



# Simply Healthy

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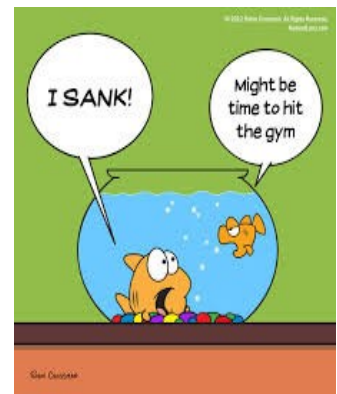
## PHONE NUMBERS

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

*Elizabeth Keating RN, MSN Wellness Coordinator*

## Ways to Wellness

- Keep a Positive Attitude
- Control your Stress
- Do self exams on time
- Stop smoking
- Avoid second-hand smoke
- Apply Sunscreen before going out
- Maintain lower blood pressure
- Make water your #1 drink
- Sit up Straight
- Find an exercise that you like to do!
- Get enough sleep
- Brush and floss often
- Avoid too much caffeine



Consider indoor workouts when the heat index is >95.

[Weather.com](http://Weather.com)

## Try Planting an Herb Garden!



Chives  
Basil  
Rosemary  
Mint  
Garlic

Eat Wise  
AND  
Exercise!



## MATCHA TEA

Powerful antioxidant  
Fat burner  
Cancer fighter  
Boosts energy  
Increases concentration

[Matchasource.com](http://Matchasource.com)

## Summer Snacks

Ranier Cherries  
Kiwi  
Blackberries  
Watermelon  
Pretzels & hummus  
Cheese Sticks

