

AUGUST 2012

Wellness Newsletter



National Farmers Market Week: 7th-13th

Farmers markets are a critical piece of any local food system. They provide important market opportunities for farmers to sell their agricultural products, helping to sustain the livelihoods of family farms and rural communities. They also provide consumers with the opportunity to purchase some of the freshest, healthiest and highest quality fruits, vegetables, and value-added products like freshly baked breads, fruit preserves, cheeses, milk and other dairy products. Yes, we're getting hungry, too!

www.national-farmers-market-week

Move of the Month



The ball exchange is an excellent way to work the abs while adding intensity to your workouts. This ball, generally referred to as a fitness ball is elastic, filled with air and available in different sizes. exercise.about.com

1. Begin by lying on your back with the legs straight up.
2. Hold the ball in both hands with the arms extended above you.
3. Put the ball between the feet, squeezing them to keep the ball in place, and lower both the arms and legs down towards the floor. Only lower down as far as you can without arching or straining the back.
4. Bring them back up and take the ball in your hands.
5. Lower the arms and legs down towards the floor again and continue, exchanging the ball between the hands and feet for 1-3 sets of 8-12 reps.
6. Avoid arching the back at the bottom of the movement. If you have trouble with that, place a rolled up towel under the hips, bend the knees and/or or only lower the arms and legs a few inches instead of all the way down.



National Eye Health & Safety Month

You can lower your risk of eye disease and vision loss if you:

- ✓ **Avoid Smoking**
- ✓ **Eat Healthy Foods**
- ✓ **Stay Active**
- ✓ **Control Your Blood Pressure**
- ✓ **Protect Your Eyes from the Sun**

Preventblindness.org



Lay out for salad plates and place a layer of arugula on the bottom, on top place grilled peach slices, then Prosciutto, feta cheese. Drizzle with olive oil and sprinkle with salt and fresh ground pepper to taste.

Adapted from www.mealsmatter.org recipe

National Peach Month

A mere 38 calories for a medium-sized fruit), they also boast measurable amounts of calcium, magnesium, phosphorous and vitamins C and K, plus a plethora of disease-fighting phytochemicals.

This versatile fruit is perfect as a topping for cereal or granola or mixed into savory foods like quesadillas (think peaches with brie ... YUM!):

1. **Make a salad:** Just slice fresh peaches with smoked mozzarella and arugula. It's deliciously healthful!
2. **Get creative with salsa:** Cut peaches into one-quarter inch cubes, toss with fresh torn basil, minced jalapeno and minced red onion.
3. **Break out the grill:** Slice peaches in half, remove the pit, grill over medium-high heat until warmed through and marked with grill char (about 2 minutes).
4. **Take to the oven:** Roast quartered peaches with cumin and chile-dusted pork tenderloin. Serve with quinoa.
5. **Get saucy:** Blend two peaches with three plum tomatoes, one clove of garlic, one small shallot, a splash of cider vinegar and one tablespoon of olive oil for a simple barbecue sauce or marinade. www.self.com/health

Recipe of the Month

Salad with grilled peaches & Prosciutto

- 2 Cups Arugula
- ½ Cup crumbled feta cheese
- 2 Large, fresh peaches, grilled & sliced
- ¾ Cup prosciutto, julienne sliced
- Salt & pepper to taste