



Newsletter

The Big 1 Challenge



The Big 1 takes you on an epic journey from southern California all the way to San

Francisco's famed Golden Gate Bridge! Along the way you'll pick up "milestones" in famous coastal places. The more you move, the more Pacific Coast Highway you'll get to see!

You'll earn miles in two ways. First, **record your daily steps.** Aim for 9,000 steps each day to make sure you stay on track. Second, earn 1,000 bonus steps each

day you **log a fruit or vegetable as a snack.** Walk 400,000 steps to successfully complete **The Big 1** challenge and to be eligible for incentives.

Challenge details:

Registration: 6/27/16 – 7/24/16

Challenge Dates: 7/18/16 – 8/28/16

To register, visit

www.mywellsite.com/tavihealth/FranklinCounty and select the "Click Here to Register" link.

Your company password is **Wellness2458.**

Use your email as your user name.

Exercise of the Month: Curtsy Lunges

Waiting for your coffee to brew; waiting for the printer or copier to finish; waiting for a meeting to start... these are all opportunities to fit in some exercise! This exercise will target your glutes, quads, and inner thighs. It can be done anywhere and doesn't require any equipment. Make the most of your time and incorporate this exercise into your daily routine today!

HOW TO: Stand with your feet hip-width apart, hands on your hips. Shift your weight to your right side and step your left leg behind your right leg so your legs are crossed. Bend both knees, not letting them come over your toes, and sink into the lunge, keeping your chest upright. Engage your quads and squeeze your glutes as you drive off your left leg, standing up and bringing it back to the starting position. Repeat on the other side, alternating sides for one minute.



Coming this Month

Cooking Demo:

Fresh Summer Succotash

Succotash is a hearty concoction of corn and beans. This dish has enjoyed a rich history and is said to have been a Native American staple. This recipe uses fresh summer corn, Lima beans, and ripe summer tomatoes. It's hearty enough to stand alone as a main dish, but also makes a wonderful veggie side dish.

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

Fitness Classes offered:

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

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



June Cooking Demo Recipe



No-Bake Key Lime Pie

On a warm summer's day there is nothing better than the balance of sweet and tart found in a fluffy slice of key lime pie. It may seem light and fresh, but a slice of traditional key lime pie can add up to a whopping 300-500 calories of fluff! Try this fresh and healthy recipe instead.

Ingredients:

- 4 cups non-fat, plain Greek yogurt
- Juice of 4 limes
- 3 tbsp. sugar
- 6 graham cracker sheets, crushed

Directions:

Mix yogurt, lime juice, and sugar together. Crush graham crackers and use as topping for yogurt mixture.

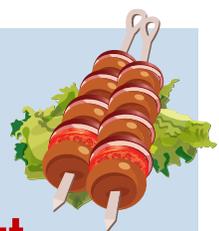
Recipe from: <http://meredithvieirashow.com/articles/331623/>
Modified by Ashley Denton, RDN, LD



Nutrition Information	
Serving size: ½ cup	
Calories	136
Total Fat	1 g
Saturated Fat	0 g
Monounsaturated Fat	0 g
Polyunsaturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	103 mg
Potassium	45 mg
Total Carbohydrate	20 g
Dietary Fiber	0 g
Sugars	13 g
Protein	12 g



Eat This, Not That at Your Fourth of July Cookout



Get ready to fire up the grill and enjoy the summer holiday with family and friends! Summer cookouts are a great way to make the most out of a long summer day, but some all-American cookout classics can sabotage your healthy eating efforts. Take a look at how quickly the calories will add up!

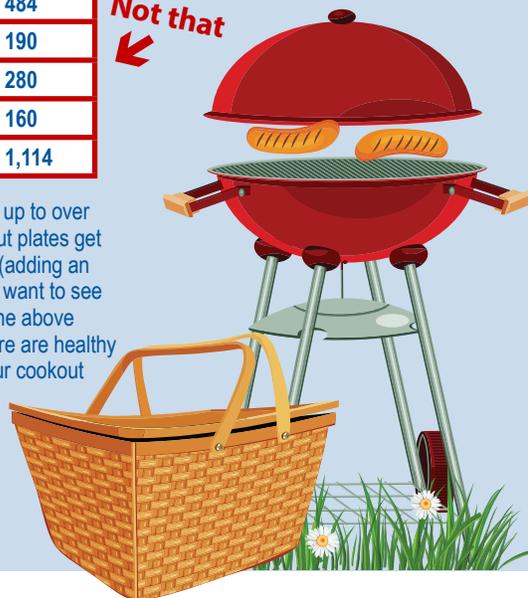
COOKOUT CLASSIC	Calories
Cheeseburger (4 ounce burger on bun)	484
Homemade potato salad (½ cup)	190
Chocolate ice cream bar	280
Beer (Sam Adams Summer Ale)	160
Total	1,114

Not that

Eat this

HEALTHY SWAP	Calories
Beef kabob with vegetables	220
Baked beans (½ cup)	120
Watermelon slice (1 large slice)	86
Beer (Amstel Light)	95
Total	571

As you can see, it doesn't take much to add up to over 1,000 calories. Not to mention, many cookout plates get filled with both a hamburger AND a hot dog (adding an additional 300 calories)! Trust me, you don't want to see the fat, sodium, and cholesterol totals with the above choices. *Don't cancel your cookout yet!* There are healthy swaps you can make that will still satisfy your cookout cravings.



Wondering what accounts for the difference? There are two major players: lean protein and fiber. Swapping high fat hamburger for lean sirloin saves loads of calories from fat. Baked beans provide lean protein and fiber. Fiber from the beans, vegetables, and watermelon will help you feel full and satisfied. Making a few healthy swaps this summer will leave you feeling good about your choices and give you the energy to participate in all the outdoor festivities!

