



EAP Newsletter

Employee Assistance Program

SUNY Fredonia
E.A.P.

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This month, we offer some ideas for summer fitness activities; we also thought it was important to provide some information about tanning and sun exposure (Finally, we have some sun!) Last, we offer some ideas for summer financial planning. Keep your stress level down with good financial pre-planning! Have a safe, healthy, fun summer!

SUMMER FITNESS

Need some ideas for fitness activities you can enjoy alone or with others?

Enjoy a walk in the park or take a day for a family hiking trip.

Playing outside games such as volleyball or tennis can be enjoyable while at the same time yielding physical benefits.

Taking the dog for a walk can be fun and benefit you and your dog.

Swimming is a great form of exercise with the potential to burn 350-420 calories per hour. Swimming is a way to have a good time while getting a great workout.

Summer is a great time to get your bike out and go for a ride.

TANNING/ SUN EXPOSURE

Although one should be careful when tanning, whether it's indoors or outdoors, indoor tanning is more controlled. One doesn't know the amount of UV rays that are reaching the skin. If one chooses to tan indoors, the FDA recommends no more than 3 visits a week. Make sure to wear sunscreen when outdoors. The summer is full of outdoor activities, such as baseball games, soccer games, hiking, amusement parks, picnics, and days at the beach.

TIPS FOR SUMMER FINANCIAL PLANNING

With the summer often comes more leisure time, opportunities for vacation, and visits from friends and family. Spending is usually higher in the summer months compared to the fall and spring months; are you prepared for these additional expenses, fun though they may be? Below are some tips that may help to avoid considerable financial stress during and after the summer months:

Try to save vacation money over the course of the year. Use a specific savings account. This way, you are spending money that has already been saved, not using credit cards extensively to pay for summer expenses. Learn to say, "no" to some spending opportunities. On vacations, in particular, there are many, many things that one could purchase. Learn to differentiate between what you "need" and what you "want." Avoid impulse buying.

Set up a budget for the summer, including detailed budgets for vacations, visits from family and friends, day trips, dining out, clothing, and summer "toys."

Avoid overpaying for vacations. Check out on-line sources for airfare, hotels, tickets to theme parks, and car rentals.