

HEALTHFUL TIPS

Sizzling Summer Tips



Summer is a great time to take your health and fitness goals to the next level. The days are long, the sun is bright, and healthy summer foods are light. Here are some ideas to get your summer off to a healthy start.

Light Barbeques

Take your own chicken, fish, turkey burger, black bean burger or low fat dog to go on the grill. Accompany your entrée with fresh fruit, grilled veggies, and light sugar-free beverages.

Fresh is Best

Choose fresh produce from local growers at farmer's markets and in the grocery store. Fresh produce is full of nutrients, has a low caloric density and tastes delicious.

Choose Well on Vacation

An early morning walk, time to squeeze in that yoga class you've wanted to try, bike riding with your kids, sightseeing, shopping or walking around the amusement park: the opportunities to increase your activity on vacation are boundless. Travel with a cooler full of deli meats, cheese, yogurt, low fat milk, fresh fruit, vegetables and other healthy options.

Get Connected in Your Community

Look for summer activities offered through your community education programs. You'll meet some new people and have a great time.

Be a Kid

Jump on a trampoline; skip rope; play 4-square; shoot some hoops; get a game of Marco Polo going in the pool; cannon ball, anyone?; ride a bike; or play tag. You'll have a blast.

Be a Morning Person

Energize your day with an early morning walk as the sun rises and enjoy the peaceful quiet of the morning before the hustle and bustle of the day gets started and the temperature soars.

Go Swimming

Swim laps, walk through the shallow end, tread water, do jumping jacks or take a water aerobics class. You'll stay nice and cool as you burn calories and tone muscles.

Start Your Day Right

Eating a good protein source at breakfast helps you to reach your protein goal and decreases carbohydrate cravings for the rest of the day. Stay away from the fatty, traditional breakfast meats

and instead opt for low sugar/fat yogurt with fresh fruit, an omelet made with egg substitute or egg whites and fresh veggies, a glass of no-added-sugar Carnation Instant Breakfast, Special K High Protein cereal and low fat milk or a protein smoothie made with fresh or frozen fruit.

Sugar-free Splurges

A root beer float, fudgesicle, popsicle, smoothie, ice cream, banana split, slushy, and other indulgences can all be easily adapted to a sugar-free lifestyle.

Lighten up Salads

Salads with mayonnaise-based dressings, like macaroni salad, chicken salad or potato salad can be lightened up by using fat-free or low fat mayonnaise or low fat yogurt-based dressings. Add spinach, fresh fruits, nuts, and low fat protein options to lettuce salads to boost the nutrition; top with light dressings.

