

SAND RUN PHARMACY

July 2022 Newsletter

Walk for Your Heart, Mind, and Body



The American Heart Association has long recommended walking, or a similar form of activity, to increase cardiovascular fitness, but that's not all walking is good for. Studies have shown that walking at least 150 minutes per week can lower blood pressure, reduce the risk of chronic disease, improve symptoms of depression, strengthen bones, improve stability. One new study even shows that walking can reduce progression and pain associated with osteoarthritis of the knee. One key to remembering the components of a good walking program is to remember to be FIT: Frequency, Intensity, and Time.

Frequency indicates how often you go walking. To hit the 150 minutes per week goal, a good average is to walk for 30 minutes at a time, 5 days per week.

Intensity is how fast you are going. The most protective pace is a moderate pace above 3 mph, or 2 mph if walking uphill. But if you aren't able to track the exact numbers, consider how much effort it takes to hold a conversation while walking. With a light intensity, it's easy to talk; moderate intensity, you can still have a conversation, but you might be a little winded; and at a vigorous intensity you can't hold a conversation at all.

Time is about how long your walks are. While 30 minutes makes for a nice daily average, something is better than nothing, especially when first getting started with a new exercise regimen. Keep moving as long as you're comfortable, and work your way up to the 150-minute weekly goal.

The greater Cleveland-Akron area is fortunate to have the Metroparks System, with many choices for easy nature trails. The F.A. Seiberling Nature Realm and Copley Community Park hosts several easy trails that are perfect for hitting the 30-minute daily goal, and the Sand Run Metro Park has longer, moderate level trails for the more adventurous. The Cuyahoga Valley National Park has wheelchair accessible trails for those with limited mobility. Stop by Sand Run Pharmacy to grab sunscreen before your hike, and check out our assortment of scooters and wheelchairs to help keep you going!

CollaGEN:

The Key to Connective Tissue Stability

Collagen is the primary protein fiber found in connective tissue – it gives tendons, ligaments, fascia, cartilage, bone, and skin structural stability. Lack of raw materials, essential cofactors, and healthy lifestyle factors can lead to a weakened collagen structure. *CollaGEN* contains key nutrients that protect and preserve connective tissue synthesis and regeneration.

Suggested Use: Scoop 7.6 grams in 8 oz of water, once per day or as recommended.



Watermelon, Cucumber, and Feta Salad

A fun, healthy salad to add some delicious color to your 4th of July barbecue

- ½ C. red-wine vinegar
- 2 tsp. honey
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ C. extra-virgin olive oil
- 5 C. seedless watermelon, cubed
- 1 English cucumber, chopped
- 6 oz. feta cheese, cut into ¾ inch cubes
- ½ C. thinly sliced red onion
- 2 Tbsp chopped fresh mint

1. Whisk vinegar, honey, salt, and pepper in small bowl; gradually whisk in oil until completely incorporated

2. Combine watermelon, cucumber, feta, and onion in large bowl. Gently stir in ½ C. of the vinaigrette

3. Refrigerate for at least 20 minutes, or up to 2 hours

4. Just before serving, gently stir in mint and drizzle with the remaining vinaigrette

Serves: 6
Serving size: 1 ½ cups
219 calories
Carbs: 15 g

Recipe from eatingwell.com

SAND RUN PHARMACY
will be closed for

4TH OF JULY

We will resume normal hours on Tuesday, July 5th 9:00 AM – 7:00 PM



July is National Lost Pet Prevention Month

Between fireworks, an increase of outdoor activities, and family vacations animal shelters see more lost pets in July than any other month. Here are some tips to keep your pets safe and calm this holiday season.

- 1. Get your pet microchipped** or at least make sure their ID tag is securely fastened, and that the contact information is current and correct
- 2. Take your pets on a long walk before anxiety-inducing events** Whether that is before the fireworks start, or before leaving for vacation, exercise can help dissipate some of that anxious energy
- 3. Keep them leashed on walks** It only takes one firework pop or wily squirrel to make your dog take off running
- 4. Keep your pet indoors during fireworks** and that they have a spot in the house that they can comfortably retreat to
- 5. Make sure your yard is secure** and that the fences are tall enough that they can't be jumped over
- 6. Keep them secure in the car when traveling** Crates and gates are the best way for making sure your pet stays contained, but dog seat belts are also available
- 7. Talk to the vet about anxiety medications** Some pets are going to be anxious regardless of the preventative measures taken. If that's the case, talk to your vet about prescribing medication to reduce anxiety. We can compound them here as delicious treats to help make sure they take it!

July's Independence Day Pharmacy Word Search

First person to return a correct and completed word search will receive a pack of Papyrus cards!

- AMERICA
- BARBECUE
- FIREWORKS
- FLAG
- HOTDOGS
- LIBERTY
- NATION
- PICNIC
- REVOLUTION
- SANDRUN

R	S	T	L	A	M	E	R	I	C	A	E	K	N	A
V	G	E	U	I	K	G	B	F	U	C	H	A	G	M
B	M	O	S	A	N	D	R	U	N	V	B	G	I	K
P	L	O	K	M	N	U	H	B	Y	G	A	V	T	R
C	A	F	Q	U	L	A	Z	D	E	L	R	G	A	P
M	O	L	I	J	I	G	C	E	F	A	U	H	J	I
M	B	L	P	R	B	I	N	H	A	S	C	O	G	C
F	A	R	M	H	E	R	O	C	A	T	B	T	T	N
G	R	I	L	D	R	W	D	H	U	M	F	D	Y	I
W	B	S	X	E	T	D	O	C	R	F	V	O	T	C
G	E	B	Y	H	Y	N	G	R	I	Z	A	G	Q	P
X	C	S	W	C	D	E	V	F	K	R	B	S	G	T
N	U	H	N	A	T	I	O	N	Y	S	M	J	U	T
K	E	I	L	O	P	F	A	R	B	I	D	H	Q	M
F	I	T	D	R	E	V	O	L	U	T	I	O	N	G

