

RETIREE BENEFITS News



How to get out and get moving

When we think of exercise, we might first think of improving balance, building strength or lowering our risk of health conditions. Those are all great reasons to get moving. Try some of the below summer activities to keep you moving.

- Gardening or yard work
- Walk or bicycle
- Take an exercise class or do exercises at home
- Go dancing, fishing, swimming or anything that gets you moving

Diet: What to add

The word **diet** is often associated with foods we aren't allowed to have instead of what we need to add for better health.

- **Fiber:** we all likely need more fiber in our diets for gut function and to lower cholesterol. Talk to your doctor about what is right for you.
- **Protein:** lean protein sources help maintain optimal muscle mass, especially if you are trying to lose weight.
- **Colors of the rainbow:** variety is key when choosing fruits and vegetables, especially when it comes to color. Assorted colors contain different nutrients and antioxidants that help protect our bodies.
- **Water:** We must all stay hydrated. Dehydration can slow your metabolism and make you feel sick.
- **Foods from the earth:** foods in their most natural form; whole, fresh foods with little to no processing that yield great nutrient content and little to no inflammation.

Try this recipe, avocado and tomato salad

What you will need:

- 4 avocados, pitted and diced
- 4 chopped tomatoes
- 1 thinly sliced onion
- 1 tablespoon vegetable oil
- 2 tablespoons vinegar
- ½ teaspoon garlic powder
- ¼ teaspoon oregano

How to prepare:

- In a large bowl, toss together avocados, tomato and onion.
- In a small bowl, stir together the oil, vinegar, garlic powder, oregano, black pepper and salt. Pour over avocado and tomato mixture.
- Salt and pepper to taste.
- Cover and chill for one hour before serving.