

UAD Health Services presents... "Hot Topics"

Summer issue 2008



By this time of year, as the snow *finally* disappears, we are itching to get outside and enjoy the summer sun!!!! Whatever your "playtime" plans for summer include, be sure to drink plenty of fluids and stay hydrated!! In this issue, you'll find some resources for getting out and about in Duluth this summer -- whether you are looking for an outdoor adventure or a cultural rendezvous, the Duluth area has a lot to offer! Have fun (and don't forget your sunscreen)!!!!

Hydration

Whether you're playing basketball this summer, out for a hike near the lake, or just lying in the sun, you are probably going to lose body water. Some signs of dehydration include:

1. Irritability
2. Dry mouth and lips
3. Dark urine
4. Headache

You don't want to wait for these symptoms to appear before downing a cool glass of water. Try to drink water throughout the day, especially when you are exercising or out in the sun.

Save money on sports drinks by making your own!!!

1. Take a can of frozen juice concentrate.
2. When it says add three can water, add 9 cans.
3. If you like a little fizz, and some sparkling water to the mix.

Fruits are also a great source of water, so grab a bunch of grapes, a watermelon, or an orange for your outdoor adventure.

Watch out for dehydrating drinks and food:

Alcohol, caffeinated beverages, and salty/sugary foods can dehydrate you (remember: dehydration = hangover). Consume these products in moderation, and consider drinking water while you consume them.

#1 Diet Tip: Drinking water can help you keep the weight off!!!

Thirst is often confused for hunger. So before you grab a bag of chips, drink some water and see what happens!

2008 picks for summer activities in and around Duluth:

Best "secret" hiking trails:

Congdon trail: Access the trail on East Superior Street at 32nd Ave E.

Superior Hiking Trail at Spirit Mountain and the Magney Snively Trail: Drive to Spirit Mountain's

entrance, and then keep going on W. Skyline Drive until you come to an old stone bridge...look for the SHT signs, and a parking lot. The SHT shoots down the hill, and the Magney Trail shoots up the hill.

Park Point Hiking Trail: Park at the end of the point and walk past the airport – look for the trail off of the road into the forest by the dunes.

Best bicycle/motorcycle rides or short car trips:

Jay Cooke State Park

Skyline Parkway

Scenic 61 and the North Shore

Best scenic day/weekend road trip:

Duluth to Bayfield, WI.: Take the Blatnik Bridge to Superior, WI. and follow Hwy 53 S/Hwy 2 out of town. Take County Road 13 to Bayfield. Be sure to stop at Meyer's Beach near Cornucopia, and hike the trail to the Sea Caves! Some other points of interest along the way: Wisconsin point, Port Wing, and a number of awesome on-the-lake picnic spots. Once in Bayfield, consider taking a ferry to Madeline Island to stay at one of the camp grounds on Lake Superior. Bring your bike for Island cruisin'!

Best music and theater venues:

Movies at Leif Erickson Park, Friday nights – free!

Chester Creek Concerts at Chester Bowl - free!

Renegade Comedy Theater

Sieur Du Luth Summer Arts Festival

Best website for more info:

<http://www.visitduluth.com/>