HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

June 2025

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Independence

Healthy and Hydrated

Water is essential for a healthy life. It affects digestion, circulation, temperature regulation, and even your mood. Many of us don't drink enough water, but as temperatures rise, staying hydrated becomes very important. Dehydration can cause fatigue, headaches, dizziness, and sluggishness.

So, how much water do you actually need? A good rule of thumb is about half your body weight in ounces per day. But you might need more, based on factors like outdoor temperature, physical activity, and caffeine or alcohol intake.

If plain water is too bland, try infusing it with fruit, cucumber, or herbs for a refreshing twist. Sparkling water and caffeine-free herbal teas are also hydrating alternatives.

Hydration isn't just about drinking. Eating water-rich foods like watermelon, cucumbers, strawberries, oranges, and leafy greens like lettuce and spinach can boost hydration without a glass in sight.

And don't forget electrolytes! When you sweat, you lose essential minerals like sodium, potassium, and magnesium. Regular water can't replace those minerals, so try coconut water or a banana with a sprinkle of sea salt to restore your electrolyte balance.

Make hydration a healthy habit with these simple tips:

- Use a water tracking app and set reminders to drink.
- Keep a "sip every hour" sticky note on your computer monitor.
- Link water breaks to regular activities like phone calls, meetings, and meals.
- Have a glass of water for every cup of coffee or tea you drink.
- Choose hydrating snacks, like frozen grapes or celery sticks.
- Have water bottles at home, at work, and in your bag so you can fill up wherever you are.

Keep that water bottle handy. Your body will thank you!

Sources:
cdc.gov
mayoclinic.org

ENERGIZING SUMMER MEALS

Summer is finally here, and it's time to swap heavy comfort foods for lighter meals that help you stay cool and energized. Whether you're lounging by the pool, hiking your favorite trail, or picnicking at the park, the foods you choose can make a big difference in how you feel during those long, sun-soaked days.

This summer, try these easy-to-prepare light meal options:

Love a good crunch? Lettuce wraps are portable, customizable, and crunchy. Fill them with shrimp and rice, zesty grilled chicken, or even tofu. Top with fresh herbs and a squeeze of lemon or lime for an added burst of flavor.

Craving something creamy? Whip up chicken salad with yogurt or light mayo and mix in celery, grapes, or cranberries for some vibrant color and vitamins.

Going vegetarian? Smash some chickpeas and add some lemon, olive oil, and spices.

Prefer bowls? A cold rice or quinoa bowl with chopped veggies, a lean protein, and tangy dressing is perfect for on-the-go fuel.

Eat light and let summer's freshness shine!

Sources:
eatingwell.com
tasteofhome.com
tasty.co

Play with Your Food!

Summer is the season to make mealtime fun and interactive! Try these creative ways to "play with your food" while enjoying delicious, healthy meals.

- **Build-your-own bars.** Set up a taco bar, salad bar, or personal pizza bar. Let everyone customize their meal with fresh ingredients.
- **Food games.** Create a "mystery taste test" with different healthy foods.
- **Edible art.** Arrange fruits, veggies, or pancakes into smiley faces, animals, or other creative designs. Let kids "paint" with yogurt, hummus, nut butter, or fruit preserves.
- **Cool summer treats.** Freeze yogurt with berries in silicone molds to create playful, nutritious popsicles. Blend frozen fruit into smoothies and let kids decorate their drinks with fun toppings.
- **Fruit and veggie fun.** Use cookie cutters to turn watermelon, cheese, or sandwiches into fun shapes. Make fruit kabobs with colorful berries, melons, and grapes.

Making mealtime playful helps kids (and adults who are young at heart) explore new foods and enjoy the taste of summer all season long.

Sources:
usda.gov
actionforhealthykids.org

RECIPE

Blueberry Avocado Smoothie

Ingredients

1 cup of unsweetened milk of choice

½ cup plain nonfat Greek yogurt

1 cup of frozen blueberries

½ ripe avocado, peeled and scooped

½ cup baby spinach

1 tsp agave nectar or pure maple syrup

Directions

1. Combine ingredients in a high-powered blender and blend until smooth.
2. Transfer to a glass and add toppings of choice.

To create a more filling meal, add protein powder or nut butter prior to blending.

Source:
ramphealth.com

Safe and Sound

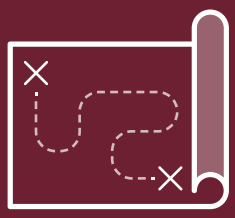
June is National Safety Month. It's the perfect time to refresh your routines and living spaces for greater security and peace of mind.

At home

- **Visit your local fire department website.** Many provide free safety checklists or programs like smoke detector inspections.
- **Explore smart technology.** Digital doorbells, carbon monoxide detectors, and smoke alarms can offer enhanced safety protections.
- **Spot tripping hazards.** Secure area rugs, tidy cords, and remove clutter from hallways.
- **Toss expired medicines.** Clean your medicine cabinet and safely dispose of expired or unused prescriptions.

At work

- **Review your emergency plan.** Know evacuation routes, meeting points, and where emergency kits are stored.
- **Practice cyber safety.** Use strong passwords, beware of phishing emails, and report suspicious activity right away.
- **Check your ergonomics.** Align your screen at eye level and adjust your chair to support your back and wrists.



On the road

- **Use technology wisely.** Set up GPS and playlists before driving or use voice commands to stay hands-free.
- **Plan ahead.** Check traffic and weather before you leave so you're not tempted to speed or multitask.
- **Drive defensively.** Stay alert, avoid tailgating, and watch for sudden stops and distracted drivers.

Source:
nsc.org

The Power of Play

Summer is the perfect time to put down the screens and embrace good old-fashioned outdoor fun! Playing outside is a great way for everyone to be active, boost their mood, and create lasting memories. Activities like tag, hopscotch, jump rope, and relay races aren't just nostalgic; they're also fantastic for improving coordination, endurance, and heart health.

For a social twist, organize a neighborhood game of kickball or capture the flag. If you prefer solo activities, try biking, rollerblading, or taking a nature walk. Water-based fun like swimming, running through sprinklers, or water balloon fights can keep you cool while staying active.

Unstructured play is just as important. Running through the grass, climbing trees, or chasing fireflies at dusk reconnects us with the carefree joys of childhood. Spending time outdoors also provides fresh air, sunshine, and a natural boost of vitamin D, which is essential for overall well-being.

So, this summer, swap screen time for playtime. Move, laugh, and rediscover the simple joys of an active, playful life!

Sources:
uhhospitals.org
health.ucdavis.edu

MONTHLY QUIZ

1. Which of the following is an ideal ingredient for a light, protein-packed summer meal?

A. Heavy cream

B. Fried sausage

C. Smashed chickpeas

D. Mashed potatoes

2. Which of the following activities can make your home safer?

A. Ignoring smoke detectors

B. Leaving rugs unsecured

C. Visiting your local fire department's website for safety tips

D. Storing expired medications under your bed

3. Which of the following outdoor activities strengthens muscles, improves coordination, and boosts heart health?

A. Jumping rope

B. Swimming

C. Playing tag

D. All of the above

1. C, 2. C, 3. D

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