

the healthy swimmer



Dirk Freider

In Season: Watermelon

Citrullus lanatus, more commonly known as the watermelon, is a flowering, fruit-bearing vine plant originally from southern Africa. Although it is not known when the watermelon was first cultivated, explorer David Livingstone (1813-1873) noted the abundance of watermelon during his travels in the Kalahari Desert. There also is evidence of cultivation in the Nile Valley from as early as the second millennium B.C. Watermelon seeds were recovered from the tomb of Pharaoh Tutankhamun.

The plant produces a fruit with a thick rind and fleshy center. The rind can vary from pale green to yellow, and the flesh varies from bright pink and red to yellow and orange. Watermelon is in season during the summer months and is available year-round.

No other fruit says summer like the sweet, juicy watermelon. But watermelon is not just delicious – it's nutritious. Full of nutrients and antioxidants, watermelon is an excellent source of vitamin C, and a very good source of vitamin A. Pink watermelon also is a source of the potent carotenoid antioxidant, lycopene. Watermelon is thought to ease inflammation that contributes to conditions such as asthma, atherosclerosis, diabetes, colon cancer and arthritis. <<<

reader recipe

Granita is a semi-frozen dessert, usually consisting of sugar, water and flavorings. Granitas typically are made by freezing liquid in a shallow baking dish and shaving the ice crystals periodically with a fork during the freezing process. This month's recipe is made using pure watermelon juice, with no added sugar or water.

Watermelon Granita

12 cups **seedless watermelon chunks**
fresh mint for garnish

In a blender, puree watermelon and strain using a sieve lined generously with cheesecloth. Allow the liquid to drain over a large, 4-cup measuring cup or mixing bowl for a few minutes. Then, holding the cheesecloth tightly closed, squeeze out the remaining juice. This process should yield approximately 4 cups of juice.

Pour juice in an eight-inch square, two-inch deep baking dish, cover with plastic wrap or aluminum foil, and place in the freezer. Using a fork, rake the icy mixture once every 30 minutes until it is a grainy ice with no remaining liquid. Serve in chilled glass stemware, and garnish with fresh mint. <<<

Serves: 8. 24 calories per serving. 0 grams of fat per serving.

>>> Do you have a recipe our readers would enjoy?

Send it to editor@usms.org, or mail to: Reader Recipe, c/o Bill Volckening, 1220 NW 119th Place, Portland, OR 97229.

Good Grief

Swimming can make you feel good, physically and emotionally. The USMS Sports Medicine and Science Committee says swimming also can help during stress, depression and grief. Committee member Jane Katz wrote an article, "Swimming with a Heavy Heart," about her own experience after the sudden loss of her husband this past fall. The article is featured as bonus content this month on the *SWIMMER* website (www.usmsswimmer.com).

"I can still hear Herb saying, 'Keep laughing, keep swimming,'" Katz says. "He was my cheering section in and out of the water. I always come back to the water during trying times, because water makes things seem lighter ... maybe one day my heart will be lighter too."

USMS Sports Medicine and Science Committee Chair Jane Moore, M.D., and committee member Jennifer Parks agree.

"Swimming has been a method of stress relief for me

for many years," Moore says. "I started swimming regularly while in medical school and have continued since. The good feelings after a swim make it easier to deal with the latest problem or crisis." Moore recommends an article recently published on the vision.com website: "Give Sorrow More Than Words: The Neuroscience of Grieving."

"I have struggled with depression myself, as well as grief, off and on for much of my adult life," Parks says. "I also have taught stress management courses at the college level, in addition to health, wellness and fitness. In all those classes, I taught about the importance of exercise in individuals' mental health regimens. That includes dealing with grief."

Parks says research suggests exercise is as helpful in triggering hormones needed to offset depression and grief, as is medication. <<<

>>> To view the bonus feature by Dr. Jane Katz, go to www.usmsswimmer.com.

Dancing Days

A recent report by the American Council on Exercise lists swimming, cycling, jumping rope and dancing among the top 10 fun summer fitness activities for kids. These activities are suitable for adults, and not just those who participate in activities with their kids. It may be no surprise to see swimming, cycling and

jumping rope on the list of top activities, but what about dancing?

