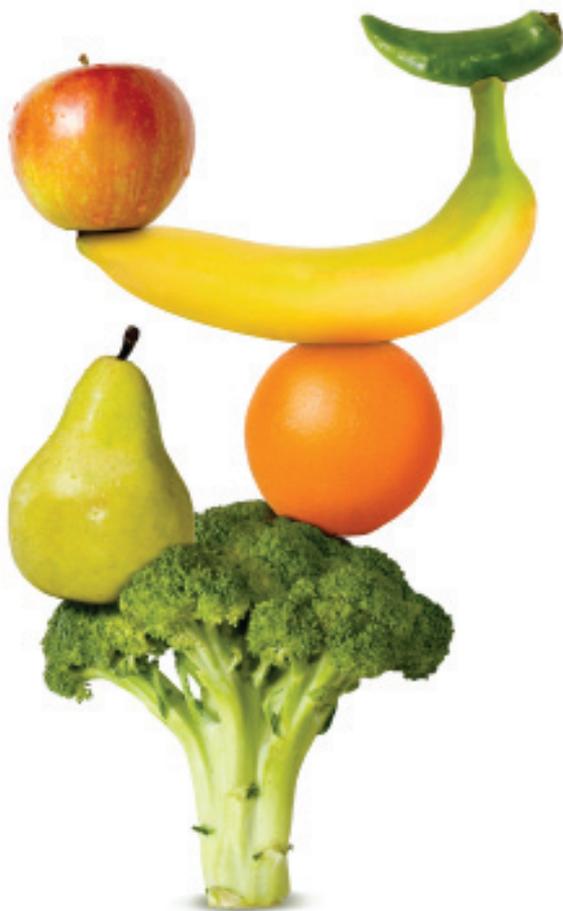


Summer

Wellness Tune-up



Freshen Up Your Diet

Load up on fresh fruits and vegetables, wholesome protein, and super-powered spices to jumpstart your diet this summer. Try these suggestions from some of our graduates.



Summer Smoothie Recipes

Strawberry Lemonade

Laurel Moll, Class of 2010

Serves 1



Ingredients:

5 frozen whole strawberries

juice of 2 lemons

1/2 cup filtered water

2 tablespoons dried goji berries, soaked
in water for 1 hour

5 fresh mint leaves, chopped (plus more
for garnish)

1 packet stevia

Directions:

Blend all ingredients on high speed.

Serve with mint garnish.

Green Smoothie Detox

Kim Traverso, Class of 2012

Serves 1



Ingredients:

- 1 banana
- handful of frozen berries
- 1/2 of cucumber
- 2-3 pieces of kale
- 1-2 tablespoon of all natural almond butter
- 1 teaspoon of spirulina
- 3/4 – 1 cup of coconut or purified water

Directions:

Blend all ingredients on high speed.



Fire Up the Grill

The high heat from grilling reduces cooking time, allowing foods to retain their moisture and vitamin content. Sprinkle on some spices for an extra nutrient boost.

Spice Superpowers



Cumin: immunity booster + fights indigestion

Garlic: antiviral ally + promotes heart health

Ginger: anti-nausea protector + soothes stomach aches

Rosemary: antioxidant hero + boosts memory

Turmeric: inflammation fighter + lowers cholesterol

Veggie & Chicken Kabobs

Connie Bennett, Class of 2005

Serves 1-2

Ingredients:

2-3 wood or bamboo skewers, presoaked in water

1 4- to 5-ounce boneless, skinless chicken breast, cut into 1 ½-inch cubes

1 green or red bell pepper, seeds and ribs removed, sliced into chunks

1 yellow squash, sliced into ¼ to ½-inch-thick rounds

1 zucchini, sliced into ¼ to ½-inch-thick rounds

10 cherry tomatoes

2 teaspoons extra-virgin olive oil

Sea salt and pepper, to taste



Directions:

- Fill 2-3 skewers with alternating chicken and vegetables
- Drizzle skewers with olive oil, sprinkle with salt and pepper and choice of spices
- Place on hot grill, cook until juices run clear in chicken, and vegetables are tender – approximately 20 minutes
- *Chicken can be substituted with other proteins, including steak, salmon, shrimp, and tofu. Please note, this may vary the cooking time.

IIN Tip: *experiment with adding one of the Spice Superpowers!*



Fun Summer Hydration

Stay hydrated while enjoying the summer heat. Try this healthy sports drink after a tough workout. And boost flavor, antioxidants, vitamins, and minerals with this infused water recipe.

