

# Healthy Habits

Tips and resources for living well



## This Month: Summertime Nutrition

**Eating healthy is easy!** During the summer months, fresh produce grows in abundance. This benefits you because eating a well-balanced diet rich in fruits and veggies can help you stay healthy. In this edition of Healthy Habits, you will learn about how you can use June's bounty of healthy food to improve your diet, maintain your energy levels, and branch out to try new fresh, seasonal fruits and vegetables.

**Remember,** you can always contact your Wellness Coach, who can work with you by telephone or email, to help you create a nutrition plan that meets your needs. Plus, remember to log in to your Wellness website for more information about nutrition and healthy foods.

### Eat healthier this summer

#### Make a seasonal salad!

Many delicious fruits and veggies are in season during the summer. While fruits and veggies are nutritious year-round, they often taste even better and are less expensive when you can get them fresh in-season. Try using seasonal produce to make a salad for lunch or dinner. Creating your own salad is simple and fun! Here's why:

- **Quick preparation.** You just need a big bowl, chopping board, good knife, and your favorite vegetables and healthy toppings.
- **Versatility.** You can make a savory salad with lettuce, tomatoes, and cucumbers, or you can make a sweeter type by mixing in fresh berries or dried fruit.
- **Keeps you full.** For a filling, satisfying salad, try adding a protein like grilled chicken or fish, or a hard-boiled egg.
- **Cost-effective.** You can make a fabulous salad that serves four people for less than 10 dollars!

Next time you visit the grocery store, be adventurous—choose a new fruit or veggie to include in your salad!

For ideas on adding seasonal produce to your meals, contact your Wellness Coach!

### A healthy lunch: Kale salad with berries

This tasty summer salad incorporates many seasonal fruits.

#### Salad:

- 5 kale leaves (stems removed)
- ½ cup blackberries
- ½ cup raspberries
- ¼ cup goat cheese, crumbled
- ½ cup walnuts
- 1 cup strawberries
- 1 lime
- 2-3 Tbsp. olive oil
- 6 oz. grilled, sliced chicken

#### Directions:

1. Chop kale leaves to desired size (the smaller, the better), and slice the strawberries.
2. Toss kale, berries, walnuts, cheese, and chicken together.
3. For the dressing, drizzle the olive oil on top and squeeze one lime's worth of juice into the salad. Serve and enjoy!

### Get Started Today

**Phone:** 800.832.8302

**Web:** [www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)

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## Grow veggies – and muscles, too!

Mix up your fitness regimen by adding gardening into your routine. June is a great time to plant cabbage, carrots, summer squash, cucumbers, and many herbs—plus, you can get a great workout as you plant! Try these tips:

- ✓ **Remember to stretch.** It's best to stretch for 5 to 10 minutes before and after gardening.
- ✓ **Do it yourself.** Put the weed whacker back in the garage—you'll get more exercise by doing the weeding, and other activities, yourself.
- ✓ **Vary your activities.** There's plenty to do! Try raking, pruning, digging, weeding, and mowing.
- ✓ **Bend at the knees.** Avoid bending at the waist, especially when lifting heavy items—it could hurt your back.
- ✓ **Cool down afterward.** Take a short walk around your garden and admire your hard work.

For more fitness tips, contact your **Wellness Coach!**

## What's in season?

### Pick summer produce

There are many delicious fruits and vegetables in season during the summer. Among the most nutritious choices are:

- Cherries
- Cucumbers
- Okra
- Papaya
- Plums
- Blueberries
- Tomatoes
- Beets

The **Fruits & Veggies—More Matters website** has a full list of seasonal summer produce. You can also visit a farmer's market to choose from a range of fresh produce. Visit [localharvest.org](http://localharvest.org) to find a farmer's market near you!

## Scrumptious snacks Simple, healthy noshes

Snacking on nutritious foods can help you stay healthy by keeping your metabolism running efficiently, maintaining your energy levels, and reducing your risk of overeating at mealtime. The ideal snack has two components: protein and a fruit or vegetable. That combination is easy to achieve during summer, when there are so many fruits and vegetables available.

### Try these healthy snack ideas:

- A sliced apple with peanut butter
- Sliced cucumbers and bell peppers with hummus
- Fresh berries mixed into plain Greek yogurt
- Salsa with whole grain crackers and low-fat cheese
- A banana and handful of almonds
- A piece of turkey rolled around one low-fat string cheese, plus carrot sticks

### Want more nutritious snack ideas?

Check out our "[Snack Attack](#)" board on Pinterest!

## Your Wellness Website Expert wellness help, 24/7

Your Wellness website features fun tools and resources to help you reach your wellness goals. Log on today to:

- Contact a Wellness Coach
- Take your Personal Health Profile (also known as a Health Risk Assessment)
- Take online workshops for help losing weight, getting fit and more
- Log your progress with food and exercise trackers
- Access wellness tips, articles, and healthy recipes

**Get started now: [www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)**

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## QUIZ

1. **True or false:** Eating healthy in June is easy because there are many fresh fruits and vegetables to choose from.
  - a. True
  - b. False
2. **To make a good salad, you will need:**
  - a. A lots of money
  - b. Your favorite produce
  - c. A special salad kit
  - d. A lot of time
3. **Foods in season during summer include:**
  - a. Cherries
  - b. Cucumbers
  - c. Papaya
  - d. All of the above

Answers: 1 a, 2 b, 3 d



**Reminder!** Your **Wellness Coach** is available via telephone, email or instant message to help you reach your health goals.

### **Wellness Coaching**

Your personal Wellness Coach can help you lose weight, eat better or reach other health goals.

### **Your Member Website**

Visit your member website for information, tools, tips and more!

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### **Who is eligible?**

The Wellness Coaching feature is available to eligible employees, their spouses and dependent children, age 18 and older.



## Help is Just a Phone Call Away

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