



Krys Hess, BS Nutrition Science, SNS, Nutrition & Wellness Chair

Summer is a great time to discover what is offered in the world of fitness and food in your area. Take advantage of what is available to you!

Ditch the monotony of the grocery store routine and explore your local farmers' markets for the delightful array of fresh produce they have to offer. Locally grown produce definitely surpasses the taste of its store bought counterparts. Treat yourself to summer produce when it's at its peak of ripeness. Try grilling those veggies for an added summer flavor fare. Don't forget to make it even better by using fresh herbs to help enhance their flavors! You will not only be enjoying the wonderful flavors of summer but you will also be shopping locally and contributing to your community.

Don't forget to take advantage of all of the additional outdoor activities that summer has to offer. Embrace the great outdoors! Go for a hike, take a walk, do yoga in your backyard. There are so many ways to take advantage of your local outdoor space. Check out your local bike trails, parks, local swimming pools but don't limit yourself...think outside of the box and try something new for your summer activity! BUT...DON'T FORGET THE SUNSCREEN!!

HAVE A GREAT SUMMER!!