The National Institutes of Health recommend that adults get at least 60 minutes of moderate intensity exercise per week, with a goal of 30 minutes or more per day.

Exercise safely! When you’re working out in the year’s peak heat, safety comes first.

Hydrate, hydrate, hydrate: Always drink water. More heat means more sweat which can lead to dehydration. Drink plenty of water (at least 8-10 cups), and when working out in the sun, make sure to take frequent water breaks in the shade.

Choose mornings or evenings: During these times, the weather will be cooler and the sun, less intense. This will not only help you exercise more effectively, it will also help prevent dehydration or heat stroke.

Try grilled fruit for dessert! Cut peaches or pears in half and place them face down on the grill for a few minutes to enhance their natural sweetness, or grill a slice of watermelon. You won’t miss the cookies!

Let the farmers market be your guide. Too many ideas choose from? Shop at your farmers market for your grilling needs, and get the freshest, in-season produce. Don’t forget to ask the vendors for their ideas for your next barbeque.

Put veggies inside your burger! Dress up your traditional hamburger mix with grated carrot, shredded cabbage, kale, collard greens, sliced onion and garlic and any fresh herb to boost nutrition, and add flavor, color, and fiber. Stuffing chicken breasts or pork chops with your favorite vegetables works well too.

Put veggies on top of your burger! Skip the ketchup and choose a fresh salsa made of tomatoes, onion, and cilantro instead! It will also help cut the sodium found in large quantities in classic grilling condiments. Swap iceberg lettuce for several layers of nutrient-dense spinach. For a flavor kick, skip the mustard and top your burger with spicy arugula or mustard greens. Thinly sliced peppers, mushrooms, cucumbers or radishes add texture and color to anything you serve off the grill.

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With summer in full swing, the grills have come out! Don't forget to add vegetables along side, in or on top of your barbeque favorites. Here’s how:

Load your plate with veggies. Add a colorful salad or a steamed ear of corn alongside your hamburger or grilled chicken! Or pile on raw, steamed, or sautéed veggies such as carrots, broccoli, squash, or peppers on the side.

Grill veggies with kabobs. Skewer on twice as many vegetables as meat to get your recommended servings of three cups of vegetables per day.


Dress up your Barbeque...
...With Fruits and Vegetables!

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Stay Active in the Summer Heat ... Safely!

It’s hot outside and you don’t feel like getting sweaty on the treadmill or the Stairmaster. Still, there are things you can do to stay fit, exercise safely, and make it fun on those hot and muggy days.

Don’t just sit there, do something! Go for a brisk walk on a shaded sidewalk or a nearby park. Go for a swim or a bike ride. Run through a sprinkler with the kids. Try ballroom dancing with a friend, play catch, or shoot hoops in your yard. You don’t need to do high-impact workouts to get your daily exercise especially on hot days. Aim for a “moderate-intensity” activity level – when you are breathing hard enough to talk, but not sing.

If you don’t often exercise, start out slow and add more minutes each week.

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Keep the UV rays away: If you have to work out in the sun, be sure to apply sunscreen and do so more than once! Sweat can wash away even the best brands of sunscreen. The last thing you want after a workout is a painful burn. UV rays can also be very damaging and can lead to skin cancer. Cover your head, torso, and arms.

Dress right for your activity: For some activities, a pair of shorts and a loose T-shirt made of absorbent cotton may be best. For others, athletic clothing materials wick moisture and can help keep blistering and chafing down. Try a few things to find out what is right for you and your activity.
Make Your Plate a Rainbow

Cabbage

- Choose cabbage that is firm, with no brown spots.
- Clean cabbage by removing the outer layer of leaves. Cut the cabbage head into quarters and rinse under cool water.
- A head of cabbage can stay fresh in the bottom drawer of the refrigerator for up to 1 week.
  - 1/2 cup of cabbage provides 45% of the daily recommended amount of vitamin C.
  - Add thinly sliced raw cabbage to salads or sandwiches. Chop cabbage and add to a stir-fry, soup or stew.
  - Stuff steamed or boiled cabbage leaves with cooked rice, beans or meat.

Carrots

- Carrots should be scrubbed to remove any dirt.
  They can also be peeled with a knife or peeler afterwards. Baby carrots are already peeled, and sometimes pre-washed.
- Carrots taste great raw, and can also be grilled, roasted, sautéed or steamed.
- Vitamin A in carrots is good for eyes and skin. Just one handful of carrots provides more than one day’s worth of vitamin A in the form of anti-oxidant beta carotene.
- The sweet flavor of carrots makes them a delicious grab-and-go snack for both kids and adults.

Apples

- For the best buy, choose firm apples with smooth, bright skins, and no bruises.
- To store apples, put them in a plastic bag and keep them in the refrigerator for 3 to 4 weeks.
- Squeeze lemon juice over sliced apples to keep them from turning brown.
- Apples are high in fiber and help keep us regular.
- Fun Fact: it takes 36 apples to make one gallon of apple cider!

Sources: jsyfruitveggies.org, USDA household food facts sheets

Freshen Up Your Slaw!

Red Cabbage, Carrot, and Apple Slaw
Yield: 5 servings; Serving size: 1 cup

Ingredients:
- 4 cups, red cabbage, finely shredded
- 1 cup, carrots, grated
- 1 apple, grated or thinly sliced
- ¼ cup, chives (optional)
- 2 tablespoons, olive oil
- 2 teaspoons, lemon juice, freshly squeezed
- ½ teaspoon, fresh ginger, finely grated or minced
- ½ teaspoon, salt

Instructions:
1. Whisk together olive oil, lemon juice, ginger and salt in large bowl
2. Add cabbage, carrot, apple, and chives; toss well
3. Serve immediately, or cover and refrigerate until ready to serve

Adapted from: 2012 Martha Stewart Living