

# Wellness Wednesday



## STAY CALM. SUMMER IS HERE.

Tips for optimum health this Summer!



**Protect yourself from overexposure to sunlight.** Wear hats and use natural sunscreens without excessive chemicals.

**Keep up or begin an exercise program.** Aerobic activity is important for keeping the heart strong and healthy. Take some time to do outdoor refreshing activities like hiking, biking, swimming, or tennis.

**Enjoy nature's bounty.** Consuming foods that are cooling and light such as fresh fruits, vegetable juices, raw vital salads, and lots of water will nourish your body for summertime activities.

**Take some special summer time** with family, kids, and Friends who share the enjoyment of outdoors.

**Relax and breathe.** Summer is the season to slow the pace a bit and absorb the light that stimulates your hormonal message center. Leave your cell phone at home or take a week off from TV.

# Summer Wellness

## TOP 10 SUMMER HEALTH TIPS



### DRINK WATER

Water helps prevent illness, keeps your bones and muscles healthy, helps maintain your weight and best of all, water fuels your activities throughout the day!



### EAT FRESH

Reserve a place on your plate every meal for fresh produce and you're sure to reap the tasty rewards.



### TRANSFORM ACTIVITIES INTO EXERCISE

Activities like going to the zoo or visiting a park can become exercise if you use the stairs, take the long route or add stretches and strengthening exercises along the way!



### LIFESTYLE MODIFICATION

The summer is a great time to try a new exercise routine, kick-start a new healthy eating plan and quit smoking.



### SEE YOUR DOCTOR

Schedule an appointment for a check-up to make sure pain or injury doesn't sideline you this summer.



### STAY SHADY

Try to limit your time in the direct sunshine between 10am and 4pm, and always wear sunscreen, a hat and sunglasses.



### PLAN A PERSONAL VACATION

A vacation to get away from it all is a must this summer. Take some 'you' time this summer to relax and rejuvenate.



### DISCONNECT

Disconnect from the internet, put down those smart phones and see a world without selfies, hashtags and videos.



### SLEEP WELL

Getting enough quality sleep at the right times can help protect your mental and physical health, safety and quality of life.



### STAY COOL

When it's hot, do what you can to stay cool! So swimming at your neighborhood pool and visit local air-conditioned attractions.



## grilling Tips

The grill is hot! Make use of this great summertime cooking method by preparing ALL your Plate Method components on it. Yup! Grill up some vegetables, protein, & starches — even fruit!

### veggies

Grill your veggies!

Slice size is key to the right cook. Be sure there aren't some slices that are larger than others. Keep the size of the vegetables you grill consistent for the most even cook.

#### OUR FAVORITE VEGGIES ON THE GRILL:

- summer squash
- zucchini
- mushrooms
- carrots
- broccoli
- asparagus
- cauliflower steaks
- eggplant
- bell peppers

### protein

Grill your protein!

Enjoy lighter proteins during summertime for succulent and delicious options with decorative grill marks!

#### OUR FAVORITE PROTEINS ON THE GRILL:

- salmon
- tuna
- scallops
- shrimp
- tofu
- swordfish
- chicken
- burgers: turkey, veggie, or black bean

### Starch/carbs

Grill your starches!

A different spin on cooking and utilizing starches and sweet summer fruit could be to use them as a side dish or meal topping. Place smaller fruit in wire strainer for those that may fall through the openings of the grill grates.

#### OUR FAVORITE CARBOHYDRATES ON THE GRILL:

- corn
- potatoes
- plantains
- pineapple
- peaches
- figs
- berries



**BREAKFAST:** Use grilled fruit to top oatmeal, protein pancakes, or Greek yogurt.

**LUNCH/DINNER:** Make skewers! Load up different colorful combinations of vegetables, proteins, and starches or fruit.



## Summer drinks can be detrimental to your waistline.

Watch out for sodas, sugary lemonades and iced teas, smoothies with sugar added, and alcoholic beverages (especially if the drink has a fancy name).

Iced cold water or seltzer is your best choice, but feel free to squeeze in some fresh lemons, limes, cucumber, mint or berries for a refreshing drink.