HEALTHY You!
“Your Source For A Happy and Healthy Lifestyle.”
June 2016

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THIS EDITION FEATURES:

Seasonal Produce: Summer

When You Can’t Afford to Wait
Adding Foods for Better Health
Be a Healthy Role Model
Four Ways to Find Balance
Before you know it, the hot temperatures will return and you’ll be getting your daily dose of Vitamin D from the summer sun. (You still need sunblock though!) Don’t let your summer health benefits end there. Eating more fruits and vegetables may help you feel good, look good, and stay healthy. It can even help to reduce your chances for certain chronic conditions.

If you enjoy a healthy and seasonal diet, it’s helpful to know which fruits and vegetables are in season in your region. This summer, keep your eyes open for the following fresh summer veggies:

**Summer squash.** Zucchini is one of the best summer veggies because you can add it to almost any dish. Summer squash can be grilled as a side, add flavor to a sandwich, or be roasted and put on a pizza.

**Fruits and berries.** Blueberries, cherries, peaches, plums, and raspberries are great summer snacks. They can also be added to salads and drinks, or turned into a tart.

**Watermelon.** Watermelon is the summer staple. A backyard BBQ isn’t complete without a nice, big slice of watermelon. It can be enjoyed by itself, in a drink, as a salad, or even grilled.

**Veggies.** Corn, broccoli, green beans, and tomatoes are in their prime during summer months, so stock up! We all know how great corn on the cob is, but grill up the rest for some great sides or salads. Prepare a healthy snack by dressing your grilled veggies simply with a little olive oil and lemon.

Eating plenty of fruits and vegetables is always great, but when you focus on seasonal produce, it’s even better.

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**When You Can’t Afford to Wait**

Have you ever had something you needed to do, but just didn’t feel like doing it? It’s so easy to focus on feeling good now and worry about pressing priorities later. But procrastination makes it worse, not better. Putting things off stresses you out, keeps you awake at night, and creates resentment in relationships. Instead of procrastinating, and hindering your own success, put in the time and effort to overcome procrastination.

Try these steps to make procrastination a thing of the past.

- **Recognize what distracts you** and put it away until a specific time.
- **Stop waiting!** Just jump in and get started.
- **Aim for a little progress,** you may find it’s not as bad as you thought.
Adding Foods for Better Health

Every day you see articles about foods you should avoid or learn that a once-recommended food is now off-limits. With so much information, it’s hard to know what you should (or shouldn’t) be eating.

Instead of focusing on what not to eat, try focusing on the foods that can help improve your health. Adding certain foods to your diet can help you stay nourished and maintain a healthy weight, which can help reduce your risk for chronic conditions.

Decorate your plate with plenty of vegetables. Tomatoes, broccoli, dark leafy greens, cabbage, and cauliflower are delicious and have a ton of health benefits. Get creative with veggies to add visual appeal to your meals.

Don’t fear garlic breath! Add garlic to your diet for great effects! Garlic is aromatic and flavorful and comes with a host of health benefits. Try chopping garlic into fresh-made salsa and guacamole or adding it to mashed potatoes.

Drink coffee and green tea. Coffee contains plenty of antioxidants. Green tea also contains antioxidants including catechins, which keep free radicals from damaging cells.

Berries, Berries, Berries. Not only do berries taste great, they have healthy vitamins your body will thank you for...and, they're head and shoulders above cookies and candy when you need a sweet treat.

