

June 5, 2009

Summer Delight

Walking: the most ancient exercise and still the best modern exercise.

~Carrie Latet

Fruits and Veggies

Summertime is a great time to enjoy fruits and veggies in their prime. As part of your dinner, make it nutritional by grilling green and red peppers, onions, yellow squash, and more. For dessert, have a fruit salad full of strawberries, melons, grapes, cherries, and many other fruits. Not only does it add color to your meal, it's nutritional!

Fruits and vegetables:

*provide essential vitamins and minerals, fiber, and other nutrients that are important to your health.

*are likely to reduce risk of chronic diseases, such as, stroke, diabetes, and some types of cancers.

*are naturally low in fat and calories.

To learn more, go to fruitsandveggiesmatter.com!



Not only do fruits and vegetables add color to your plate to make it more appealing, but a wide variety of produce has many health promoting benefits.

The following veggies are in season during the summer months:

- *green beans *tomatoes
- *radishes *zucchini
- *peppers *corn

- *cucumbers *spinach
- *sweet potatoes *onions
- *potatoes *eggplant
- *garlic *okra *squash
- *black-eyed peas *lettuce
- *rhubarb

The following fruits are in season during the summer months:

- *blueberries
- *strawberries
- *cherries *melons
- *nectarines *peaches
- *pears *plums
- *pineapple *red grapes
- *raspberries *Valencia oranges *apples
- *watermelon *papaya
- *kiwi *mango *figs

So enjoy summer meals with a nutritional twist!

<http://www.cdc.gov/Features/SummerFruitsAndVeggies/>

Pregnant?



Keep your unborn baby safe with the following steps:

- ◆ Wash your hands often with soap and water.
- ◆ Try not to share forks, cups, or food with young children.
- ◆ Cook your meat until it's well done.
- ◆ Avoid unpasteurized (raw) milk and foods made from it.
- ◆ Do not touch or change dirty cat litter.
- ◆ Stay away from wild or pet rodents and their droppings.
- ◆ Get tested for STDs.
- ◆ Talk to your doctor about vaccinations.
- ◆ Avoid people who have an infection.
- ◆ Ask your doctor about group B strep.
- ◆ For any questions, talk to your doctor!

<http://www.cdc.gov/Features/Pregnancy/>

Flexibility Contest

During the week of June 15-19th, Iowa Chiropractic will hold a flexibility contest to find the most flexible patient. Every patient will be asked to enter into the contest, which will only take a couple extra minutes of your time. Shelby will assist with the measuring and write down your measurement on a log

sheet. At the end of the week, Dr. Martin and Dr. Ann will see which patient is the most flexible and they will win a prize! Your picture will be taken and hung up in the office to show the other patients who was the most flexible in 2009. Every patient is invited to join in on the **FUN!** So be sure to par-

ticipate regardless of how flexible you THINK you are...you would be surprised!



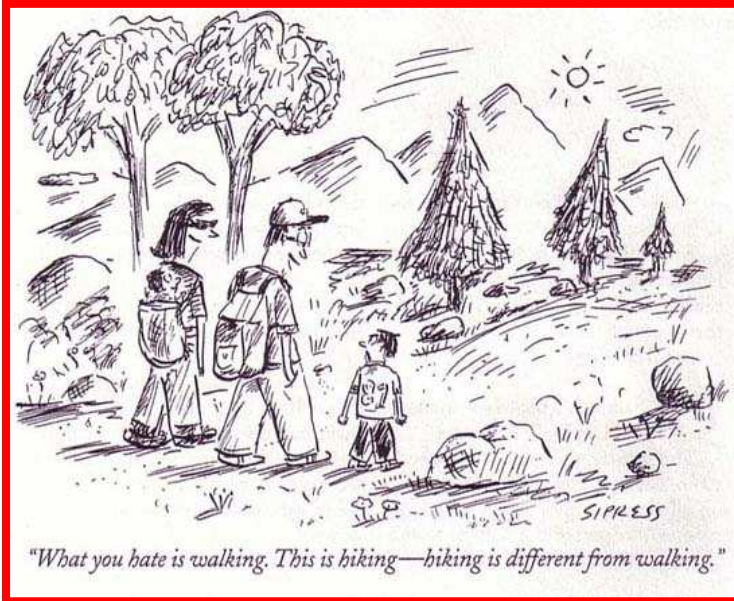
www.iowachiroclinic.com

*Walking gets the feet moving,
the blood moving,
the mind moving.
And movement is life.
~Carrie Latet*

Tip of the Day

Added sugars are sugars and syrups that are added to foods or beverages during processing or preparation. Items like regular soft drinks, candy, cakes, cookies, pies, fruit drinks, ice cream, sweetened yogurt and sweetened milk and sweet rolls and cinnamon toast may contain added sugars.

<http://mypyramid.gov/>



"What you hate is walking. This is hiking—hiking is different from walking."

Parks and Trails

Enjoy a summer outing at a local park or trail. Activities outside are beneficial to your mental and physical health. There are over 500 million acres of parks and outdoor spaces for you to go! The "National Park Service" provides a web tool on CDC's website for parks near you.

Parks and trails can offer you the space you need to enjoy all kinds of healthy, outdoor physical activity. Be creative and think of ideas that can be shared with family,



friends, and pets. For the more adventurous, try rock climbing or river rafting.

Remember how much fun

playing outside was when you were a child? Encourage your children to do the same. They

can play tag, jump rope, ride their bicycle, swim, go on a nature walk, etc. They can do several activities a day, as long as they get the recommended amount of at least an hour a day.

Check out www.cdc.gov to learn more about getting involved with the National Park Service or volunteering with youth development.

Along with these fun activities, they are many more that can be enjoyed along a trail. They are:

- Walking, jogging, running,



and hiking.

- Rollerblading/in-line skating.
- Wheelchair recreation.
- Bicycling.
- Cross-country skiing and snowshoeing.
- Fishing.
- Hunting.
- Horseback riding.
- Canoeing or kayaking on water trails.

National Trails Day is June 7th this year. This year's theme is *Join Us on the Trail*. It is an open invitation for everyone to join a hiking club, park and recreations, or federal land managing agency.

http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/active_environments/trails.htm

<http://www.cdc.gov/Features/ParksAndTrails/>