

Director: Judith Korner MD, PhD · Tirissa Reid, MD · Jamie Leskowitz, MS, RD, CDN

Get active this summer!

- **Take your child or a friend for a quick walk.** It's a great way to spend time together and explore a new neighborhood.
- **Walk the dog.** Your pup will thank you, too!
- **Join a team.** Team sports can be motivating and a more enjoyable way to be active.
- Time spent near a pool or lake? **Swimming and kayaking** are perfect summer activities.
- **Know your options.** Many cities and employers offer free outdoor aerobics classes, yoga sessions, and walking groups.
- Too hot to be outdoors? Catch up on TV or listen to your favorite music while using an **elliptical, stationary bike or treadmill.**

A study found that just 15 minutes of daily exercise is associated with a 22% lower risk of death in older adults. Small increases in activity will help you get closer to the recommended 150 minutes/week.

Health benefits of following a nutrient-dense diet

In women, study shows healthier diet may help with mobility when aging

- Physical function is essential for healthy aging and is a strong predictor of mortality.
- A higher intake of vegetables and fruits; lower intake of sugar-sweetened beverages, *trans* fats, and sodium; and moderate alcohol intake were each significantly associated with reduced rates of physical impairment.



Study: Healthy lifestyle factors significantly reduce cancer risk

- Cancer prevention and health promotion guidelines focus on lifestyle recommendations to (a) achieve and maintain a healthy weight, (b) adopt a physically active lifestyle, (c) consume a healthy diet with an emphasis on plant-based foods, and (d) limit alcohol intake.
- High adherence to these guidelines was consistently and significantly associated with **decreases of 10%-61% in overall cancer incidence and mortality.**

Your new favorite summer breakfast: "Overnight oats"

Oatmeal is packed with fiber, but most think of a hearty, warm bowl of oatmeal as a comforting winter breakfast. Try this version for a refreshing, healthy and easy summer breakfast:

Did you know? Chia seeds contain protein, fiber, calcium, antioxidants, and omega-3s!

Ingredients:

- ¼ cup old fashioned oats
- ¼ banana, sliced (+ extra slices)
- ½ cup blueberries
- 1 Tbsp chia seeds
- ¼-½ cup skim milk (or more)
- 1 Tbsp natural peanut butter (PB)



Directions:

1. In a pint sized mason jar or mug, add all ingredients (except for PB) and mix well until oats are covered in liquid, or to the consistency of your liking (with add'l milk). Top with PB and a few slices of banana.
2. Place in refrigerator overnight (or minimum of 2 hours).
3. In the morning, remove from refrigerator, and enjoy!

NOTE: Feel free to vary this recipe by using different milks, fruits, nuts and seeds. Other delicious add-ins to overnight oats include unsweetened coconut, unsweetened cocoa, vanilla, and cinnamon.

Hosting a healthy summer BBQ

Grill sensibly: lower-calorie, lower-fat proteins

- Choose **grilled fish** more often – try salmon or trout, which are high in heart-healthy fats.
- Instead of higher fat chicken legs and thighs, buy **chicken breasts** (and remove skin). Or try grilling chicken or turkey burgers using breast meat. Add onions and any herbs and spices for extra flavor, and top with your favorite vegetables such as tomatoes or mushrooms.
- If grilling meat, choose **loin** and **round** cuts of red meat and pork. **Choice** or **select** grades of beef (instead of prime) have less fat. You can also trim additional fat before cooking.



Flavorful, nutritious sides and desserts

- Serve green leafy salads – try adding seasonal fruit (berries, peaches, watermelon), high fiber starches (quinoa, corn, squash), and a bit of crunch from healthy fats (walnuts or almonds instead of croutons).
- Skip the mayo-based salads and chip bowls – instead serve raw veggies with a nutritious dip such as hummus or bean dip.
- Instead of ice cream sundaes, serve a refreshing smoothie. Try this **Watermelon Refresher**: Blend 3 cups seedless watermelon, 3 cups frozen strawberries, 3-6 Tbsp lime juice, 1.5 cups water, 10 mint leaves, 3 cups ice (makes 6 servings).