

Elite

CORPORATE WELLNESS

Summer is here which means school's out, pool parties, and the wonderful valley heat! While everyone wants to be outside 24/7 you have to make sure to stay aware of the conditions in order to stay safe and healthy. The goal is staying healthy while still having fun! Here are some tips that will help your summer be as enjoyable as possible.



Summer Tips

- ☀ Be aware of the heat and modify your activities around the temperature outside.
- ☀ Stay hydrated!! It is very important to get enough fluids especially if you are working out in the heat.
- ☀ Try to stay in relatively cool areas even when outside.
- ☀ Wear loose fitting clothing, light weight, and light colored.
- ☀ Wear sunscreen of an SPF of 15 or higher and make sure to reapply.
- ☀ Insects love the summer too so make sure to wear insect repellent to stay protected.

Summer Eating

Summer is notorious for being the time to let loose and eat tons of junk food. With all the barbecues and parties it is often difficult to avoid the temptation. Here are some healthy ideas that are kid friendly and that can be incorporated into your summer fun!

Eat well-balanced, light and regular meals.

Fresh fruits and vegetables are abundant during the summer. Make a trip to the local farmer's market, you never know what yummy healthy treats you may find.

Be aware of food safety for all your summer barbecues and outdoor gatherings!

Make sure to defrost meats in the fridge and only take outside when you are about to grill.

Keep salads, with eggs and mayonnaise chilled and discard if they are out longer than four hours.

Cool beverages are good to cool you down but be careful with alcoholic drinks because they impair the body's ability to regulate its temperature.



Recipes

Watermelon Cookies

Ingredients:

Watermelon
Vanilla Flavored Greek Yogurt
Sprinkles (optional)

Instructions:

1. Slice watermelon into 1-inch thick slabs, then use cookie cutters to make shapes.
2. Frost your shapes with vanilla-flavored Greek yogurt (spoon the yogurt into a squirt bottle to make decorating more fun) and then add sprinkles if desired.



Jungle Juice

Ingredients:

1 ½ cup nonfat milk
½ cup grape juice
1 banana, sliced

Instructions:

1. Put milk, juice and bananas into blender and mix until smooth. To make color more vibrant you can add a couple of drops of purple food coloring.
2. Serve cold

Snack Art

The idea behind this recipe is based on an arts and crafts project. It gives the kids an entertaining activity, allowing them to be creative, and it is healthy!

The Base:

Celery, carrots, zucchini or cucumbers cut into sticks or rounds; banana, apple or pineapple slices; melon balls; lettuce leaves; or orange sections.

The Glue:

Peanut butter, cream cheese, cheese spread, yogurt, jam, pizza sauce or ranch dressing.

The Decorations:

Seeds, nuts, grapes, raisins, dried blueberries or cranberries, olives, frozen peas or beans.

All these choices can vary depending on what you have and what your kids like. Just be creative and try to only have out healthy choices.

Instructions:

1. Lay out all the materials and give each child a plate “canvas” and plastic utensils. Suggest that they build cars, flowers, animals, their names, anything, the possibilities are endless. Then after all done they can eat it!