

WHEENK! HEALTH

FUN IN THE SUN NUTRITIONAL TIPS FOR THE SUMMER

WATER, WATER, EVERYWHERE

DURING THE SUMMER MONTH'S PEOPLE SPEND MORE TIME OUTDOORS AND THIS CAN BE A PROBLEM WHEN LIVING IN SOUTHERN CALIFORNIA. THE TEMPERATURE RISES AND WE LOOSE SIGNIFICANTLY MORE WATER. A WATER LOSS OF 4-5% REDUCES WORK ABILITY BY 20-30%, REDUCES CONCENTRATION, AND INCREASES RISK OF INJURY. TRY TO INCREASE WATER CONSUMPTION BY DRINKING A CUP WHEN YOU WAKE UP, WITH EVERY MEAL, AND BEFORE YOU GO TO BED. SO EVEN IF YOU NEED A LITTLE HELP, AIM TO DRINK 8 GLASSES OF WATER DAILY.

THE FRUITS OF SUMMER

THERE IS AN INCREASED SUPPLY OF FRUITS DURING THE SUMMER MAKING THEM LESS EXPENSIVE AND EASIER TO FIND. EATING FRUITS HELPS TO PROMOTE BETTER DIGESTION AND THEY ARE LOW IN TOTAL CALORIES. MOST BERRIES, GRAPES, AND CITRUS FRUITS CONTAIN VITAMINS AND ANTI-OXIDENTS WHICH HELP THE BODY HEAL AND SLOW THE AGING PROCESS. SO WHEN YOU WANT SOMETHING SWEET CONSIDER GRABBING A FRUIT.

VEG OUT WITH VEGIES

YOUR MOM WAS RIGHT YOU NEED TO EAT YOUR VEGETABLES. MOST VEGETABLES PROVIDE AN EXCELLENT SOURCE OF FIBER, WHICH HELPS KEEP YOU REGULAR, AND ARE LOADED WITH NUTRIENTS. THE GREEN ONES ARE ESPECIALLY GOOD FOR YOU PROVIDING HIGH AMOUNTS OF CALCIUM, VITAMIN C, VITAMIN A, VITAMIN K, POTASSIUM, AND MANY ANTI-OXIDENTS. WHEN IT IS TIME TO RELAX AND SNACK ON SOMETHING REACH FOR THE CARROT STICKS AND BROCCOLI HEADS INSTEAD OF THE POTATO CHIPS.

GRILLIN' & CHILLIN'

THIS IS THE BEST TIME OF THE YEAR TO FIRE UP THE BARBECUE. BEFORE YOU THROW ANOTHER SHRIMP ON THE BARBE THINK ABOUT THE ALTERNATIVES. FISH AND CHICKEN ARE MUCH BETTER OPTIONS THAN RED MEAT AND STILL PROVIDE A GOOD SOURCE OF PROTEIN. YOU CAN ALSO GET CREATIVE AND TRY A PORTABELLA MUSHROOM, CORN, ONION, PINEAPPLE, BELL PEPPERS, OR WHATEVER YOU CAN THINK OF.

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