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DIVERSIFY Your Work Out

Adding variety to your workout enables you to reach personal goals while mixing up a repetitive routine. Your body becomes accustomed to certain routines over time and that’s why it’s important to keep changing up your workout.

HAVING A WIDE VARIETY OF EXERCISE COMBINATIONS TO MIX UP YOUR ROUTINES CAN:

Challenge your body in new ways. Your body begins to get used to a routine, so having a varied workout routine that includes resistance training, weightlifting, endurance exercises or sprint intervals can help you grow stronger and more fit.

Help prevent injuries. Each exercise is designed to work a specific body part. Over-working one part of the body can wear down those muscles over time. Once you have worked a specific muscle, give it a few days to recover.

Avoid boredom. The more bored we become with an activity, the less we tend to do it. Search for unique workouts that look interesting or new.

Lead to discovering what works best for you. When you try a variety of options, you will find some exercises you love and increases the options available to you.

Always consult with your physician or medical professional before starting or adding a new exercise routine.

“Variety is the condition of harmony.”

Thomas Carlyle



**INSPIRE
TO MOVE** 

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A Perfect PICNIC

Planning a healthy picnic is a great way to renourish in nature. Combine the benefits of spending time outside connecting with the natural world with a nutrient-packed meal to feed more than just physical hunger. Whether it's a sunrise breakfast, lunchtime picnic, or a sunset dinner, enjoy the summer air and good company, and pack foods that will energize your outdoor experience.

Fresh produce and dips. Light and crunchy vegetables such as broccoli bites, cucumbers, asparagus tips, carrots, or sliced peppers pair well with hummus, salsa, or low-fat yogurt dips.

Colorful arrangement of fruits. Cherries, watermelon, kiwi, and berries are luscious and hydrating.

Easy finger foods. Whole grain crackers and low-fat cheese or sliced apples and nut butter are tasty options for snacking.

Sandwiches and wraps. Lean meats on whole grain breads, wraps with hummus and avocado, and veggies like cucumbers, sprouts lettuce, and shredded carrots are a refreshing choice for a picnic.

Create an entrée salad. You can use a mason jar and layer your dressing, vegetables, greens, and proteins. Just shake it up at your destination and enjoy.

SUMMER Produce

In-season fruits and veggies are bursting in flavors and textures and tend to be more budget friendly. When the seasons turn and the sun comes out, it's a great time to explore the latest, greatest produce and get into the summer spirit. While shopping at your local market, be on the lookout for signage that calls attention to locally grown produce in your region.

SOME COLORFUL OPTIONS YOU MAY FIND INCLUDE:

Berries are best stored unwashed in the refrigerator and eaten within a few days. Enjoy peak-season sweet blueberries, strawberries, raspberries, and blackberries by washing them before eating.

Cherries are a sweet treat with a short season. Look for fresh green stems and firm, juicy fruit.

Corn is at its sweetest when eaten as close to harvest as possible in the summer.

Melon celebrates variety with cantaloupe, honeydew, watermelon, and other unique varieties with cooling, hydrating juice.

Okra is long celebrated as a summer staple in the south. It stands out when pickled, or grilled or roasted, where it picks up a smokey flavor.

Stone fruits with pits like peaches, plums, apricot, and nectarines peak at different times throughout the summer.

Tomatoes vary in type and texture from little grape and cherry tomatoes to larger variety heirlooms.

Grapes are sweetest in summer and make an easy snack.

Other vegetables that shine this season include beets, bell peppers, carrots, celery, cucumber, eggplant, green beans, lima beans, summer squash, tomatillos, and zucchini.

"The normal food of man is vegetable."

Charles Darwin



Green Pasta Salad

- | | |
|-----------------------------------|---------------------------|
| 2 cups cooked small tubular pasta | ½ cup Parmesan cheese |
| 2 cups chopped green beans | 3 cloves of garlic minced |
| 2 cups shredded spinach | ¼ cup olive oil |
| 1 cup chickpeas | ¼ cup balsamic vinegar |
| 1 cup grape tomatoes | |

Toss the cooked pasta with a little olive oil. Heat a little bit of the olive oil in a large skillet over medium heat. Add the green beans and garlic cloves and sauté until tender. Toss with remaining ingredients and chill.

