



Healthy Habits

Tips and resources for living well



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Make the most of summertime

Let Us Help!

While you enjoy the fun and sun that summer brings, don't forget to keep your health top of mind! In this issue, you will learn how to host a healthy barbecue, tips for running a race, ways to manage stress, and more.



You asked, we answered

How can I prepare for my first 5K?

A 5K race, equivalent to 3.1 miles, is a great introduction to running for fitness. This race is a good starting distance for novice runners, or anyone looking to switch up their fitness routine. So how can you begin preparing for your first race?

- **Give yourself enough time to train.** If you have been sedentary or are not a regular runner, give yourself at least 6-8 weeks before the event to train. And be sure to talk to your doctor before you start training!
- **Don't race through training.** If you haven't done much running before, start out with walking or jogging, and increase your pace when you feel ready.
- **Don't get overheated.** Train during cooler parts of the day, like early morning or evening.
- **Get in gear.** The most important piece of gear for a 5K is a good pair of running shoes. It's best to visit a running store where you can be properly fitted for a pair of sneakers.
- **Set realistic goals.** Typically the best goal for your first 5K race is to cross the finish line. Once you get a better idea of your running time, you may want to give yourself a new challenge and work toward improving your time.



Manage summertime stress

Although summer is meant to be relaxing, it often turns into one of the busiest times of the year. While there are many opportunities for fun and play, many people end up feeling overwhelmed by their hectic schedules.

One way to alleviate stress is to get enough good quality sleep. Most adults need 7-8 hours per night consistently. Keeping your waking and bedtime hours similar throughout the week, and maintaining a restful sleep environment, go a long way towards alleviating stress.

Maintaining this rhythm can help reduce your stress and give you the energy needed to enjoy some fun in the sun!



Cook healthier meals Ideas from our readers!

When it comes to eating healthy, it's not all about the food you're eating—it's also about how you're preparing it. We recently asked some of our readers to tell us how they prepare their food so that their meal is healthier—and we're sharing a few of our favorite responses with you. Try one of these great tips today!

"Instead of buttering rice or vegetables, I've started to season them with herbs like rosemary, parsley, and garlic." — *Brad*

"I've stopped frying food. Now I bake, broil, or roast my meat, and I bake or roast potatoes." — *Clara*

"I challenge myself to add an extra veggie to every dinner. Now I slip spinach in my homemade lasagna and add butternut squash to macaroni!" — *Maria*

Host a healthy barbecue

Barbecue season has arrived! Whether it's an informal gathering with friends or a holiday celebration, outdoor barbecues are always a fun way to celebrate. Try these healthy tips at your next cookout:

- **Feature some fruit.** With so many delicious fruits in season, the summer is the perfect time to make a delicious fruit salad for everyone to enjoy!
- **Grill something new.** You're not limited to just cooking hot dogs and burgers—grilling is a great way to cook veggies, too! Spear veggies like zucchini, onions, and squash onto kabobs or grill individual slices. They'll taste great either way!
- **Drink a little sunshine.** You can make sun tea by placing a few tea bags in a glass pitcher of water and positioning it in the sun to brew for a few hours. For even more flavor, add some lemon or lime slices, or springs of fresh mint!
- **Avoid overindulging.** Determine whether you're still hungry before having another helping. Waiting to eat until your body's ready is a good habit for year-round healthy eating.