Recipe of the Month: Zucchini Carpaccio

<table>
<thead>
<tr>
<th>Ingredients:</th>
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<tbody>
<tr>
<td>2 large zucchini</td>
<td>Pinch of salt</td>
</tr>
<tr>
<td>1 avocado</td>
<td>Ground pepper</td>
</tr>
<tr>
<td>2 Tbsp extra virgin olive oil</td>
<td>¼ cup pine nuts</td>
</tr>
<tr>
<td>1 lemon</td>
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Instructions:
Cut zucchini lengthwise into paper-thin slices. Slice avocado and arrange on a large plate in overlapping layers with the zucchini slices. Grate ½ tsp of lemon peel and squeeze 1 tablespoon of the lemon juice into a small bowl. Stir with a whisk and add olive oil, salt, and pepper. Drizzle over the vegetables and top with pine nuts.
We all have our morning routines — a cup of coffee or tea, a warm glass of lemon water, or maybe even meditation. However, there is another simple thing we should be doing every morning to kick the day off in a healthy way: stretching! The benefits of stretching are physical and mental. It will get your blood flowing to your organs and oxygen to your brain.

**Pick areas to focus on.** The areas of your body that need a muscle “reset” each morning are the neck, upper and lower back, hip flexors, and legs.

**Be gentle.** Be careful not to push your muscles too hard and always move in a pain-free range.

**Use your breath and mind.** Breathe deeply and into your lower belly. While stretching, think about positive things. This will work together with stretching to give you a clear and positive mindset for the day ahead.

**Need some ideas?**

- Stand up straight, clasp hands together, and round upper back for an upper back stretch.
- For a great spinal twist, lie on the ground with arms out at the sides, cross one leg over the other (intending to touch your knee to the ground), while turning your head in the opposite direction.
- From a standing position, bend down and reach toward the ground for a hamstring and lower back stretch.

Adding a few stretches to your morning routine can make a huge impact on the rest of your day. Not only will it reset your muscles, it will also calm your mind and wake you up!

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**A Morning Stretch Goes a Long Way**

Practicing healthy habits is important for the whole family, and men are no exception. But it’s often women who pay attention and act as caregivers, reminding the men in their lives to take care of themselves. That’s a lot of pressure!

Fortunately, men can easily set a good health example for the whole family. And, since June is Men’s Health Month, it’s a great time to get started. Here’s how:

- Get important screening tests to prevent or treat health conditions
- Don’t smoke
- Drink in moderation or not at all
- Maintain a healthy weight
- Be physically active
- Eat a healthy diet

Having a male role model can teach boys and young men the importance of staying healthy. So try to model healthy behaviors and follow up with your health care provider for the care you need — you won’t be the only one who benefits!

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**Find out more about Men’s Health Month at menshealthmonth.org**
Four Ways to Find Balance

With the daily stressors of work, chores, family issues, and other outside factors, it can be challenging to find the balance you need for emotional wellbeing. When work/life balance is out of whack, it’s important to put in the extra effort to get things back in balance. Here are four great tips for finding your stability.

1. **Disconnect.** It may be hard, but it’s important to disconnect from our phones, emails, and social media every once in a while. You can set aside full days or a few hours once a week to disconnect, but you should really allow yourself some quiet screen-free time each day. Set a time for yourself each night and make sure your phone is turned off or placed on “do not disturb.”

2. **Spend quality time with yourself and others.** It is essential that we make time for ourselves and the people who give us positive energy. Treat yourself to a restorative yoga class or take a walk in nature. Make time for family and friends who bring out the best in you — set a date and time to really connect.

3. **Set goals.** Setting goals will help you to maintain balance in your life. If there is something you want to do for yourself on a personal note, set goals to get there. If you do the same with your work responsibilities, you may also find that you have more time once things get crossed off the list.

4. **Try something new.** Seeing things the way children see them is one of the best things we can do for ourselves. Exploring a new hiking trail, taking a painting class, or seeing a new play can help us to be more present and see the world in a new light.

**Monthly Quiz:**

1. **The benefits of stretching in the morning are?**
   - a. Mental
   - b. Physical
   - c. Both

2. **Which is NOT one of the ways suggested to enjoy watermelon?**
   - a. As a drink
   - b. In a comedy act
   - c. Grilled
   - d. In a salad

3. **Which example was used to show how men can be a healthy role model?**
   - a. Eating more than anyone at the table.
   - b. Hiding pain.
   - c. Going to the doctor for important screening tests.
   - d. Drinking alcohol.