

July 2012

Wellness Newsletter



This July we are encouraging you and your community to GET WILD about parks and recreation! Since 1985, America has celebrated July as the nation's official Park & Recreation Month. [National Recreation & Park Association Link](#)

In honor of Parks & Recreation Month - include Physical Activity!

Regular physical activity is one of the most important things you can do for your health. If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that **moderate-intensity aerobic activity**, like brisk walking, is generally **safe for most people**. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer
- [Link to CDC.gov PA](#)

IT'S NATIONAL BLUEBERRY MONTH! Blueberry Facts

- Good source of vitamin C, potassium, phosphorus & iron
- High in soluble fiber which helps lower cholesterol
- Contains anthocyanin, a disease fighting and anti-aging substance
- Blueberries contain more disease-fighting antioxidants than almost any other fruit or vegetable!
- ½ cup equals 1 serving toward meeting your [Five A Day](#)
- Blueberry season ranges from mid-April to late September, but fresh and frozen are available year round!



MOVE OF THE MONTH Mountain Climbers

[American Council of Exercise](#)

Try this easy, full-body work out...

No equipment needed!

Targets: Butt, Hips & Thighs

Step 1 – Plank: Your hands should be slightly ahead of your shoulders and your fingers pointing forward. Bring your left foot forward and place it on the floor under your chest. Your knee and hip are bent and your thigh is in toward your chest. Brace your abdominal muscles to stabilize your spine. Pull your shoulder blades down and back.

Step 2 - Keeping your hands firmly on the ground, your abdominals engaged and shoulders strong - jump to switch leg positions. Both feet leave the ground as your drive your right knee forward and reach your left leg back. Now your left leg is fully extended behind you and your right



IT'S GRILLIN' TIME!

July is National Grilling Month!

Tips for Healthy Summertime Grilling:

1. Go Lean – such as like omega-3 rich fish,
2. Mix It Up – add fresh fruit and veggies to your grill!
3. Eat seasonal - for optimal nutrition, flavor & price.
4. Partially pre-cook meats to shorten the length of time on the grill and produce fewer carcinogens.
5. Keep your grill clean to prevent bacteria growth and decrease carcinogenic residue build-up.

Try recipes from [Meals Matter.org](#), such as [Spicy Chicken Skewers and Roasted Vegetables](#). Remove from the skewers and add fresh mozzarella cheese between the layers. Drizzle a little extra virgin olive oil and sprinkle with a little sea salt and fresh cracked pepper to taste.