

J U L Y 2 0 1 1

Travel. Vacation. Activities. Oh My!!!



Benefits of Recreational Activity:

Physical Health Benefits

- Boosts immune system
- Increases energy-level
- Lowers the incidence of diabetes and heart disease
- Lowers the risk of chronic disease
- Increases life expectancy

Mental Health Benefits

- Uplifts mood
- Relieves stress
- Reduces depression and anxiety
- Improves self-esteem
- Encourages personal and spiritual growth

Social Health Benefits

- Builds stronger bonds between families and friends
- Promotes togetherness among families, friends, and communities
- Encourages harmony among individuals with different backgrounds
- Reduces crime and lessens negative behaviors
- Encourages the positive growth of our youth through recreational and educational activities

Sun & Safety

Summer is finally here, and we at Pinnacle EAP want to encourage you to get out and enjoy some new activities and adventures by becoming aware of the many events our local area has to offer. Whether it is attending a concert, participating in a race, or walking around a festival, we would like you to enjoy these moments while being able to reap the health benefits of being active and social.

However, while the travel and vacation season is underway, it is important to remain safe by practicing safe driving habits. A few preventive measures you and your family can take include: getting your car serviced before a lengthy trip, being realistic about travel conditions by always carrying a first aid/emergency kit, and remaining alert by avoiding distractions (ex: texting, talking on your cell phone, eating, putting on makeup, etc.). Finally, if you are in danger of falling asleep behind the wheel, stop at a hotel. Don't push yourself. But most of all~enjoy these summer months!

Upcoming Events in your local area!

- Henrico County Rec & Parks – Ahoy Matey! On Saturday, Aug 20, 10 a.m. – 1 p.m. at Deep Run Park. **Free.**
- RVA River Jam- **Free.** Starting on Saturday, July 16 and continuing each Saturday through August 27, 2-8 p.m. at the Canal Walk
- Innsbrook After Hours – Check out the concert series through August 26, 2011. For more info visit: <http://innsbrookafterhours.com>

*According to a study conducted by California State Parks:
http://www.parks.ca.gov/pages/795/files/health_benefits_081505.pdf

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