

*“Moods are always
changing and yours could
change at any moment.*

*The trick is to be grateful
when your mood is high and
gracious when it is low.”*

– Richard Carlson

B. SHADY

We all know to use sunscreen, but do you remember to use a lip balm with SPF protection? It is also important to remember to wear a hat and sunglasses as well. Not all sunglasses are created equal. Look for ones that protect you from 99-100% of UVA and UVB rays. Your eyes can get sunburned too.



B. STEAMY

Steaming is a delicious way to enjoy all the great local vegetables. Gather a few different vegetables, dice into bite-size pieces and steam. Grill fish or chicken, then combine the vegetables and the meat for a quick healthy meal.



B. ACTIVE

Many holiday celebrations revolve around eating and July 4th is no exception. This year try planning activities as well as a healthy meal for your July 4th celebration. A fun way to get active with a large group is to relive your childhood by playing a friendly game of kickball or softball. If you do not have enough people to field teams, try badminton, bocce ball or just go for a hike. Pennsylvania has many beautiful hiking spots for all fitness levels.

Go to www.lancasterconservancy.org for local hiking trails, in the Lancaster area, or visit www.trailink.com for trails anywhere in the United States.

B. NUTRITIOUS

At the end of a hot summer day a bowl of ice cream seems like a reasonable treat. The problem is that instead of eating ice cream as an occasional treat, it becomes a normal nightly ritual - adding fat and calories to your diet. Plus, it is hard to stick to a single serving when eating ice cream. Did you know that a single serving of ice cream is generally 1/2 cup? That is a scoop the size of a tennis ball. When is the last time anyone had 1/2 cup of ice cream? I suspect most of us have at least 2-3 servings at a time, making this treat a caloric pitfall. When you are looking for a cold creamy treat on a summer day, try this recipe instead:

- 1 cup skim milk
- 5 ice cubes
- 1-2 cups of your favorite fruit
- 1 scoop of vanilla protein powder

Place all ingredients in a blender and puree. You now have a cold, creamy treat that may just satisfy your taste buds and save your waistline.



Mark My Words

Question:

I stopped losing weight after losing 10 lbs.. I skip breakfast, eat a light lunch, then eat a normal dinner. You told me I need to eat more to lose weight. I do not understand. Susan.F.

Answer:

You need to eat more healthy food at regular intervals throughout the day. When we reduce caloric consumption or skip meals, we push our bodies into starvation mode. At that point our bodies want to store fat for survival. We end up losing muscle mass and water which results in initial weight loss that is not sustainable.

Think of your body as a race car. Most of our cars use gas for energy. They make regular pit stops to refuel and their engines stop running when you turn them off. In the same way your body is running all day, everyday, and uses food as it's fuel. The biggest difference is that your engine never turns off; when you are sleeping your body is hard at work. Therefore we need to constantly feed our bodies healthy fuel to ensure our metabolism is functioning properly, enabling us to burn unhealthy fat.

I also noticed that you did not mention regular activity when you described your daily routine. Cars can deteriorate, rust, and even fall apart if they are not driven on a regular basis. In the same way, our bodies are made to be active. If you are not using your muscles, they are deteriorating. An active lifestyle must go hand in hand with any healthy eating plan in order for you to successfully lose weight

Most of us treat our cars better than we treat our bodies. Eating smaller, more frequent meals -- paired with an active lifestyle -- keeps your metabolism up, your energy levels even, and keeps you from craving unhealthy foods.

B. COUNTING

- 3500** The amount of excess calories to gain one pound.
- 100** The number of pounds of sugar consumed by the average person in one year.
- 7-8** The number of hours of sleep an adult should have each night.
- 5** The maximum number of alcohol based drinks you should have per week.

B. SPICY

Skipping the traditional condiments like mayonnaise can save calories, but that doesn't mean you have to skip on flavor. Try these tasty toppings for a unique and flavorful punch to your cookouts.

Corn Relish

- 1 cup fresh or thawed frozen corn
- 1/4 cup red pepper diced
- 2 tablespoons diced chives
- 1 tablespoon finely chopped shallot
- 1 tablespoon vinegar
- 1 teaspoon olive oil
- 1/4 teaspoon each salt and pepper

For more zing add 1 tablespoon seeded, finely chopped jalapeno.

Mix all ingredients together and refrigerate for an hour prior to serving.



Basic Peach Salsa



- 2 ripe, but firm medium peaches
- 1 tablespoon vegetable oil
- 1 tablespoon fresh lime juice
- 1/4 cup finely chopped red onion
- 1/2 cup diced red and/or green bell pepper
- 1 tablespoon chopped cilantro
- 1 teaspoon (or to taste) minced jalapeno pepper
- 1/2 teaspoon salt
- Fresh ground black pepper to taste

Mix all liquids and spices together and let sit while peeling, deseeding and dicing peaches, onion, and peppers. Mix all ingredients together and let sit for a few minutes before tasting. Add spices to adjust taste to your liking. This should be made the day before and left in the refrigerator for 24 hours.



If you have a question you would like answered please contact me at mkrug@benecon.com.
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