

Healthy Summer Fun

Take time to be Health Conscious



by B J Armstrong

Take lots of time for just talking and sharing. This will be the moments you remember and cherish in months and years to come. Sometimes, we're determined to have a good time and then we forget to actually have fun. Remember, these times together with family and friends are about relaxing and enjoying time with the people you are with and getting away, even if it is just a cook-out.

What ever you are doing today, will be moments to remember tomorrow.

this in mind; as you head off for fun in the sun, keep in mind that it's time for enjoying and relaxing. Leave your worries at home. Take advantages of special deals. Pack an ice chest with drinks and snacks. Check the weather and pack lightly. If you will be outdoors a lot, take along plenty of sunscreen. Don't forget your sunglasses, hat, and bathing suit cover-ups. If you will be camping, don't forget the bug spray. Take along a pair of shoes for walking if you plan to be doing this a lot. You will need a pair of flip-flops for the beach or swimming pool.

You will also want to be as prepared as possible for an emergency or unforeseen problem. Take along a first-aid kit, a cell phone and a credit card (just to use for an emergency purpose). Things seldom go as planned. Be flexible and avoid any undue stress.



Summer is a good time to enjoy fresh produce in season. You can eat healthy while enjoying the weather, nature and the people around you. Let's name some good fresh foods and how they can help you enjoy a healthy summer.

Tomatoes - fresh tomatoes are always on a summertime list. They are known for helping your body reduce the risk of cancer and protecting against cataracts. Vitamins A and C, potassium and iron make tomatoes head of the list for a healthy food. Did you know that tomatoes could be considered a fruit or a vegetable?

Cantaloupe- This delicious melon has illness fighting properties that help blood pressure, lower cholesterol and protect against cancer. It's full of potassium, Vitamin C and Iron.

Beets-They are rich in folate (a birth defect fighter).

Beets clean the blood and help protect against cancer. Both the greens and the bulb can be eaten.

Cherries- Cherries are rich in Vitamins A, C and E, and help fight gout. They also help the body fight against breast, lung, liver, stomach and skin cancers.

Watermelon- This is Summer's best sweet treat, packed with flavor and water to keep you hydrated. This is the perfect thing to take on a picnic.

Peaches- Great in potassium, peaches also provide lutein, which helps to protect against heart disease, macular degeneration and cancer.

Avocados- Properties in avocados help bring down cholesterol. The huge seed makes a beautiful plant. (Put three tooth picks in point end of bulb, put in glass of water, fill the water

to the tooth pick level, plant in dirt when leaves come out.)

Basil- This is one of nature's most powerful herbs.

It helps the body to combat cancerous changes in cells. It also helps in the digestive system.

Cooking outdoors is one of the pleasures of summer.

Zucchini, squash and red peppers are fantastic on the grill. Just add a little olive oil and salt and pepper. Also, cucumber dill is a

cool little item to have at the beach or park.

If you are planning on something longer than just outdoor cooking at home, at the beach or the park, keep



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