop of the Greek yogurt.