

## Summer Must Haves

- 1.) BPA free water bottle. Stay hydrated this summer without the chemicals found in plastic bottles. Llifefactory makes a great BPA free glass bottle with a rubber cover to prevent breaking as well as to keep your beverage cold. You can find these at [www.lifefactory.com](http://www.lifefactory.com)
- 2.) Chap Stick or lipstick with 15 SPF. Softlips makes a great one with 20 SPF in a variety of flavors. ChapStick brand makes ChapStick ultra, which is a 30 SPF for those of you with fairer skin.
- 3.) Sunscreen for your scalp. Many people get burned on this often forgotten part of the body. Your scalp receives a lot of direct sunlight. Instead of ruining your hairstyle try one of these sunscreens made just for your scalp that won't leave hair looking greasy. Baby Blanket sunscreen makes a 45 SPF sunscreen for the scalp which can be found at most drugstores. There is also a scalp treatment by Nioxin that has a 15 SPF, which can be ordered on-line.
- 4.) Starbucks unsweetened iced green tea. We all know about the metabolism boosting effects of green tea. What better way to get your daily dose of flavonoids (the chemical in green-tea responsible for its weight reducing effects) then in this caffeine-free refreshing drink! Its inexpensive, delicious, calorie free (just make sure you ask for unsweetened) and if you ask for a venti (large in Starbucks language) you'll be getting in 3 of your daily 8 - 10 glasses of water. You can also try their Shaken Iced Green Tea Lemonade, a tall (small) is just 100 calories and 0 grams of fat!
- 5.) Nike Training Club app for your iPhone or iPod. Take a trainer with you everywhere you go with this app that includes over 60 custom built workouts. It has the option of audio guidance and on-demand instruction. You can even set your workout to music in your itunes library!



## Be Beach Savvy!

The beach is a lot of people's favorite part about summer. Here are a few tips to make sure you enjoy your day!

- 1.) Sunscreen, sunscreen, sunscreen! Yes most people would agree a tan looks great BUT wrinkles don't! So if you will be out in the sun all day make sure you are wearing at least a 15 SPF waterproof sunscreen and that you are reapplying every 2 hours. Spots that people often forget to protect - parts of your scalp that are exposed, the top of your feet, your ears, and your lips!
- 2.) Drink lots of water and be careful of things that dehydrate you further! We all know that when the weather is hot we sweat more. The best way to replace that is with water. It also keeps your skin hydrated from the inside out so your beach glow will last! Things like alcohol and caffeine (like iced coffee or soda) will further dehydrate you, so don't bring these to the beach.
- 3.) Avoid those sugary ice cream truck treats by bringing your own healthy beach snacks. Nuts like almonds are a great beach snack. They are packed with fiber and protein, and there is no need to refrigerate!
- 4.) Bring a beach game! A Frisbee or football can turn your fun in the sun into a calorie burning workout! Running in the sand or water provides a higher level of resistance which is great for toning your legs and gluts. You could leave the beach looking better in your bathing suit then you did when you got there!



## Sweating It Out Summer Exercise

Taking a 30 minute jog on the beach can help you burn over 300 calories. Not to mention the fact that it is serene and relaxing. After your run, cool off in the water. While you are there tread water for as long as you can, its great cardiovascular exercise and really easy on your joints. In the summer you are most likely to be outside and moving. Recreational activities count as exercise! So get out there and have some fun!

## No-Guilt Burger

The grill is a great way to make healthy meals in the summer. Unfortunately when you make a big juicy burger, top it with all the fixings and throw it on a bulky bun you are probably looking at way more calories than you bargained for! Below is a great way to lighten it up without depriving yourself of this summer staple!

### Ingredients:

- 3 ounces (before cooking) 90% lean ground meat (turkey or red meat)
- 2 slices center cut bacon or turkey bacon
- 1 Tablespoon crumbled blue cheese
- Nonstick cooking spray
- 1/8 cup chopped onion
- 1/2 teaspoon minced garlic
- Pinch of salt
- Dash of pepper
- Sliced tomato
- Romaine lettuce leaves, whole leaf washed and dried

### Directions:

Coat a small skillet with nonstick cooking spray and bring to medium heat. Add chopped onion and minced garlic and cook until onion is translucent and tender. Set onion mixture aside and let cool slightly.

In the same skillet over medium-high heat, cook the 2 strips of bacon. Place on a paper towel to allow fat to drain off. Once cool enough to handle crumble the bacon. In a medium sized bowl combine onion mixture, crumbled bacon, and 3 ounces of lean ground meat. Add a pinch of salt and a dash of pepper and mix until all ingredients are incorporated. Form a patty.

Place patty on a heated grill. Cook to desired wellness. When almost done sprinkle burger with crumbled blue cheese. Top with tomato and wrap burger in the romaine lettuce leaf! This burger is so full of flavor you won't even miss the bun!

## Cook-Out Calorie Disasters!

### Coleslaw

¾ cup has 200 calories and 11g of fat!

### Potato salad

1 cup has 348 calories and 20g of fat!

### Cheeseburger with all the fixings

About 400 calories of fat depending on size and fat content of meat and 30g of fat.

### Hot dog with bun

315 calories and 20g of fat.



## Super Foods

A super food is one that contains a concentrated amount of vitamins and nutrients in a small portion. They can actually improve the way you look and feel in a short amount of time!

**Cinnamon** - It's not only an anti-oxidant but also an anti-inflammatory and anti-bacterial. Just a small amount of cinnamon a day can help lower cholesterol as well as control blood sugar!

**Sea Buckthorn Berries** - The only food in the world to contain omega 7 fatty acids. This fatty acid is great for your skin and hair.

**Mangosteen** - This tropical fruit can fight the signs of aging.

**Acai** - Along with anti-aging properties this powerful berry can also boost your metabolism and repair damaged skin. More importantly these berries can reduce the risk of cardiovascular disease.

**Avocado** - This green vegetable commonly found in guacamole is not only packed with good fat (monounsaturated oleic acid), but it can also help fight your body's absorption of bad fat and cholesterol. They contain vitamins and minerals that help with eyesight as well as reducing risk of stroke and heart disease.

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