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Swim Lessons aren't just for kids

Learn to Swim



According to the National Safe Kids Campaign, drowning is the second leading cause of unintentional injury-related death to children ages one through 14. **It is absolutely crucial that all kids know how to swim at a young age.** There is water all around us, even if it's as small as a bathtub. If your child knows how to swim at a young age, this skill is forever with them. In their later years, their longevity and quality of life will be enhanced by swimming. It's essential that every child learn to swim, especially to be water-safe. But there are so many levels of swimming and benefits that come along the way. Introduce your child to swimming early on so that they have the skill for their whole life. This can help improve their overall physical and mental health. Hopefully, they will fall in love with the sport and lap it up for years. **Making sure that your child is comfortable in and around water**

LIFT Wellness Center's Culture:

Customer centered and clinically integrated approach to health and wellness services.



July is National Water Safety Month!

Summer is a great time to spend outside at the pool and around water. We want to encourage our members to be active this summer and enjoy this wonderful season, but we also want to make sure you are staying safe. Water can be fun, but it can also be extremely dangerous if you are not careful. Keep you and your loved ones safe this summer by being able to save a life.

CPR class will be held at LIFT Wellness Center on July 21st from 10am-2pm. Cost is \$55. For more information and to register contact Crystal Harris, Safety Coordinator, 425.6885 or crystal.harris@wth.org In 4 short hours, you can save a life!

is essential to their safety.

For more information contact liftcenter@wth.org or [click here](#) for more information

Quick Links

- [Our Website](#)
- [Calendar of Events](#)
- [Group Fitness Calendar](#)
- [Contact Us](#)



Summer Student Special



School's out and your college student is BORED out of their mind!! No worries! They can join LIFT for the summer!

- Basketball
- Group Classes
- Pool

July
\$33

Skinny Greek Layer Dip!



A healthy Greek version of

HEARTSAVER CPR & AED CERTIFICATION



You never know whose life will depend on YOU!

American Heart Association Heartsaver CPR & AED Training Classes are offered quarterly and designed for parents, grandparents, students, and child care providers.

This is a American Heart Association basic life-saving class on how to perform CPR on an adult, child and infant. Classes are held in small groups of 5-10 people in the LIFT Education Suite. After the training course, you will receive a card and a book.

More information about this training course and other educational services provided by the LIFT Wellness Center is available online at www.liftjackson.com or by calling 731-427-7048.

When: July 21, 2016
10:00 a.m. - 2:00 p.m.

Where: LIFT Wellness Center

Cost: \$55.00

IMPORTANT: Payment required upon registration..

Minimum 5 participants for class



American Heart Association®

AUTHORIZED TRAINING CENTER

www.liftjackson.com

731.427.7048

Learn how you can prevent injuries and even death, while still having a great time this summer by the water. [Click here to read more](#)

KNOW YOUR SWIMMING POOL SAFETY

Statistics and Safety guidelines are from the Center For Disease Control
www.cdc.gov/homeandcommunity/safety/water-safety/

First aid kits should include bandages, tape, scissors, as well as a flotation device. Call 911 in the event of an emergency

20% OF DROWNING DEATHS ARE CHILDREN UNDER 14

80% OF DROWNING VICTIMS ARE MALE

CHILDREN AGES 1-4 ARE AT THE GREATEST RISK

70% OF ADULT DROWNING INVOLVE ALCOHOL

Safety Tips:

- * Formal swimming lessons reduce the risk of drowning in children aged 1 to 4 years old.
- * Barriers around the pool prevent children from getting into the pool intentionally or accidentally
- * Children should always be supervised when swimming to reduce the risk of accidents and improve reaction time.
- * Use safety devices properly; Air-filled or foam toys like noodles are not life saving devices.
- * Know CPR and have a First Aid Kit



Be a camel and drink!

Mexican 7 layer dip made with hummus, Greek yogurt, cucumbers, tomato, and feta. Serve with pita chips for an appetizer or snack.
YIELD: Serves 6-8

Ingredients:

- 1, 10-ounce container of hummus, your favorite flavor (I used roasted garlic)
- 1/2 cup plain non-fat Greek yogurt
- 1 tomato, diced
- 1/2 cup diced, seeded cucumber
- 1/3 cup crumbled feta cheese
- 1/4 cup pitted Kalamata olives, chopped
- 2 tablespoons finely chopped fresh parsley
- Pita chips, carrots, broccoli, sliced bell peppers, or crackers, for serving

Directions:

1. Spread the hummus in a smooth layer in the bottom of an 8x8-inch square baking dish, a shallow pie dish, or similar serving dish. Dollop the Greek yogurt by small spoonfuls over the top, then gently spread to create a new layer.
2. Scatter the tomato, cucumber, feta, and olives over the top. Sprinkle with fresh parsley.
3. Refrigerate until ready to serve.

When it comes to exercise, we all know that

working hard and torching calories is a great goal!

Do you also know that if you don't fuel your body appropriately, then all that effort was just tossed

down the drain? Drinking water and staying hydrated during your workout can help you reach optimal results. [Click here](#) to see 6 benefits of just drinking high quality H2O can do for you!

HOW MUCH IS ENOUGH?



Water Challenge: July 25th-31st

Take the Water Challenge!

Use the checklist below and make sure you get your water in EVERY DAY for a week! See what a difference 1 week of hydration can make you feel like! Guaranteed positive results!

[Click here to download](#)

WATER

8 glasses a day challenge

M 

T 

W 

Th 

F 

Sat 

Sun 

Created by Webby Design www.webbi.com.au Available from <http://thisisadventureofkissandspoon.com>



For more information about our Exercise is Medicine program, please contact [Hilary Keen](#), Clinical Integration Coordinator, on how you can get yourself or a loved one started on the way to a healthier lifestyle.

[Click here to download the brochure](#)

July- Swim like a fish

For information- click on the event below or [click here](#) to view all events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 Family gym/swim 4:30-7:30pm	2

3 Family gym/swim 1-4pm	4 Happy 4th 	5 Family Swim 2pm-4pm	6 Kid's Play Day 11-12pm 	7 Family Swim 2pm-4pm	8 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	9
10 Family gym/swim 1-4pm	11	12 Family Swim 2pm-4pm Hydration 101 @ 6pm 	13	14 Family Swim 2pm-4pm	15 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	16
17 Family gym/swim 1-4pm	18	19 Dirty Dozen/ Clean 15 @ 6pm 	20 Kid's Play Day 11-12pm 	21 CPR 10am-2pm  Family Swim 2pm-4pm Water Safety Class @6pm	22 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	23
24 Family gym/swim 1-4pm	25 WATER	26 Family Swim 2pm-4pm CHALLENGE	27 : 1 WEEK	28 Family Swim 2pm-4pm OF	29 HYDRATION	30 ----->
31	1 RIFA	2 BACK	3 PACK	4 SNACK	5 CAMPAIGN	6 GOAL: \$5000.00