



American Heart Association®

Healthy for Good™

SUMMER 2020

TAKE A MOMENT FOR YOU

Healthy for Good Newsletter It's Time to Recharge

This was a stressful and unprecedented year. As you are spending time this summer to prepare for the new school year, you should also find ways to mentally and physically regroup and destress. Something like scheduling time to spend in nature can benefit your mental health by lowering stress and you'll kick off the new school year ready to go.

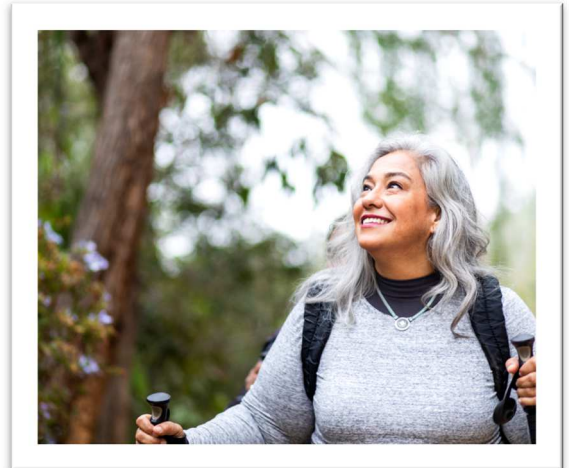
Ideas to help you take a break:

Give your smart phone a vacation. Don't spend all your free time checking emails or glued to social media. It's important to find time within the day for a break. It will still be there when you get back.

Get outside. A variety of studies show spending time outside can have a tremendous impact on your mental health. Added bonus - it's free! Take a hike, visit a park, or just stroll around the block.

Make time for exercise. Find an activity you love doing and make it a priority in your day.

Go on "vacation". You don't actually have to leave your house, vacation is more a state of mind than a destination. Take a break from your routine and just appreciate having a period of time off.



ONE TO GROW ON:

"Vision is not enough. It must be combined with venture. It is not enough to stare up the steps; we must also step up the stairs"

-Vaclav Havel

Homemade Frozen Yogurt Pops with Peaches

- 16 oz . plain, no sugar added, frozen peaches (divided)
 - 1 cup fat-free plain yogurt
 - 1 Tbsp. honey
1. Add 1 1/2 cups thawed peaches, yogurt and honey to a food processor and process until pureed.
 2. Transfer to a bowl and chop the remaining peaches into bite sized pieces, adding them to the puree.
 3. Divide mixture among six popsicle molds and freeze overnight.

Makes 6 servings.

Nutritional Values Calories 66; Total Fat 0.5g; Saturated Fat 0.0g; Trans Fat 0.0g; Polyunsaturated Fat 0.2g; Monounsaturated Fat 0.2g; Cholesterol 1mg; Sodium 32mg; Total Carbohydrate 13g; Dietary Fiber 2g; Sugars 9g; Protein 3g

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