

# Healthy For Good

## A Few Simple Ways to Move More this Summer

"Clearly this is a great time of year for those who have not been as physically active to make that change," said Russell Pate, a professor of exercise science at the University of South Carolina Arnold School of Public Health. "We're more active when we're outside than when we're inside."

It's the peak of summer, when swimming, hiking, biking and other outdoor activities beckon — these leisure activities can make a big difference in your overall health.

Below are a just a few suggestions of outdoor activities to help you move more this summer.

1. Gardening
2. Spring Cleaning
3. Fur Kid Frolicking
4. Shopping
5. Biking
6. Commuting—Bike or skate to work
7. Running
8. Swimming
9. Rock Climbing
10. Hiking
11. Capturing the Scenery
12. Bird Watching
13. Produce Picking
16. Packing a Heart Healthy Picnic
17. Stargazing
18. Skydiving
19. Treasure Hunting
20. Surfing



## 4 Steps to Help the Whole Family

Making time for a healthy lifestyle can seem overwhelming. But the good news is that making a few small lifestyle changes can lead to heart-healthy habits that require little thought or effort. Get creative and work heart-healthy habits into your family's life and daily schedule.



### 1. IDENTIFY FREE TIMES FOR ACTIVITY.

Keep track of each family member's daily activities for one week. You'll get a snapshot of when you might be able to get the family together for physical activity. It can also help you see which activities you can cut back on.

### 2. PLAN A WEEKLY MENU AND PREP YOUR MEALS.

Keep track of how many times you grab food on the go for one week. Once you find blocks of time when you can do a little planning, it'll be easier to learn healthy preparation methods and fix healthy snacks while also using shelf-stable foods.

### 3. SIMPLIFY YOUR FAMILY'S SCHEDULE.

In today's society we're expected to do it all. But this type of non-stop lifestyle isn't sustainable or healthy. Try prioritizing your activities and see what you can do without so you'll have more time for the things that matter. You can also work on ways to manage stress.

### 4. TAKE BABY STEPS, NOT GIANT LEAPS.

If you're the head of your household, making sure that all the heads and hearts in your home are healthy is a lot to handle. The key is to take baby steps. Getting healthy is a journey; you don't have to do everything at once.

## Thank you to our Healthy For Good Sponsors



## Heart Healthy 4th of July Recipe

- 1 cup fat-free, plain Greek yogurt
- 1/2 teaspoon stevia sweetener
- OR
- 1 stevia sweetener packet
- 5 drops unflavored liquid stevia sweetener
- 1 squeeze strawberry kiwi stevia water enhancer
- 1 1/2 cups frozen, mixed berries



1. In a medium bowl, stir together the yogurt, stevia sweetener, liquid stevia sweetener, and stevia water enhancer. Gently fold in the berries.
2. Spoon the mixture into four popsicle molds. Secure the tops on the popsicle molds. Freeze for 4 hours, or until the popsicles are frozen solid.
3. If you don't have popsicle molds, you can substitute four 6- to 8-ounce plastic or paper cups. Pour the mixture into the cups. Cut four 3- to 4-inch pieces of aluminum foil. Using one piece of foil for each cup, securely cover the top and sides of the cup. Poke a popsicle stick into each cup through the middle of the foil. (The foil will help the stick stay in place while freezing.)
4. To serve, dip the popsicle mold or plastic or paper cup quickly into warm water to help loosen the popsicle.

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