EVALY MOVE You Make

Every step you take, pedal you push or stroke you swim enhances your entire well-being. The physical activities that you do to improve your body also help you to think, feel and sleep better by:

**Boosting your immune system.** After exercise, some cells in the bloodstream decrease substantially. Evidence suggests these cells move to other sites of the body to look for and fight infection.

**Easing Anxiety.** Sweating out the days worries also releases brain-rewarding chemicals such as endorphins and serotonin to stabilize moods.

**Coping with Stress.** When you have a lot on your mind, activity can be a healthy distraction from thoughts.

TRY SOME OF THESE SIMPLE IDEAS TO MOVE MORE:

- Go for a walk to improve blood flow to the brain and think more clearly.
- Bike ride to get your heart pumping and reduce inflammation.
- Swim laps to lower levels of stress hormone.

“There are short-cuts to happiness, and dancing is one of them.” Vicki Baum

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**Mock Margarita**

2 (6 oz.) cans frozen limeade concentrate  
2/3 cup grapefruit juice  
¾ cup orange juice  
4 cups ice cubes  
Lime slices  

In a blender combine limeade and both juices. Cover and blend all ingredients reserving lime slices until slushy. Pour into glasses and garnish with lime slice.

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**GRILL Strong**

Summer is synonymous with grilling and most foods are made better by an open fire. Here are a few essential tips for flavorful methods to whip up healthy and delicious recipes on the grill all summer long.

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<tr>
<th>Method</th>
<th>How To</th>
<th>Ingredient Combos</th>
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<tr>
<td>Foil Packs</td>
<td>Lay a large sheet of heavy-duty foil on a flat surface. Put ingredients in the center of foil. Bring the ends of foil together to fold the sides to seal.</td>
<td>Fish, shell-fish, vegetables, rice, potatoes, olive oil, seasoning blends.</td>
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| Marinade   | Use the formula: (1) part acid + (2) parts oil + (3) seasonings. Combine then add meats and/or vegetables and refrigerate.                                                                               | Acid: citrus juices, wine or vinegar  
Oil: extra virgin olive  
Seasoning: fresh and dried herbs, spices, garlic, onions, hot pepper flakes |
| Kabobs     | If using bamboo or wooden skewers soak your sticks in water for 30 minutes before grilling. Cut your ingredients to the same size so everything cooks at the same rate.                         | Meats, vegetables and fruits                                                       |

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**IMMUNE BOOSTING Foods**

The foods you eat can help preserve your long-term health and certain foods may be helpful for boosting the immune system.

Here are five types of nutrients that your immune system needs to perform:

1. **Vitamin C** can be found in citrus fruits and juices, kiwi fruit, peppers, broccoli and strawberries. Vitamin C acts as an antioxidant that may be helpful to boost the immune system of people under stress.
2. **Zinc** is an essential mineral and food sources of zinc include oysters, baked beans, cashews and chick peas.
3. **Omega-3 Fatty Acids** are known to suppress inflammation. Try walnuts, flaxseed and oily fish including salmon, tuna, mackerel, herring, trout and sardines.
4. **Vitamin E** another powerful antioxidant is contained in almonds, sunflower seeds, hazelnuts, peanut butter and wheat germ.
5. **Carotenoids** when consumed are converted to Vitamin A, a nutrient that helps regulate the immune system, found in carrots, kale, apricots, papaya and mango.

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“Grilling means good times, good friends, and hopefully great food.”  
Bobby Flay
Safe and FUN
Sun, bugs and fireworks can increase risk of illness and accidents, but these summer safety tips can be no sweat to follow.

“Live and work but do not forget to play, to have fun in life and really enjoy it.”