Healthy Electrolyte Drink

Christy Goldfeder, Class of 2006

Serves 1



Ingredients:

4 cups warm water

juice of 1 lemon

2 teaspoons honey

$\frac{1}{4}$ teaspoon salt

Directions:

Mix well. Chill and serve.

Blackberry Sage Water

what2cook.net

Ingredients:

2 cups blueberries

sprig of sage

2 quarts water

ice



Directions:

- place sage in glass pitcher and muddle with a muddler or wooden spoon
- add blueberries and muddle just enough to release some of the juice
- fill pitcher with water
- add ice as desired
- cover and refrigerate for up to 3 days



Seasonal Ayurveda

According to the ancient Sanskrit system of medicine, we each have a set of traits called doshas: **Vata** (winter), **Pitta** (summer), and **Kapha** (spring).

How to Work Out for your Type



Vata (winter) types: Space and Air

Vatas are restless, always on the go, and sometimes “spacey.” They do well with short bursts of activity, but they tend to tire easily and have little endurance.

Ideal activities for Vata types:

- Yoga to calm the mind
- Dancing
- Easy walking



Pitta (summer) types: Fire and Water

Pittas are highly motivated and competitive. They excel in sports requiring speed, strength, and stamina. They frequently get overheated and are sore losers.

Ideal activities for Pitta types:

- Swimming to cool the body
- Long distance bicycling
- Hiking in nature



Kapha (spring) types: Water and Earth

Kaphas are calm and “down to earth.” They have strong endurance and physical strength. They tend to retain water and don’t enjoy working out.

Ideal activities for Kapha types:

- Jogging to clear congestion
- Hatha yoga
- Basketball



What to Eat in Summer According to Ayurveda

Include:

- Sweet, bitter, and astringent flavors
- Cooling foods with high water content, and more raw choices
- Artichoke, asparagus, beets, cabbage, leafy greens, peas, sprouts, zucchini
- Apples, berries, cherries, mangoes, pineapple, plums, watermelon
- Aduki beans, black beans, chickpeas, mung beans, white beans, tempeh
- Barley, rice, amaranth, oats, quinoa
- Sweet, unsalted dairy: ghee, goat's milk, cottage cheese
- Lighter, leaner animal protein: fish, shrimp, wild game, egg whites
- Cooling spices: coriander, cinnamon, cardamom, dill, fresh ginger, fennel, mint, spearmint

Reduce:

- Pungent, sour, and salty flavors
- Spicy, greasy, and acidic foods as they increase heat
- Salted, aged, or sour dairy
- Fatty, heavy animal proteins
- Heavy grains like bread, buckwheat, rye, corn
- Hot spices
- Excess salt
- Nuts and oils
- Hard alcohol and red/sweet wines
- Caffeinated beverages



Get Active Outdoors

Travel Healthy and Light

- Carry healthy snacks: fruit, nuts, and seeds
- Bring a reusable water bottle
- Pack or wear sneakers to stay active
- Choose easy-care clothes with multiple uses (dress up or down)
- Add multi-use personal items: i.e., Shea butter keeps skin soft and heals burns; Tea tree oil cleans a minor cut and clears up skin breakouts



Get Spiritual in Nature

Hiking can be a very spiritual experience. Here's how to experience oneness:

- Walk silently and mindfully
- Turn off your technology
- Use all of your senses: observe colors, listen to crackling branches, smell green leaves, touch the rough bark of a tree, taste the air
- Pay attention to what you notice
- Feel your mind get quiet and relaxed

Summer Fitness Ideas

Longer days mean more fun outside. Mix up your routine with:

- Basketball game
- Bike ride to the beach
- Hula hooping
- Jumping rope
- Swimming in an outdoor pool

When it's too hot, try one of these indoor classes:

- Aerial yoga
- Rebounding
- Restorative yoga
- Spinning
- Zumba





Summer Skincare

Natural sunlight wins hands-down as the best source of vitamin D, but you also need to protect yourself against harsh daytime rays.

Get Smart about Sunscreen

You should avoid sunscreens containing harmful chemicals. Shop wisely and buy mineral sunscreens – they create a physical barrier to block UV rays and aren't absorbed into the body.

