

# LIVING HEALTHIER



Carolinan HealthCare System



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CANNON MEMORIAL YMCA WELLNESS NEWS

JULY 2016

PARTNERS FOR A STRONGER COMMUNITY

### >> STAY ACTIVE AND HEALTHY THIS SUMMER!

It's that time of year - school is out and many are taking vacations from work to take advantage of the summer weather and cookout and picnic season! While you can treat yourself to a treat occasionally, make sure not to overdo it at your next summer outing with these healthy tips:

- ◆ Have a colorful plate! It's farmers market season, enjoy all the wonderful produce we can get locally that provides us with all the "good" stuff (vitamins, minerals, fiber), and less of the "bad" stuff (sodium, added sugar, saturated and trans fat).
  1. Grill up some fruits and veggies
  2. Try veggies with a healthy dip, like guacamole, hummus, salsa, or a yogurt dip
  3. Make some healthy side dishes - try replacing some of the mayonnaise in coleslaw and different salads with Greek yogurt, or make a fresh fruit salad.
- ◆ Stay active with outdoor games! Toss a Frisbee around, kick around a soccer ball, play badminton, or throw a football.
- ◆ Pay attention to food safety in the summer heat!
  1. The time that perishable food can be left outside drops from two hours to one hour in temperatures above 90°F.
  2. 1 out of every 4 hamburgers turns brown in the middle before it has reached a safe minimum internal temperature of 160°F, so the only way to ensure it has been cooked safely is by using a food thermometer.
  3. Cross-contamination is the transfer of harmful bacteria to foods from other foods, cutting boards, and utensils when not handled properly - wash hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry.



References: <http://food.unl.edu/healthy-bites-july-national-picnic-month> and <http://www.foodandnutrition.org/Stone-Soup/July-2014/Celebrating-National-Picnic-Month/>

### >> WELLNESS SEMINAR: "IT'S NEVER TOO LATE TO GET TO A HEALTHY WEIGHT"

Did you know that most adults between the ages of 18 and 49 gain 1-2 pounds per year? Maintaining a healthy weight and preventing weight gain should be a priority as we know it can lower your risk for heart disease, stroke, diabetes, high blood pressure, and many different cancers. Join Leslie Thompson, Registered Dietitian for a nutrition and wellness seminar discussing her top tips for achieving and maintaining a healthy weight.

WEST CABARRUS - Wednesday, July 6 10:30am-11:30am & 6:30pm-7:30pm

HARRISBURG - Tuesday, July 19 10:30am-11:30am

KANNAPOLIS - Tuesday, July 26 10:30am-11:30am

### >> TRY SOMETHING NEW | Summertime Blueberry Salsa

#### INGREDIENTS

- 2 cups fresh blueberries
- ½ cup finely chopped fresh strawberries
- ½ cup finely chopped fresh pineapple
- ¼ cup diced red onion
- ½ avocado, chopped
- ½ cup finely chopped red, yellow or orange pepper
- 1 to 2 jalapeno peppers, seeds and membrane removed, minced
- 3 tablespoons lime juice
- ½ teaspoon lime zest
- ¼ cup roughly chopped cilantro
- Salt and pepper to taste

#### DIRECTIONS

1. Combine all ingredients in a bowl. Season with salt, pepper and additional lime juice as needed.
2. Cover and refrigerate for at least 1 hour before serving.
3. Serve with whole-grain pita or tortilla chips, or place on top of grilled chicken, meat or fish.



Kannapolis YMCA

West Cabarrus YMCA

Harrisburg YMCA