Dancing is a fun social activity, but is it a good fitness activity? According to Calorie-Count.com from About.com Health, a person who weighs 150 pounds can burn up to 374 calories per hour doing fast ballroom dancing, and 306 calories doing an hour of fast

disco, folk, square, line, Irish step, polka, contra or country dancing.

If an hour of the macarena can burn off a Grande Starbucks Caffe Latte made with whole milk, or half a McDonald's Big Mac with cheese, how does that compare with swimming? Calorie-Count.com says fast effort swimming (75 yards per minute) burns approximately 748 calories per hour, and moderate swimming (50 yards per minute) burns about 544

calories per hour.

Swimming may burn twice as many calories, but that doesn't mean skip the dance and go to the pool. Dancing offers creativity and freedom of movement in a social setting, which can appeal to people who don't enjoy exercise, and to fitness enthusiasts who like to keep moving. <<< >>> **For more information about activities and calories burned, plus weight loss tools and nutrition tips, check out www.calorie-count.com.**

More Sun Tips

When spending time in the water during the summer, it's easy to forget about sun protection and fall victim to accidental burn. Protect your skin with these five safe sun tips from Dr. Patty Agin of the Coppertone Solar Research Center.

- See a dermatologist once every year for a skin check, regardless of your age. If detected early, melanoma can be treatable (survival rates for patients with early detection are about 99 percent but decrease depending on how far the melanoma has spread).
- Apply. Apply. Apply. Because the sun may cause damage immediately, don't forget to apply sunscreen before heading outside. Remember to come back to land and reapply every 80 minutes, even if the sunscreen is waterproof and sweat-proof.
- Sports-specific. Coppertone just released its new Continuous Sport SPF 70+ Spray, a clear, no-rub spray that quickly covers the body at any angle for fast anti-sunburn protection. This spray allows for quick reapplication in less than one minute without rubbing in and getting hands greasy.
- Follow the shadow rule. If your shadow is shorter than you are, the sun's rays are at their strongest. Avoid the water during midday heat whenever possible.
- Use a sweat-proof sunscreen. When the body is wet and sweaty, it's difficult to stay protected, so use a product that won't fail when things get hot. <<<

Oleg Filipchuck



The information in this department is not intended as a substitute for professional or medical advice. It is not intended to provide medical advice on personal health matters. For personal medical advice, consult your healthcare provider. If you are concerned about a particular medical condition or injury, see your healthcare provider for evaluation and care.

Hands-Only CPR

A recent scientific advisory report from the American Heart Association puts life-saving skills in your hands by simplifying the recommended procedures for bystanders who need to administer cardiopulmonary resuscitation (CPR). According to the association, chest compressions alone, or hands-only CPR, can save lives and can be used to help an adult who suddenly collapses.

A statement from the association's emergency cardiovascular care committee is published in "Circulation," the journal of the American Heart Association. Hands-only CPR is a potentially life-saving option to be used by people not trained in conventional CPR or those who are unsure of their ability to give the combination of chest compressions and mouth-to-mouth breathing it requires.



Andrew Simpson

"Bystanders who witness the sudden collapse of an adult should immediately call 911 and start what we call hands-only CPR," says Michael Sayre, M.D., chair of the statement writing committee and associate professor in the Ohio State University Department of Emergency Medicine in Columbus. "This involves providing high-quality chest compressions by pushing

hard and fast in the middle of the victim's chest, without stopping until emergency medical services responders arrive."

On average, less than one-third of out-of-hospital cardiac arrest victims receive bystander CPR, which can double or triple a person's chance of surviving a cardiac arrest. Sayre says that bystanders can still act to improve the odds of survival, using hands-only CPR, even if they are not trained in conventional CPR.

"Many times people nearby don't help because they're afraid that they will hurt the victim and aren't confident in what they're doing," he explains. "We want people to know that they can help many victims, just by calling 911 and doing chest compressions. Don't be afraid to try it." <<<

>>> **For more information on CPR training, go to americanheart.org/handsonlycpr.**