

July Wellness Newsletter: Fun in the Sun!



This July, get outside! Enjoy the outdoors and get some physical activity. July is [UV safety awareness month](#), so whether you're having a backyard BBQ, playing volleyball at the beach or going for a hike, remember to protect your skin and eyes!

Going to a BBQ this 4th? Follow these tips for a healthier grill season:

- Choose leaner cuts of beef or pork and trim visible fat; remove skin from chicken
- Grill lots of veggies
- Choose whole grain hamburger or hot dog buns
- Choose fresh fruit as a refreshing alternative to mayo-laden salads
- Serve a yogurt smoothie for a refreshing beverage packed with nutrients that tastes great!



Vitamin D: The "sunshine vitamin"

- The sun's UV rays start vitamin D creation in the body (but it's still important to wear sunscreen!)
- Vitamin D promotes calcium absorption. It also plays a role in immune function and reduces inflammation
- Most vitamin D in our diets comes from fortified foods such as milk

www.dairycouncilofca.org/PDFs/VitD_consumer_2010.pdf

Summer time is the perfect time for family meals! Change up your mealtime routine and go eat outdoors. A picnic or backyard BBQ are fun ways to spend time together!

Recipe of the Month: Summer Strawberry Orange Cups



Ingredients:

- 1 pint basket California strawberries
- 1 envelope unflavored gelatin
- 2 Tbsp cool water
- 2 Tbsp boiling water
- ½ c frozen orange juice concentrate, thawed
- 1 ½ c skim or low-fat milk
- 1 tsp vanilla extract

From mealsmatter.org

Preparation:

Wash strawberries and remove stems. Cut half of them into thin slices and place them in the bottom of six, 8 ounce custard cups, dividing equally. Soften gelatin in cool water for 5 minutes. Add boiling water to the softened gelatin and stir until completely dissolved. Combine orange juice concentrate, milk, vanilla and sugar and mix well. Stir in the dissolved gelatin and pour mixture over sliced strawberries in the custard cups. Place in refrigerator until gelled, ~ 2 hrs.

Halve remaining strawberries; divide equally among cups. Garnish with additional whole strawberries if desired. 6 servings

Move of the Month: Running in the sand

Running on the sand burns more energy and is kinder to your body than running on pavement.



Not a beach person?

Hike, bike or run a trail instead. Need another idea? Visit a National Park. A [park locator](#) can help you find your perfect destination.

Afraid that going to the beach will take away from gym time? Bring your workout with you!

Warm-up by running or walking in wet sand which is firmer and progress to softer sand for more resistance

Keep in mind:

- Sand is an uneven surface which may increase risk of injury, so watch your footing
- Don't forget your sunscreen and sunglasses
- Bring a water bottle to stay hydrated