Eileen Caddy

Insects. Don’t let bugs take a bite out of warm weather fun.
• Use insect repellant
• Remove standing water
• Wear protective clothing

Don’t get heated.
• Drink water to stay hydrated
• Wear lightweight, light-colored and loose fitting clothing
• Stay cool in the air conditioning or shade

Let the sun shine.
• Apply “broad-spectrum” sunscreen every day with an SPF of 30 or higher and reapply if sweating or swimming
• Wear sunglasses with UV protection and a hat
• Avoid direct rays from 10am to 2pm
• Never leave children or pets unattended in the car, especially in the heat

DITCH The Drink
It’s a well-known fact that many people react to stress with alcohol. What is less well known is that alcohol exacerbates stress. Drinking alcohol can have a domino effect on the life of the drinker and those around them. Alcohol, when habitually used to relieve stress, leaves missed opportunities to embrace positive coping skills, may hurt one’s ability to deal with the situation causing the distress and has other more short-term negative side effects than expected.

HERE ARE A FEW SHORT-TERM SIDE EFFECTS THAT MOST PEOPLE DON’T CONSIDER:

Sleep. Alcohol interferes with quality of sleep. The more one drinks and the closer to bedtime, the more it negatively impacts sleep.

Mental Health. Alcohol is a depressant, which means it can disrupt the delicate balance of chemicals and processes of the brain, affecting our thoughts, feelings and actions. A glass of wine after a hard day may help one relax at first, but can contribute to feelings of depression and anxiety, making stress harder to deal with.

Decision Making. Alcohol decreases activity in the prefrontal cortex, the part of the brain that helps you think clearly and rationally. It changes the way you think, feel, act and can hamper the ability to make good decisions.

Extreme Emotions. Drinking alcohol can lower the serotonin levels in the brain, which can take away the body’s natural ability to regulate moods. Situations may get out of hand faster than they would if not drinking.

Accidents. Alcohol increases unintentional injuries such as car accidents, falls, burns and other damage.

Using alcohol to escape from the pressure of a problem is a risky behavior that can turn into a conditioned response, building a habit that can turn into a major dependence on alcohol. It’s important to have coping strategies that don’t involve drinking.

COPING STRATEGIES
• Quality sleep each night helps with brain function, reduces stress and improves mood.
• Emotionally supportive relationships.
• Practicing relaxation exercises such as yoga, meditation or progressive relaxation.
• Challenging previously held beliefs that are no longer adaptive.
3 Steps To Say NO

A friend asks you to pet sit their dog for a week while they go on vacation. You want to be of help, and you want to be liked, but you want to say no, because you are already feeling overburdened. No one wants to sound selfish or miss an opportunity to help someone else, but saying “yes” to please others or feel generous can leave us exhausted and resentful. Before accepting a request, if you want to say no, but feel obligated to say yes, ask yourself if helping will be a burden to achieving your personal goals or deprive you of time or resources to solve your own problems.

WE CAN’T HELP EVERYONE, SO HERE ARE A FEW WAYS TO SAY NO WITH GRACE WHEN YOU NEED TO:

1. Rehearse saying no. “That doesn’t work for me as I’m just not up to it this time”, is a simple way to say no when we are not up to doing favors.

2. Be honest, but it’s okay to be vague. “I already have a commitment that week” may be telling the truth without sharing why you are already stretched too thin.

3. Focus on the good that will come from saying no rather than the guilt. Then turn your attention and time to your needs and priorities.

Saying no, doesn’t mean you will never help or do favors, but it does allow you to find a balance to spend your time on your goals and priorities, while also allowing time and energy for other people.

“When you say yes to others, make sure you are not saying no to yourself.”

Paulo Coelho

1. Which statement is MOST true?
   a. Exercise may boost immunity.
   b. Physical activity stabilizes moods.
   c. Activity can be a healthy distraction to reduce stress.
   d. All of the above.

2. Which are five nutrients that support immune function?
   a. Vitamin C, Zinc, Omega-3 Fatty Acids, Vitamin E and Carotenoids
   b. Vitamin A, B and C and antioxidants.
   c. Vitamin E, Carrots and fish.

3. Which are NOT short-term side effects of alcohol use?
   a. Interferes with sleep.
   b. Hampers the ability to make good decisions.
   c. Inhibits silliness.
   d. Unintentional injuries

June 20th First Day of Summer