

THE CASS CORNER JULY 2010

As temperatures rise and bathing suits come out of hiding, many people get serious about getting in shape.

While anything that inspires your employees to make **healthy lifestyle changes** is cause for celebration, it's also important that they're keeping **safety in mind**.

Safe summer workouts take into account the high temperatures and humidity that can lead to heat-related **medical emergencies**.

The most dangerous of all heat-related conditions, heat stroke can be fatal. Preventing it begins with preventing heat exhaustion, a less-severe but still serious problem that results from the body's loss of water and salt through excessive sweating.

Perhaps the most obvious solution to **getting your daily exercise** while keeping your cool is to work out indoors.

Hit the gym, take to the pool, or break out the treadmill or stationary bike, at least until daytime temperatures retreat from the red zone.

If you simply can't part with your outdoor routine, you should at least do it in the morning or evening hours, before or after **the sun** is at its most brutal.

Heed these heat safety exercise tips :

Acclimate. Let your body gradually but regularly adjust to the higher temperatures by spending some time outdoors as the weather changes.

Stay hydrated. Drink 20 ounces of water a couple of hours before your workout, suggests sports medicine doctor William O. Roberts, then another 8 ounces shortly before getting out in the heat. During your workout, keep water on hand to gulp every 15 or 20 minutes.

Slow down. Make concessions for the heat and **don't push yourself too hard**. Scorching days are not the best time to set personal records.

Dress right. Wear light-colored, breathable clothing to help regulate your body temperature during exercise.



If you would like to contribute to the CASS Newsletter please contact Melainie via email at: Thanks to all who contributed to this issue

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Who's who and what's what?

- ◆ CADO would like to welcome Kaitlin Fisher and Crystal Chan to the team as Community Support Partners. Both started in June—very happy to have you on board..

ONCE AGAIN WE HAVE TICKETS

Thanks again to the Kindness and Generosity of Steven Law, he has purchased season tickets for the upcoming Stampeders Season. There are 4 seats to each game that can be used. You can Sign up with Tara if you are interested in going to any of the games. If you need support at the game, please also indicate this to Tara as well.

There will be one Staff only game, and this is for the game against Edmonton Sept 6th, for the Labor Day Classic!

Thank you Steven for purchasing these season tickets!!

Thu Jul 1 Toronto - Calgary - 8:00 pm
Sat Jul 24 Saskatchewan - Calgary - 7:30 pm
Sat Jul 31 Winnipeg - Calgary - 7:30 pm
Sun Aug 15 Edmonton - Calgary - 6:00 pm
Mon Sep 6 Edmonton - Calgary - 4:00 pm
Sat Sep 25 BC - Calgary - 7:30 pm
Fri Oct 1 Montreal - Calgary - 7:00 pm
Fri Oct 22 BC - Calgary - 8:00 pm
Fri Oct 29 Hamilton - Calgary - 8:00 pm

STAFF & FAMILY SUMMER CELEBRATION!

Thursday, July 22, 2010

Hillhurst Sunnyside Community Association

1320 5th Avenue NW

2:00 pm to 7:00 pm

Please join us for a BBQ and entertainment including bouncers, magician, face painting, and dunk tank!

The dunk tank will be a fundraiser for the client Christmas hampers

Please RSVP to main reception at 403-283-0611 no later than July 5th, 2010 - the first 25 people to RSVP to the event will receive a gift card when they arrive to the event.



July's Dinner Club

Wednesday, July 7 at 6:00 pm
(Please arrive no earlier than
5:45)

Please RSVP or Cancel to Jamie Raas
& the Dinner Club Line at (403)283-0611
by Monday, July 5, 2010

Montana's Cook House
112 Crowfoot terrace NW

Please note prices will vary between
restaurants.