

WELLNESS MONTHLY

Exercise | Nutrition | Happiness

Benefits of Probiotics

~ Balance the friendly bacteria in your digestive system ~ Prevent and treat diarrhea ~ Improve some mental health conditions ~ Help keep your heart healthy ~ Reduce the severity of certain allergies and eczema ~ Reduce symptoms of certain digestive disorders ~ Boost your immune system ~ Help you lose weight and belly fat

Info from healthline.com

Exercise

3 x 15 of each: Jump Squat ~ Deadlift (10-15 lb weight) ~ Inchworm with Plank Jack ~ Weighted Bridge and Tricep Extension (10-15 lb weight) ~ Mountain Climbers ~ Plank Booty Lifts

From <https://www.livestrong.com/article/13713973-the-10-minute-total-body-routine-youll-be-doing-all-summer/#> (has video of exercises)



5 Summer Workout Tips

Summer is a great time to start healthy habits that will last you a lifetime. Fitness should be exciting and fun to ensure you won't lose interest and stop before you get the results you want. Here are five tips that I've shared with my personal training clients over the years to help them incorporate healthy choices into everyday life. These small changes add up, and before you know it, you're living the fit life and feeling phenomenal.

Drink More "Fun" Water

It's important to drink plenty of water, especially in the summer when you're more prone to dehydration and you're sweating more during your workouts. I like to make infused-water "mocktails" to make plain water more delicious without the added calories of other drinks. Just slice up your favorite fresh fruit and add it to your water. There are even specially designed fruit-infuser water bottles you can buy.

Find a Workout Buddy

Some of my favorite buddy workouts during the summer include biking, outdoor dance classes, canoeing/kayaking and, of course, hiking — even better with a healthy picnic at the

Frozen Peanut Butter Cups (Yield: 4)

Ingredients:

3 tbsp dark chocolate chips
1 scoop Quest Peanut Butter Protein Powder
2/3 cup 1% milk
2 tsp sugar-free sweetener
1 tsp peanut butter
Cooking Spray

Directions:

In a small microwave-safe bowl, heat chocolate chips in 20 second intervals, stirring in between, until chocolate is smooth and melted.

Coat 4 tart molds with cooking spray. Spread 1/2 tablespoon of the chocolate onto bottom and slightly up the sides. Place molds in fridge for 10 minutes, or until chocolate sets.

In a blender, add milk, protein powder, sweetener, and peanut butter. Blend for 15 seconds. Pour into an ice cream maker and follow manufacturer's instructions (should be ready in 15 minutes).

Divide ice cream evenly in each mold. Spread evenly with the back of a spoon. Place in freezer for 2 hours. Reheat remaining chocolate until melted. Spoon 1 teaspoon of chocolate on top of each mold and spread evenly. Place in freezer for 5 to 10 minutes. Gently squeeze molds to loosen peanut butter cups, and serve. Enjoy!

Recipe from
cooking.questnutrition.com

end! You get to spend a beautiful day outdoors with a friend, and you won't even notice the amazing workout you're getting.

Work Out in the Morning

Getting up first thing in the morning to fit in a sweat session is a great way to jump-start your day, plus you'll avoid the peak summer sun. If you have trouble waking up and getting to the gym, try leaving yourself a motivational sticky note on your sneakers and putting them by your bed. Once you get into the routine, you'll be able to stick with it into fall and winter.

Try Online Training

Online training is one of the most convenient ways to work out — without any excuses. All you need is a laptop and an Internet connection (maybe not even that if you download the workouts beforehand). You can train inside if you prefer an air-conditioned space or outside if you like fresh air and sunshine. There are services like Trainerize that connect you to a virtual personal trainer, and you can find tons of workouts on YouTube

Fuel Up Beforehand

I always tell my clients to eat a small meal or snack at least 90 minutes before any workout to ensure they have the best levels of energy. This is especially important when your body is working extra hard in the heat. A protein or energy bar (either one you make yourself or buy at the store) is an easy way to fuel up before a workout.

Article from livestrong.com