



OUTDOOR EXERCISE & HEALTHY COMPETITION

by Kelly Thomson, MSHP

Do you get bored on the treadmill? Would you rather be breathing in fresh air while exercising? With the summer months upon us, many people take advantage of the weather and move their workouts outside. Mixing in a bit of healthy competition with your outdoor exercise is a great way to keep you motivated!

There are many options for healthy competition. You could train to compete in a 5k, register for a Tough Mudder obstacle course, or join a soccer or softball team. Registering for an event or joining a team helps to keep you accountable and determined. Start a friendly competition with your coworkers to see who can get the most steps in a week or train for a race with a friend.

You may be on board with incorporating competition, but you might be wondering, “Why exercise outdoors?” A recent study found that those who exercised outside exercised longer and more often than those working out indoors. Another research team analyzed data from more than 800 adults and found that outdoor exercise was associated with increased energy, as well as decreased anger, depression, and tension, when compared with exercising indoors. Those are great reasons to get outside and get moving! ☘

Sources: Environmental Science Technology. ncbi.nlm.nih.gov/pubmed/21291246. Accessed 10 May 2015.
Fox News. foxnews.com/health/2015/03/25/5-unexpected-benefits-exercising-outdoors/. Accessed 10 May 2015.

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SMART FACTS

5-7%

The additional calories you can burn by trading the treadmill for trails.

20 MINUTES

A walk outdoors for this length of time can rev you up as much as a cup of coffee.

71%

Percentage of people who feel less stressed after a 30-minute walk outside.



FAMILY-FRIENDLY SUMMER ACTIVITIES

by Mechelle Meadows

Many adventures are waiting outside this summer, and almost all of them can be family-friendly!

For families with younger children:

- **Hiking:** Families of all ages can enjoy hikes in nature, even if it means strapping a baby backpack to mom or dad! Start with short, paved paths with young children, and then progress to longer or more rugged trails as children (and parents) get more adventurous.
- **Canoeing:** This is a great water option for younger children, as they can safely ride along while parents or older siblings do most of the rowing. As children get older and become stronger swimmers, the whole family can graduate to kayaking or whitewater rafting with an expert guide.

For families with older children or teenagers:

- **Paddle board:** Many state parks or other local bodies of water will offer stand-up paddle board rentals and lessons. Start with water that is calm, such as a lake, to build up balance and core strength. Ready for a real challenge? Many recreational companies or parks offer paddle board yoga.

FINANCIAL CORNER WITH PETE THE PLANNER

Are you in a financial rut? Are your spending habits stuck in the same pattern? Do you continue to spend more than you make? Are your financial goals the same you've had for years? Then it's time to mix up your financial routine.

Just like your body adapts to a fitness routine, your mind adapts to your financial habits. You become numb to the incessant swiping of your card. So how exactly do you mix up your financial routine? I recommend a financial challenge. This week challenge yourself to make only five consumer transactions per household. This exercise will do a few things for you. First, it will make you conscious of what you are spending. Second, it will cut back on numb swiping. Instead of buying without thought, you'll plan out your purchases for the week. You'll be surprised how this one financial challenge will impact your spending habits for weeks to come. ☘

- **Mountain biking:** Again, start with easier, more paved trails and then as everyone grows more comfortable with their bike-handling skills, start to find trails that have more hills and obstacles. Be sure to always wear a helmet, no matter the style or difficulty of biking. ☘

Sources: American Heart Association. heart.org. Accessed 11 May 2015.
Mapquest. parks.mapquest.com/national-parks. Accessed 11 May 2015.
Inflatable Stand-Up PaddleBoard World. isupworld.com/health-benefits-of-stand-up-paddle-boarding. Accessed 11 May 2015.



NATIONAL SAFETY MONTH JUNE

June is national safety month, so while you are enjoying summer activities, plan ahead and be safe! Pack a small backpack with outdoor safety essentials like bandages, bug spray, extra drinking water and, of course, plenty of sunscreen. Summer is also a great time to brush up on first aid skills including water rescue and CPR.

HARVEST OF THE MONTH: PEACHES

by Kaitlin Enneking

Nothing says summer like the arrival of peaches. This sweet, sticky, and delicious fruit is often a favorite of children and parents alike—but how much do you really know about selecting and preparing peaches? A member of the rose family and originating in China, peaches are good in both savory and sweet dishes. Depending on the variety, this low-calorie fruit can be found at the market from June to September.

How to select

When selecting peaches, look for ones that are free of punctures, bruises and signs of decay. If you plan to eat your peaches right-away, look for ones that yield to gentle pressure and are slightly soft at their tip. You can also purchase peaches that are more firm and ripen them at home. Avoid those that are excessively hard as they won't develop a good flavor. Quality peaches are rich in color. Steer clear of peaches with green-undertones. That's a sign they were picked too early.

How to store

Unripened peaches can be left at room temperature. The fruit matures quickly though, so check on them daily. Once



they are ripe, peaches can be stored in the refrigerator for a few days. Peaches can also be frozen. Just remove their pit before placing them in the freezer to maximize flavor.

How to prepare

Peaches are delicious as is. Simply wash the fruit, slice length wise, give it a twist to remove the pit, and eat. There is no need to peel this fruit! Peaches are also good in recipes where they are grilled, baked, or poached. ♪

RECIPE OF THE MONTH: *Summer Peach Salsa*

Ingredients

3 ripe peaches, about 1 pound
¼ cup red onion, diced small
¼ cup red bell pepper, seeded and diced small
½ - 1 jalapeno pepper, minced (more or less to taste)
1 tablespoon minced fresh mint (or more to taste)
Juice from ½ lime
Kosher salt, to taste

Directions

1. Peel the peaches.
2. Chop all the ingredients into small cubes.
3. Combine all ingredients.
4. Season with a pinch of kosher salt.
5. Chill for one hour to allow flavors to combine and serve immediately.

Nutritional Info

PER SERVING: 5 calories, 0g fat, 0.5g added sugars, 1g carbohydrates, 0.2g protein, 0.8mg sodium, 0.3g fiber