Fun in the Sun

Being active during the warmer summer months is a great way to get in shape and stay fit. The sunshine provides not only an abundant source of vitamin D, but also longer days that can help you fit more outdoor activities into your busy schedule.

Enjoy some of these health-promoting opportunities that warmer weather allows and have lots of “Fun in the Sun!”

- **Swimming:** This is a great way to work and tone many of the muscles in your body while not putting too much strain on your joints. A lake, pool, river, or ocean will do the trick by providing you with a total body workout.

- **Walking:** Walking is great for your heart as well as for reducing your risk of other diseases - and it has been proven to be a great stress reliever, too.

- **Hiking:** Exploring a great trail with beautiful scenery will help reduce your risk of high blood pressure and decrease your rate of bone loss. Hiking also increases joint health while building muscle and strengthening bones.

- **Biking:** Riding a bike is a quick way to improve your cardiovascular health as well as increase muscle tone. Enjoy the outdoors while you pedal your way to a healthier you!

Remember that it is extremely important to stay hydrated and energized during any sort of physical activity. Prepare ahead and always pack a water bottle when participating in outdoor activities. Foods like watermelon, grapes, and cucumbers can also help hydrate the body and provide great nutrients, too!

### Signs of Dehydration
- Dry mouth or dry skin
- Thirst
- Headache
- Sleepiness or fatigue

Photo Credit: http://flic.kr/p/9XJY3U
No-Bake Energy Bites

Ingredients:
- 1 cup dry oatmeal
- 2/3 toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed or wheat germ
- 1/2 cup chocolate chips
- 1/3 cup honey or maple syrup
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

Preparation:
- Stir all ingredients together in a bowl until well mixed. Let chill in the refrigerator for 30 minutes.
- Once chilled, roll into 1 inch balls.
- Store the bites in an airtight container and keep refrigerated.


Make Your Summer Barbecues More Healthful!

- Serve lean meats like ground turkey, skinless chicken breasts, and fish.
- Increase the amount and variety of vegetables that are offered. Bell peppers, mushrooms, tomatoes, zucchini and many other fresh vegetables are great additions to shish kabobs!
- Use marinades and rubs rather than creamy dressings to add flavor to protein items - this will reduce the fat content, but still contribute to lots of flavor.
- Be sure to discard your sauce after marinating raw food. Set aside extra marinade for topping food during or after cooking.

This recipe is perfect for a healthful snack-on-the-go. It is easy to prepare and can provide energy to fuel your busy schedule or your favorite outdoor activities.
Sign up now for Fall programs before they fill up.

Healthy You: Weight Management & Mindful Eating Program
10 weekly classes include curriculum, pedometer, and weekly snacks and prizes.
- Individual meetings with a registered dietitian and social support throughout
- Portion control, intuitive eating, behavior change techniques, physical activity guidelines
- Nutrition in formation including calorie needs, fiber, sugar, sodium, and more
- Hands-on cooking class
**Dates: Tuesdays 12-1 PM, September 10 - Nov 12**
Cost: $175 (scholarships available) (half price CSU)
Sign up with a partner and each save $50!

Dining With Diabetes
4 weekly classes include curriculum, pedometer and weekly hands-on cooking class
- Individual meetings with a registered dietitian and social support throughout
- Diabetes management and risk reduction information
- Nutrition education with realistic, usable tips
- Menu planning, portion control, and recipes
- Guidelines for physical activity
**Dates: Thursdays 6-7:30 PM, October 3-24**
Cost: $100 (scholarships available) (half price CSU)
Sign up now at https://www.chhs.colostate.edu/kanc/

Not on campus? We have an online program for you.

Healthy You Self-Paced Program
Download our curriculum of 10 self-paced units that will help you lose weight by learning behavior change, portion control, hunger and fullness cues, eating mindfully, meal planning, and more. Each unit contains:
- A newsletter with information on nutrition and physical activity
- Handouts, recipes, activities, and homework to ensure ongoing motivation

**Dates: Ongoing**
Cost: $50
Purchase now at https://www.chhs.colostate.edu/kanc/