



Simply Healthy

Volume 21

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PHONE NUMBERS

Elizabeth	3133
LifeChoice	512-6379
YMCA	716-6260
Coops	222-4653
9 Round	226-1633
Rec Center	231-2232
Gold's Gym	225-4653

Elizabeth Keating RN, MSN Wellness Coordinator

SUMMER IS HERE!

Be Safe!!

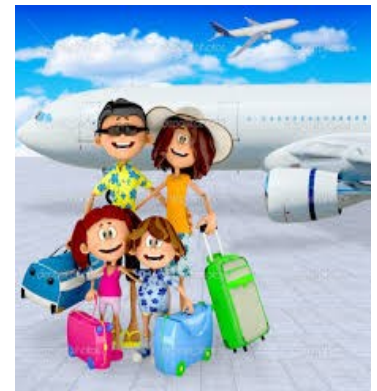
Summer is here and everyone is busy having fun.

When out and about, remember to be safe and choose wisely!

- Use Sunscreen
- Wear your Lifejacket
- Buckle up!
- Wear sunglasses
- Travel in pairs
- Watch your wallet
- Drink water
- Eat healthy!
- Exercise often

Summer Sports to try:

- ◇ Wakeboarding
- ◇ Swimming
- ◇ Rock Climbing
- ◇ Hiking
- ◇ Elliptical
- ◇ Skiing
- ◇ Bowling
- ◇ Softball
- ◇ Volleyball
- ◇ Frisbee
- ◇ Basketball
- ◇ Mountain biking
- ◇ Hot yoga
- ◇ Pilates



Search these apps to make traveling easier!

- Open Table
- Passbook
- Wayz
- Health
- Newsstand



Tips to increase water intake.

- * Purchase a large reusable cup to fill up several times during the day
- * Drink with a straw
- * Add some flavor to water with one (or a mix) of the following:
 - Lime slices
 - Lemon slices
 - Orange slices
 - Mango slices
 - Mint leaves
 - Cucumber slices



Tropical Coco-Mango Smoothie



- To a blender, add 1 cup frozen mango, 1/2 cup frozen pineapple chunks, 1/4 cup low fat plain Greek yogurt, 1/3 cup coconut water, and 1/4 teaspoon turmeric
- Blend until smooth, pour into a bowl, and top with 2 teaspoons hemp or chia seeds, 2 tablespoons toasted coconut and 1/4 cup blueberries



Anderson Farmer's
Market Hours

Tuesday 10am - 1pm
Thursday 10am - 1pm
Saturday 8am - 12pm