

June is Official National Dairy Month



National Dairy Month started as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. National Dairy Month is a great way to start the summer with "three-a-day" of nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients that may help to better manage your weight and reduce your risk for high blood pressure, osteoporosis and certain cancers. Dairy products are natural nutrient powerhouses, whether the nutrient is protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin. These are just a few of the reasons that you should celebrate dairy not just in June but all year long.

[International Dairy Foods Association](#)

Recipe of the Month Banana Walnut Shake

Ingredients:

- 2 medium very ripe Bananas, frozen
- 1 cup low-fat vanilla Yogurt
- ½ cup chopped Walnuts
- 2–3 tablespoons Honey

Preparation:

Place bananas, yogurt, walnuts and 2 tablespoons of honey in a blender.



Blend on low speed until ingredients start to mix together. Increase to high speed and blend until smooth. For a sweeter smoothie, add another tablespoon of honey.

Serve immediately.

[California Walnut Commission](#)

Move of the Month



Photo: [Swim Smooth](#)

Swimming

A pool might not be the first place you think of going when you're looking to shape up and slim down—but perhaps it should be. No other workout burns calories, boosts metabolism and firms every muscle in your body (without putting stress on your joints) better than a [swimming workout](#). All you need are three key items—swimsuit, cap and goggles—and you're set to hit the water!

The body-shaping benefits of swimming workouts are the result of a perfect storm of calorie burn and muscle recruitment. An easy swim burns around 500 calories an hour, while a vigorous effort can torch almost 700. And because water is nearly 800 times denser than air, each kick, push and pull is like a mini resistance workout for your entire body—especially your core, hips, arms, shoulders and glutes.

The irony is that while swimming makes you lean and mean, it's also kind to your body. Water basically neutralizes gravity, so you become virtually weightless when immersed, giving your joints a much-needed vacation.

[Women's Health Magazine](#)