RECIPE OF THE MONTH



NOURISHING YOU

HOME Safety

The most enjoyable months of the year should be a time of fun and relaxation, not a season for injuries. Many safety mishaps can easily be avoided to stay safe and healthy all summer long.

Ensure that lawnmowers and trimmers are kept in a safe storage area when not in use. Never reach into a lawnmower's blades to remove grass or debris and wear long pants and closed-toed shoes while mowing.

Store garden hoses on a reel so they are not laying in the grass as a trip hazard. If possible, bring indoors or keep it in the shade. Direct sunlight can lead to a nasty surprise of scalding hot water, the next time the hose is turned on.

Keep cool by having your air conditioner tuned by a professional before the season heats up. Protect your ground unit by installing a barrier fence around it and be sure all vents are clean and unblocked.

“Luck runs out,
but safety is good for life.”

Unknown



Sun STYLING

As summertime approaches, many people begin to focus on their skin to achieve that perfect golden tan. But this trend made popular in the 1920's came with some unforeseen dangers. While a moderate amount of sun exposure can be beneficial for the body, too much can lead to sunburns, premature wrinkles, and skin cancer.

Sun protection is an important part of staying healthy and looking fashionable.

WITH THE SUMMER MONTHS APPROACHING, IT'S TIME TO START THINKING ABOUT YOUR SUN PROTECTION WARDROBE INCLUDING:

Wearing stylish sunglasses that provide 100% UV protection. Larger lenses provide more coverage and help protect the delicate skin around the eyes.

Helping safeguard your face, scalp, ears, and neck with broad-brimmed hats.

Look for bright colors that are reflective as darker colors can absorb the sun's rays.

Covering up with lightweight, breathable clothing. A fabric with a UPF of 30-49 offers very good protection, while UPF50+ rates as excellent.

Applying a quality sunscreen before heading out. Look for products with an SPF of at least 30 and be sure to reapply throughout the day.

Summer weather and storms
can be unpredictable.
Always check the radar
before starting a
new adventure.



I DON'T Feel Like It

Everyone puts things off sometimes, but procrastination is more than just deciding to delay action, it's the habit of perpetually postponing things to avoid something unpleasant.

This may relieve pressure in the moment, but putting off exercise, checkups, or committing to goals can lead to more distressing consequences, rumination, and depression.

PROCRASTINATION TRIGGERS CAN INCLUDE:

- Belief that we won't enjoy ourselves and avoid making ourselves unhappy.
- Fear that we won't do something well.
- Confusion by the complexity of a task.
- Being overly distracted or tired.

Procrastination is about emotions, not productivity. We can relieve our challenging feelings and break the cycle by managing emotions in a new way that supports motivation and personal growth.

A FEW TACTICS TO PRACTICE ARE:

Practice self-compassion. Don't beat yourself up about it. Treat yourself with kindness and understanding rather than rumination and regret.

Re-frame the task. Consider a positive aspect of it. Think about the beneficial outcome of completing the task and how you will feel when it is finished.

Get curious. Tap into how you feel – annoyed, bored, anxious?

Consider the next action. Focus on the next right step as a possibility and notice how you feel.

“He who is begun is half done.” *Horace*



GOOD
DECISIONS

ANSWERS: 1. C 2. D 3. A

1. **Which is not a benefit of diversifying your work out?**
 - a. Challenges your body in new ways.
 - b. Prevents injuries and avoid boredom.
 - c. Allows eating whatever you want.
2. **Select the produce that is typically in-season for summer.**
 - a. Berries, cherries, corn, melon, okra, stone fruits, tomatoes, and grapes.
 - b. Grapes, beets, bell peppers, carrots, celery, cucumber, and tomatillos.
 - c. Eggplant, green beans, summer squash and zucchini.
 - d. All of the above.
3. **Choose which action below can help to avoid a safety mishap.**
 - a. Store garden hoses on a reel so they are not laying in the grass as a trip hazard.
 - b. Reach directly into a lawnmower's blade.
 - c. Mow the lawn in flop flops.

The information in this publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

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