



TAKE A MOMENT FOR YOU

Healthy for Good Newsletter

Have a Stress-Free Summer

You may have had a stressful year of classes but its time to step away from work for a bit and enjoy your summer break. Now is the time to start brainstorming ways to mentally and physically regroup and destress.

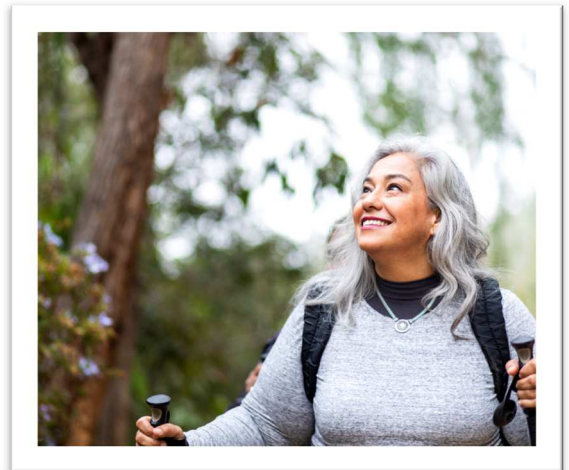
Ideas to help you take a break:

Give your smart phone a vacation. Don't spend your free time checking emails or glued to social media. 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 the 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