Ingredients to Avoid:

- Oxybenzone (benzophenon-3)
– found in 52% of sunscreens
- Octyl methoxycinnamate (OMC)
– found in 29% of sunscreens

Ingredients to Choose:

- Zinc oxide – found in 36%
of sunscreens
- Titanium dioxide – found in 23%
of sunscreens
- Avobezone – found in 49%
of sunscreens

Fun in the Sun Tips:

- Wear hats and sunglasses that
shield your face
- Try to avoid prolonged exposure
between 11am and 2pm
- Wear long sleeve shirts or pants made from cool, breathable materials like cotton
and linen



Summer Skin Savers

Sometimes enjoying the elements wreaks havoc on your skin. Try these natural remedies to some common summertime skin ailments.

Sunburn

- **Aloe vera:** antioxidant and anti-inflammatory properties soothe and cool burned skin. Fresh from the plant is best, if possible.
- **Apple cider vinegar:** helps balance the pH of sunburned skin, reduces blistering, and promotes healing.
- **Cold shower:** the tried and true method of aspirin and a cold shower can work wonders.



Bug Bites and Stings

- **Banana peel:** place the inside of banana or plantain peel on a bite for about an hour to take away the sting and itch.
- **Baking soda:** make a paste of baking soda and water and apply to the bite.
- **Onion:** place a fresh slice on the affected area until itching subsides.

Heat rash

- **Loose clothing:** lightweight fabrics keep skin dry and allow it to breathe.
- **Oatmeal bath:** grind 1 cup of dry oatmeal and add to bath water to reduce inflammation.
- **Ice:** get instant relief and cool your skin for 5-10 minutes at a time.

Poison ivy

- **Tea tree oil:** mix 1 teaspoon of tea tree oil with 1/8-cup olive, almond, or avocado oil and dab gently onto affected skin.
- **Sea salt:** take a bath with sea or Himalayan crystal salt – or if you're near an ocean, take a dip!
- **Witch hazel:** apply with a cotton ball to reduce itching and relieve swelling.

Aloe Cucumber Mask

Ingredients:

2 tablespoons aloe vera gel or one stalk of a fresh plant

½ cucumber, chopped, seeds removed



Directions:

- Mix together in a blender or food processor and apply the paste evenly to face.
- Leave on for 30 minutes before washing off with warm water.



Find Your Freedom

Warm weather, blue sky, and long hours of sunlight remind you that the world is full of limitless possibilities that are yours for the taking. Use that creative boost to kickstart the life and career of your dreams!

Release Your Passion

It feels great to pursue your passions and do what you love. Here are three ways to tap into your innermost desires and get inspired.

1. Journaling exercise: Create your perfect day. If you could do anything in the world without time or money worries, what would you do? How can you start to create your perfect day tomorrow?

2. Create a vision board: Find images or words that inspire you and represent what you'd like to accomplish in your life. Paste them on a board and put it in a place where you'll see it often.

3. Visualize with intention: Create an image in your mind of what you want. Be specific. Visualize at least once per day – a great time is when you're falling asleep at night or first thing in the morning.



Create an Abundance Mindset

The right career can feed your bank account and your self-esteem. This summer take stock of your professional progress and reevaluate your goals. Follow these steps to maximize your earning potential:

1. Reflect: Is your work fulfilling? What do you like about your job and what could improve?

2. Speak up: Talk to your supervisor about your goals and ways to advance. They'll appreciate your initiative, and you might discover opportunities you didn't even know about!

3. Grow and learn: Volunteer work, mentoring, classes, and internships can all supercharge your resume and enrich your day-to-day life.

4. Set a number: Create a realistic but ambitious annual income goal of what you want to earn in the coming year. Then break it down into quarterly, monthly, and even weekly goals.

5. Consider a switch: Make a list of the things you love doing most. Ask yourself how these activities or hobbies could translate into a career you'll love.

Supercharge Your Summer Efficiency

Use this checklist to plan your schedule and write a daily to-do list. Revisiting it throughout the day will help you keep focused, motivated, and on track.

- Create specific, measurable goals with clear end results
- Schedule important work for the hours you feel most energized
- Prioritize what's important and postpone what can wait
- Delegate tasks – you can't and shouldn't try to do everything
- Reward yourself – it'll keep you happy and motivated
- Schedule yoga, massage, meditation, and self-care regularly
- Save easy or boring work for lower-energy periods
- Break down big tasks into smaller, more manageable tasks
- Batch tasks: allot time periods for what you need to do
- Take breaks or go for a walk if you're feeling stuck or drained

Ready for a career that brings you summer energy, freedom, and fun all year long?

Call (877) 730-5444 to learn more about the Health Coach Training Program.