

Food for Thought



Health Promotion Newsletter

May 2019

Spring into Health!

GNR Spring Challenge
May 13th- June 7th



Spring has sprung at GNR! It's time again for the Spring Challenge, a three - part challenge that tracks water intake, daily steps, and calories burned. Each week, Monday through Friday, you will submit screen shots of how much water you drink, how many steps you take, and whether you tracked your calories. Apps like MyFitnessPal, FitBit, Apple Health can be used to track activities. Submit screenshots to adriana.scurry@gnrhealth.com on a weekly basis. Points are calculated using the following point system:

Points	Water (oz. per week)	Steps (# per week)	Calories (days tracked per week)
5	400+ oz.	50,000+ steps	5 days
4	320 oz.	50,000 steps	4 days
3	240 oz.	40,000 steps	3 days
2	160 oz.	30,000 steps	2 days
1	80 oz.	20,000 steps	1 day

After the challenge is over (May 13th—June 7th), winners will be chosen based on each week's points. Prizes will be awarded to the top scorer in each category (water, steps, calories), and the person with the most overall points will win an Air Fryer.

If you would like to participate, please email adriana.scurry@gnrhealth.com to register or if you have questions about screenshots, tracking, or anything else.



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Nuggets of Nutrition

Meal Prep

Friday, May 10th @ 2:30 pm
Lawrenceville Health Center

Nutrition 101

Friday, May 17th @ 3:00 pm
Buford Health Center

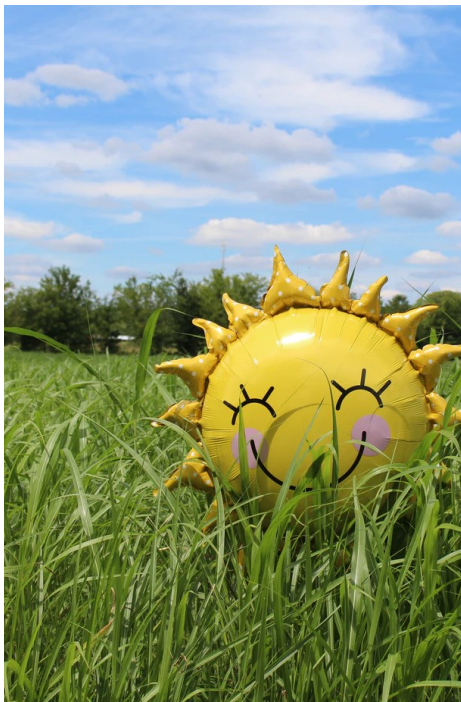
Save \$\$\$ at the Grocery Store

Thursday, May 30th @ 11:00 am
DHO-Training Room

Please RSVP!

Make Time for Mental Health

Caring for your mental health, includes emotional, social, and psychological well-being. It affects your work performance, relationships, actions, and responses. Paying attention to mental health will help you live a healthier, happier, and longer life. This May, try adding one new thing into your daily/weekly/monthly routine to help improve your mental well-being.



Binge Watch. Watch a TV show or movie that makes you laugh to decrease stress hormones and release endorphins to make you happier!

Cuddle Up. Need a smile? Give your favorite person or pet a hug today and boost oxytocin levels.

Sign Up. Take a fun class or join a recreational sports league to meet new people. Feeling less social? Pick up a DIY project!

Give Back. Take time to volunteer for something you're passionate about. You'll feel great and meet new people. Volunteermatch.org is a great place to start!

Journal. Try writing down how you feel, what is going well, and what is bothering you. Getting it out on a piece of paper can help decrease feelings of depression.

Have Some Safe Sun Fun

As the weather gets warmer, it's the perfect time to head outside, enjoy the day, and get some Vitamin D. As beneficial as time outside can be, UV exposure can be damaging and lead to skin cancers; the most common cancers in the United States.

Luckily, preventing UV rays is the easiest way to reduce risk of skin disorder or diseases. Even on cloudy days, make sure to wear hats with a wide brim, sunglasses, and breathable long clothing. Make sure to wear a broad spectrum SPF of at least 30. Apply 30 minutes before exposure and remember to bring it with you to reapply every two hours or after being in the water. Take advantage of shade, whether under a tree or an umbrella.

PRACTICE SAFE SUN

Everyone is at risk of skin cancer – regardless of age, gender or race. Your skin needs **PROTECTION** from the sun in order to **REDUCE** your risk of skin cancer. Follow these simple steps:



SEEK SHADE, especially from 10 a.m. to 2 p.m. when the sun's rays are the strongest.



DRESS TO PROTECT YOURSELF FROM THE SUN by wearing a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses.



APPLY A BROAD-SPECTRUM, WATER-RESISTANT SUNSCREEN with an SPF of 30 or higher. Remember to reapply every two hours or after swimming or sweating.

Recipe of the Month



Blackberry Apricot Salad with Poppy Seed Dressing

Ingredients

- 4 cups mixed salad greens
- 1/2 cup mixed soft herbs
- 1 cup blackberries
- 2 apricots, pitted and sliced
- 2 ears of cooked corn kernels off the cob
- 2 roasted yellow beets
- 1/4 cup crumbled feta cheese
- 1/4 cup toasted almond slices

For the Dressing

- 1 apricot pitted
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tbs honey
- Salt and pepper to taste
- 2 tsp poppy seeds

Method

1. Remove husks and silks from corn. Wrap it in foil and roast for 20-25 minutes at 450 degrees Fahrenheit .
2. Peel and slice beets. Toss in a small amount of olive oil and roast for 10-15 minutes at 425 degrees Fahrenheit .
3. Combine washed lettuces and herbs in a bowl. Add the blackberries, apricots, corn, beets, feta, and almonds.
4. Put apricot, olive oil, vinegar, and honey into a food processor/blender and puree until smooth. Add salt and pepper. Stir in poppy seeds.
5. Toss salad in dressing gently to coat and serve!

Salads are a great way to stay cool while the weather heats up! Remember you can always make these your own. Swap out yellow beets for red ones or even for carrots if you want. Use the cheese that you already have at home, or skip it entirely. The choice is yours!