

HEALTHY LIVING LEADS TO HAPPY LEARNING



WAYS TO LIVE HEALTHY IN JULY

FRUIT » BLUEBERRIES



HEALTH BENEFITS: Blueberries have one of the highest antioxidant capacities among all fruits, vegetables and spices — keeping us healthy by combating free radicals that damage our cells. They are a very good source of manganese and Vitamin K (which play a role in bone health), as well as fiber.

SELECTION / STORAGE: Choose blueberries that are firm with a uniform color. Avoid berries that are dull in color and appear to be soft. Blueberries should be free of moisture in the package, as moisture causes them to decay.

EATING / PREPARATION: Wash blueberries in cool water before eating. Blueberries are a perfect, sweet bite-sized snack. Also try them in smoothies, cereal and yogurt.

VEGETABLE » CUCUMBERS

HEALTH BENEFITS: Cucumbers are 95% water, making them a very low calorie food. They contain B vitamins, potassium, and even Vitamin K. They are also a source of antioxidants.

SELECTION / STORAGE: Cucumbers should be medium to dark green and firm. Avoid cucumbers that have sunken areas, are puffy, or have wrinkled tips.

EATING / PREPARATION: Wash cucumbers in cool, running water. If you leave the skin on, be certain to scrub thoroughly with a brush to remove the glossy wax. Cucumbers can be sliced for a great snack or tossed in a salad. Also try sliced cucumber in a glass of water for a refreshing splash of flavor this summer.



ACTIVITY » GO SWIMMING

ACTIVITY: Spending time in the water is not only a great way to cool off on a hot summer day, it's also the perfect way for you to stay active and meet new friends. There are many health benefits of swimming such as improving your heart function and building muscle. Grab your bathing suit and swim some laps in the pool or paddle down the river.