

Making Life More Fun

When It Comes To Making Resolutions, June Is The New January

(NAPSA)—If you're one of the 98 percent of people who fell off the New Year's resolutions wagon months ago, we have good news for you. Experts, including Jennifer Heisz, assistant professor of kinesiology at McMaster University in Ontario, say summer is the ideal time to set fitness goals. The combination of warmer weather, longer days, and more options for staying active is a potent recipe for sticking to your resolutions.

Take It Outside

Summer opens up a wide range of outdoor workout possibilities—from running and hiking to kayaking and waterskiing. Along with the obvious benefits, a recent study in the Journal of Environmental Psychology shows that exercising can boost your immune system, relieve stress and elevate your energy levels. Plus, being outdoors raises your level of vitamin D—which improves your heart health, promotes healthy bone growth and can boost your mood. Mixing up your workout will keep you motivated and less likely to become bored or quit.



When the temperature soars or it's too late in the evening to go for a run, home fitness solutions like the Bowflex BXT216 treadmill are a convenient and effective way to burn calories in a short amount of time.

Keep Your Options Open

There will be times when exercising outside may not be an option—when it's too hot or too dark. That's not an excuse for missing a workout, however, which is why exercise physiologist and Bowflex fitness advisor Tom Holland recommends having home fitness equipment readily available. "The fewer barriers there are, the more likely you are to stick with your fitness goals," says Holland. A treadmill, like the Bowflex BXT216 (www.bowflex.com/treadmills/bxt216/100507.html), allows you to fit in your workout whenever it's con-

venient. "Even if you hop on your treadmill to walk while watching your favorite TV show, you are burning more calories than if you were sitting on the couch—or doing nothing at all."

Get Fit As A Family

As the saying goes, the family that plays together stays together, and summer is the perfect time to explore new activities. Geocaching treasure hunts, guided night hikes and underwater hockey are all exciting alternatives to letting the kids spend hours glued to their electronic devices. Another way to keep your family moving is with the Modern Movement M-Pad fitness trainer (www.mod-mov.com/m-pad/100577.html). Thanks to the M-Trac app, which offers fun and challenging balance games like a "maze" and "space invaders," everyone will be so focused on getting the highest score, they won't realize they've been exercising. Use your favorite streaming player to broadcast onto the TV screen or tablet so you can take it outside.

Kitchen Corner

Twenty Ways To Cook Up Some Safety At Home



A home-cooked meal won't be a recipe for disaster if you bake in certain safety precautions.

1. Never leave children alone in the kitchen.
2. Wash your hands in hot, soapy water before and after handling food, particularly raw meats. Use paper towels to dry off.
3. Always keep any foods that can spoil, such as dairy products and meat, in the refrigerator until you need them and put them back right after using them. Don't let perishable foods sit out on the counter.
4. Don't let kids lick their fingers or put their hands in their mouths when handling food. This is especially important with raw foods such as cookie dough or meat.
5. Make sure you have, and test monthly, ground fault circuit interrupter (GFCI) receptacles in your kitchen to prevent shock and electrocution.
6. Don't put cooked food on an unwashed plate or a cutting board that has had raw food on it. Always put cooked food on a clean plate.
7. If you cough or sneeze, cover your mouth and nose with a tissue and turn away from the food. Wash your hands right af-

ter. Keep anything that can catch fire away from your stove top, including oven mitts, wooden utensils, food packaging, towels and curtains.

14. Keep your oven and stove top clean of grease and dust.
15. Never cook while sleepy, drinking alcohol, or taking medication that makes you drowsy.
16. Never disable a smoke alarm while cooking.
17. Turn pot handles in, away from reaching little hands.
18. Never leave the kitchen when something's cooking. The leading cause of fires in the kitchen is unattended cooking.
19. If a dish towel touches the raw meats or the juices from the raw meats, quickly remove it from the kitchen for laundering. Clean the sink, countertops or any areas that raw meats or their juices may have touched.
20. Double-check that everything is off when you finish cooking.

Learn More

For further facts and tips on safety from the Electrical Safety Foundation International, the premier nonprofit organization dedicated exclusively to promoting electrical safety at home and in the workplace, visit www.esfi.org.

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Saturday's Graphic National Safe Boating Week – May 19-25

Good Luck

BILL NASON found the Rhody Days graphic on page 6B (Top of Johnston Motor Company ad – "O"). He won a gift certificate to a local merchant.



Gift Certificates must be picked up within 2 weeks of winning
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Wednesday's Graphic

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