



# 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!!

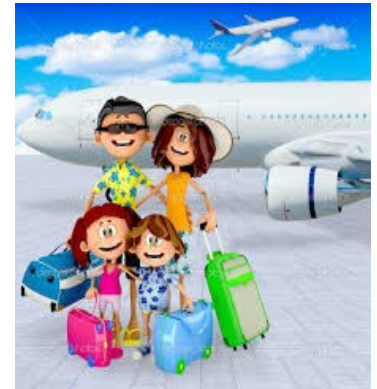
Summer is here and everyone is busy having fun.

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



Make PEACE with your PAST, so that it doesn't SPOIL your PRESENT!

### 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