

Newsletter

The ThriveOn Hello Happy incentive program ends August 21, 2015.

If you have already earned your 100 points, congratulations! 100 points = \$100. Rewards are issued within 4-6 weeks of meeting your 100 point goal. Hallmark Business Connections will email a notice of your award with instructions on how to redeem your \$100 gift card.

If you have not yet earned your 100 points, it's not too late! Log on to <https://thriveon.staywell.com> and click the **My Incentive** tab to self-report your activities.

Remember, spouses and domestic partners covered under an employee's medical benefits are also eligible to earn their own \$100 gift card.

For more information on ThriveOn or Hello Happy, check out: <http://bewell.franklincountyohio.gov/>



Workout of the Month: Breathing Techniques

August is Respiratory Health Month.

Breathing is important during exercise, your muscles can't do anything without oxygen!

During Cardio: Continuous breathing will fuel cardio activity, try inhaling for 3 seconds and then exhaling for two.

During Weight Lifting: Inhale during the less strenuous phase, and exhale during the demanding phase.

During Recovery: Between sets, your body needs oxygen to replete energy stores; to do this, engage your diaphragm (muscle at the bottom of the rib cage) and focus on filling and emptying your abdomen with each breath rather than raising and lowering your chest.

During Stretching: Focus on inhaling deeply, it relaxes your muscles so you can get a better stretch. The exhale will follow naturally.

Coming this Month

Cooking Demo:

Sautéed Baby Squash with Basil and Feta

Squash is in season, which means it will taste great! This recipe uses pattypan squash, but you can substitute zucchini or summer squash. Preparation for this recipe is simple, and it yields a delicious and versatile side dish.

[-Click Here for This Month's Education Calendar-](#)

Fitness Classes offered:

Beginner Yoga
Bootcamp
Chair Fit
Gentle Yoga
Hatha Yoga
HITT
Line Dancing
Meditation
Progressive Yoga
Strictly Strength
Total Body Circuit
Zumba

[-Click Here for This Month's Fitness Calendar](#)



August Cooking Demo Recipe



Summer Fruit Spinach Berry Salad

Ingredients:

- 4 packed cups of torn fresh spinach
- 1 cup of sliced fresh strawberries
- 1 cup of fresh, or frozen blueberries
- 1 small sweet onion, sliced
- ¼ cup chopped pecans

Dressing:

- 2 tablespoons white wine vinegar or cider vinegar
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons Dijon mustard
- 1/8 teaspoon black pepper

Cost per Recipe: \$4.33
Cost per Serving: \$1.08
Yield: 4 servings (servings size = 1.5 cup salad with 1.5 tablespoons dressing)

Directions:

1. In a large salad bowl, toss together spinach, strawberries, blueberries, onions, and pecans.
2. In a small mixing bowl, combine the dressing ingredients and whisk. Pour over salad and toss to coat. Serve immediately.

Fun Fact: This recipe is rich in antioxidants which will help fight cancer promoting free radicals. Studies show that a diet rich in antioxidants may decrease your risk of lung cancer. Supplementing with antioxidants does not seem to have the same protective effect.



Food Fight “Drink This, Not That”



Calling it a “Frappuccino” is really just a fancy way of saying you’re drinking a milkshake with caffeine. Cool down on hot days with a nonfat, unsweetened iced coffee instead. At most coffee shops, you can customize your order (that’s what you are paying the big bucks for).

Customizing your order allows you to control the amount of added fat and sugar going into your beverage. For example, a typical Grande sweetened beverage typically contains 4 pumps of syrup. You can still get a taste of sweetness with just 2 pumps of syrup, or choose the “skinny” option which uses artificially sweetened syrup. Of course, the best option would be unsweetened coffee.

Option #1:

Grande Nonfat, Unsweetened Iced Coffee with two Pumps of Caramel Syrup

Calories	65
Fat	0 grams
Saturated Fat	0 grams
Sugar	13 grams

You will save:

- 405** Calories
- 18** Grams of Fat
- 12** Grams of Saturated Fat
- 53** Grams of Sugar

By drinking Option **#1**

Option #2:

Grande Whole Milk Java Chip Frappuccino Blended Coffee with Whipped Cream

Calories	470
Fat	18 grams
Saturated Fat	12 grams
Sugar	66 grams