



**Greater Philadelphia
Business Coalition
On Health**

"Building Bridges to Better Healthcare"

JULY 2018

SUMMER FUN GUIDE



SUMMER FUN HAS BEGUN!

With summer comes family vacations, barbecues with friends, and neighborhood pool parties. It is a great season for outdoor activities and enjoying delicious foods and drinks. The GPBCH Summer Fun Guide provides our members with healthy summer recipes, activity suggestions, and safety tips to contribute to a healthy, happy summer.

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FLAVORS OF SUMMER

Looking for a cool, refreshing beverage on a hot summer day? Try out one of the smoothies below recommended by GPBCH member Krista Latortue of Family Food to excite your taste buds!

PB&B SMOOTHIE

1 frozen banana
1 cup almond milk
1 TBSP peanut butter
1 tsp cinnamon

TROPICAL GREEN SMOOTHIE

1 large orange, peeled & segmented
2 cups baby spinach
1 cup ice
6 large strawberries
1/3 cup plain Greek yogurt

CHOCOLATE RASPBERRY SMOOTHIE

1/2 cup skim or soy milk
1/4 cup dark chocolate chips
6 oz low fat vanilla yogurt
1 cup frozen raspberries

Salads are a perfect summer food because they are a light dish and can be served as either a main course or a smaller side. Below, we have listed a few healthy recipe options.

WATERMELON FETA SALAD

8 lb. whole seedless watermelon, chilled (about 12 cups of cubed fruit)
1 cup fresh mint leaves, chopped
1 1/2 cups crumbled feta cheese (sheep's milk feta preferred)

DRESSING

1/2 cup extra virgin olive oil
1 1/2 tsp salt
3 whole limes, juiced
3/4 tsp black pepper

MAYO-FREE COLE SLAW

MIX TOGETHER:

One small head green cabbage, shredded
One small head red cabbage, shredded
4 green onions (scallions), sliced
1 red onion diced
2 red (or other color) bell peppers, seeded & diced
2 stalks celery, diced

MAKE DRESSING:

1/2 Cup olive oil
1/4 Cup red wine vinegar or apple cider vinegar
2 Tbsp lemon juice
1 Tbsp sugar
Salt and pepper to taste

DIRECTIONS

Pour dressing over salad, toss, and let sit in fridge for at least 1 hour before serving. Keeps for several days in refrigerator. Toss periodically.

HOW ABOUT GRILLED VEGETABLES AND FRUITS?

We know that burgers and chicken on the grill are a staple for those backyard BBQs but how about throwing on some grilled veggies and fruit from the list below? Not only will they brighten up your food display but your body will thank you!

Beets

Cucumbers

Plums

Bell Peppers

Grapefruit

Tomatoes

Cantaloupe

Peaches

Zucchini



SUMMER ACTIVITIES

Have some free space in the back yard? Start a garden!



It's not too late to plant a fall vegetable garden!

Healthy vegetables like beets, broccoli, carrots, cabbage, peas, and spinach like the cooler fall temperatures. Planting seeds in July yields crops in September and October before the Fall frost. For more information, visit www.almanac.com/content/fall-garden-planting-fall.

Gardening Tips:

- Fertilizer is not the answer to growing the best plants; soil quality is. Add organic amendments such as compost and well-aged manure to your soil.
- Grow vegetables in a location that gets at least 8 hours of direct sunlight every day. Most vegetables need full sun to perform well.
- Most in-ground garden plants grow best with 1 to 2 inches of water per week. If not enough rain falls, water deeply once a week instead of watering lightly daily.



Looking for something to do with the family on the weekend? Take a hike!

Hiking is a great aerobic activity that leads to increased cardio-respiratory health, muscular fitness, and many other health benefits. Take a day to explore nature with your family & loved ones! Sometimes it can be difficult to find good hiking trails. If you need assistance, try www.trails.com/hiking to see what trails exist near you!



In case none of the suggestions above draw interest, take a look at the list below:

Go to the beach

Host a barbecue

Visit an aquarium

Take a bike ride

Do some yard work

Stop by the zoo

Visit a farmers' market

Take a day trip

Hangout by the pool



SAFETY TIPS

Summer time is a perfect season for outdoor activities as previously mentioned. Whether it be weekend trips or week long vacations, many of us will be spending time out in the sun and by the water. While these trips are meant to be care free, it is important to remember a few safety tips in order to prevent any harm to ourselves and loved ones. Please take a moment to review the Safety Tips below in order to ensure a healthy summer!

ALWAYS REMEMBER TO WATCH CHILDREN AROUND WATER

Time spent on the water provides the opportunity to cool down and relax; what better way to spend those hot summer days! Always make sure to keep both eyes on your children in order to prevent accidental drownings. According to the CDC, drownings are a leading cause of injury death for young children ages 1 to 14, and three children die every day as a result of drowning. To ensure safety for children, follow these key prevention tips:

Learn life-saving skills like CPR

Make life-jackets a MUST

Completely fence off the water

Always be on the lookout!

REMEMBER TO KEEP YOUR SKIN HEALTHY: PROTECT YOUR SKIN!

According to the CDC, skin cancer is the most common form of cancer in the United States. In order to protect you and your family from increasing the risk of skin cancer it is important to follow the suggestions listed below:

- **Stay in the shade** - You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun.
- **Wear clothing that covers your arms and legs** - When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection.
- **Wear a hat** - For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays.

Wear Sunscreen:

If you are out in the sun during the hours of 10 a.m. and 4 p.m., make sure to follow the American Academy of Dermatology | Association's guidelines on how to choose and apply sunscreen:

1. Choose a sunscreen that has an SPF of 30 or higher, is water resistant, and provides broad-spectrum coverage, which means it protects you from UVA and UVB rays.
2. Apply sunscreen generously before going outdoors. It takes approximately 15 minutes for your skin to absorb the sunscreen and protect you. If you wait until you are in the sun to apply sunscreen, your skin is unprotected and can burn.
3. Apply enough sunscreen to cover all exposed skin. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body. Rub the sunscreen thoroughly into your skin.
4. Apply sunscreen to all bare skin. Remember your neck, face, ears, tops of your feet and legs. For hard-to-reach areas like your back, ask someone to help you or use a spray sunscreen. If you have thinning hair, either apply sunscreen to your scalp or wear a wide-brimmed hat. To protect your lips, apply a lip balm with a SPF of at least 15.
5. To remain protected when outdoors, reapply sunscreen every two hours, or immediately after swimming or sweating. People who get sunburned usually didn't use enough sunscreen, didn't reapply it after being in the sun, or used an expired product.

REMEMBER TO KEEP YOUR EYES HEALTHY: WEAR SUNGLASSES!

Most people recognize that the sun's rays are harmful to our skin. But did you know they're just as bad for our eyes? According to the National Eye Institute (NEI), the sun can cause:

- Cataracts, a clouding of the eye's lens that can blur vision. An estimated 20% of cases are caused by extended UV exposure.
- Macular degeneration, resulting from damage to the retina that destroys central vision. Macular degeneration is the leading cause of blindness in the United States.
- Pterygium, a tissue growth over the white part of the surface of the eye that can alter the curve of the eyeball, causing astigmatism.

When purchasing sunglasses, the NEI advises to go with glasses that block out 99% to 100% of both UVA & UVB radiation in order to keep your vision clear and healthy. A wide-brimmed hat is also highly recommended!

