

June 2016

LIVE WELL @ WORK

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Healthy Summer Season Tips

The summer season brings not only sunshine, but events and gatherings with family and friends. Don't let summer picnics and outings derail your nutrition and fitness goals.

Here are some tips for a healthy summer:

- Stay hydrated by drinking adequate amounts of water. Bring a reusable water bottle with you, and fill it throughout the day.
- Make time for physical activity. During the work week, try biking to work or having a "walking meeting" with a co-worker. On the weekends, biking, swimming, and hiking are great ways to enjoy the outdoors. Don't forget sunscreen!
- Enjoy the delicious fruits and vegetables of the summer season by visiting your local farmers market.

Harvest of the Month: Corn and Peaches



FUN FACTS!

- A large ear of yellow or white corn is a good source of thiamin, which helps keep the body's nerves healthy.
- Peaches are a good source of both vitamins A and C, which help keep your immune system healthy.
- Peaches can have golden or white flesh, and the only significant difference between peaches and nectarines is the outer fuzz on peaches.

SWAP OUT: Store-Bought Salad Dressing SWAP IN: Homemade Salad Dressing



Grocery stores seem to offer endless options for salad dressings, many of which contain unnecessary fats, sugar, and sodium. Luckily, it is easy to make your own salad dressing at

home in no time with a few simple ingredients!

Here is a basic recipe to try:

- In a jar, add 1 part vinegar to 3 parts oil
- Sprinkle salt or herbs and pepper to taste.
- Shake it up and drizzle over a fresh salad



You can try adding Dijon mustard or a few drops of lemon juice to change up the flavor. Your homemade dressing will not only taste delicious, but will most likely be healthier and less expensive than purchasing ready made salad dressing.

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