



# Simply Healthy

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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

## Healthy Summer Ideas!!

Here are some great ideas for Vacations, Staycations or just fun weekend activities:

- ◇ Tour the National Parks
- ◇ Camp at a nearby campsite
- ◇ Hike a local trail to a Waterfall
- ◇ Take a picnic to a park or country, take bikes, Frisbee and sunscreen
- ◇ Gather folks every Sunday evening for a volleyball game in your backyard
- ◇ Plan an outing at local festivals
- ◇ Ride up to the mountains for the day
- ◇ Visit a local theme park
- ◇ Start a Walking Club in your neighborhood or friend group



HAVE YOU COMPLETED YOUR HRA?

DO YOU HAVE A HEALTH COACHING APPOINTMENT?

### Go Nuts!

Packed with protein healthy fats and fiber, nuts are your go to afternoon snack!!

- Salt & Pepper pistachios
- Chipotle peanuts
- Glazed walnuts
- Oil roasted Marcona almonds
- Honey roasted cashews

People who put everything that they're going to eat—including dessert—on their plates before sitting down tend to eat less.

## How to take your Vitamins:

- Take along with food and full glass of water
- Spread dosages throughout the day
- Take calcium separately
- Do not take them with prescription drugs
- Avoid "megadosing"

## Cool Websites

www.swellbottle.com  
BHG.com  
EATTHIS.COM  
SHAPE.COM  
FITNESSMAGAZINE.COM