

Newsletter

Hello Happy

Hello Happy.

Simple changes. Start today.

Don't wait to start achieving your wellness goals...and your incentive!

Complete the required activities and earn a total of 100 points by **Sept. 30, 2016** to receive your incentive.

- ▶ Employees can earn a **\$124** reduction in health insurance costs.
- ▶ Covered spouses and domestic partners can earn an additional **\$124** reduction.

Sign in to thriveon.staywell.com and click the **My Incentive** tab to learn more.

Remember to log your steps for the Big 1 Challenge!

Aim for 9,000 daily steps. Don't forget you can earn 1,000 bonus steps each day by simply replacing one of your snacks with a fruit or veggie.

[Click here to log activity in The Big 1 Challenge!](#)

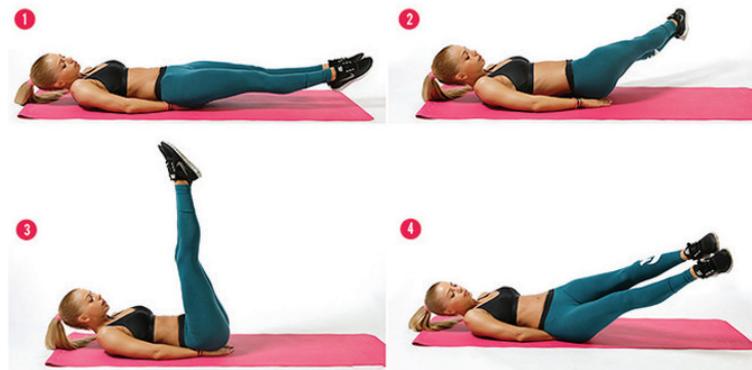


Exercise of the Month: Windshield Wipers

Target muscle: abdominals and obliques. This exercise also gives your back and hips a nice stretch.

- Lie on your back with your arms out to the sides, slightly below shoulder level. Place your palms down with your legs extended toward the ceiling. Feet together.
- Tighten your abs. Slowly lower your legs toward the right as far as you can without letting your feet touch the floor.
- Return to center. Lower your legs toward the left side as far as you can.
- Return to center and repeat. Complete 3 sets of 10.

If this exercise is too difficult, modify by bending knees at a 90 degree angle.



Coming this Month

Cooking Demo:

Farmer's Market Pasta Salad

If you haven't been to the farmer's market this year, this recipe is sure to send you in search of its fresh ingredients. The fresh corn and ripe peaches add a surprising hint of sweetness to this dish. The flavors all tie together well with a savory dressing. It's perfect for dinner on a hot summer evening.

[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](#)



Fresh Summer Succotash

If you haven't been to the farmer's market this year, this recipe is sure to send you in search of its fresh ingredients. The fresh corn and ripe peaches add a surprising hint of sweetness to this dish. The flavors all tie together well with a savory dressing. It's perfect for dinner on a hot summer evening.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1½ cups chopped onion
- 1 large garlic clove, minced
- 3 cups chopped red tomatoes (about 1½ pounds)
- 2¼ cups corn kernels (cut from 4 ears of corn)
- 2 cups baby lima beans (fresh or frozen)
- 3 tablespoons thinly sliced fresh basil
- Pinch of salt

Directions:

Heat oil in heavy large skillet over medium heat. Add onion and sprinkle with coarse salt. Sauté until soft and translucent, about 5 minutes. Add garlic; stir until fragrant, about 1 minute. Add tomatoes, corn, and lima beans. Reduce heat to medium-low, cover, and simmer until corn and lima beans are tender and tomatoes are soft, about 20 minutes, stirring occasionally. Season to taste with salt and pepper. Stir in basil and serve. Can be made 1 day ahead. Cover and chill. Rewarm before serving.

Recipe Source: <http://www.epicurious.com/recipes/food/views/succotash-of-fresh-corn-lima-beans-tomatoes-and-onions-350129>

Estimated Cost per Serving 88¢ • Estimated Cost per recipe \$7.00



Drink This, Not That at McDonald's

Drink water! Of course water is the best option. But the long summer days and hot sun can sometimes send you in search of a cold beverage with an added kick of caffeine. McDonald's and many other restaurants have started offering iced coffee beverages and blended frappuccino drinks. But ordering from the McCafé menu will give you more than just a caffeine buzz. Check out how quickly the calories, sugar, and fat add up.

DRINK THIS: MEDIUM ICED MOCHA (Non-fat milk, hold the whip and chocolate drizzle)	
Calories	210
Total fat	0.5 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	5 mg
Carbohydrates	42 g
Sugars	39 g
Protein	9 g
Sodium	140 mg

Choose this



Not that

Some McDonald's drinks have more calories than you need for an entire meal!

NOT THAT: MEDIUM McCAFFÉ FRAPPE CHOCOLATE CHIP	
Calories	580
Total fat	25 g
Saturated fat	16 g
Trans fat	1 g
Cholesterol	70 mg
Carbohydrates	84 g
Sugars	75 g
Protein	9 g
Sodium	150 mg

The blended coffee drinks and shakes tend to be some of the worst offenders on the McCafé menu. Choosing one of the iced coffee drinks instead allows you to modify some of the ingredients. For example, choosing non-fat milk in place of whole-fat milk can save you 60 calories and 7 grams of fat. You even have the option to request they use less liquid sugar in your drink. If they typically add 6 pumps, see if you can settle for just 3, and don't fall for the \$1 any size beverage "deals." It doesn't take long to become addicted to those large portions and heaps of sugar.