

# WELLNESS NEWSLETTER

## VALLEY FITNESS & RACQUET

### Staying Hydrated This Summer!

I hope that by now you know how important it is to keep a water bottle near you and stay hydrated throughout the day. As the temperature rises this summer and you may spend more time outdoors it's super important to stay hydrated. Here are some snacks that can help you with your water intake!

**Cucumbers**—Snack on cucumbers alone, throw them in a salad, or simply pair them with tomatoes, oil and balsamic vinegar for a healthy snack.

**Zucchini**—Reduce your calories by swapping regular noodles for zoodles!

**Watermelon**—Great for flavoring your water or even pureeing to make a healthy ice pop.

**Celery**—Dip it in hummus, nut butter, or add to your vegetable stir-fry.

**Carrots**—Chop them up and add to your salad or snack on them with guacamole or hummus!

**Radishes**—These are known for their cooling effect! The natural heat or spicy flavor of a radish acts on the body to help alleviate excess heat in the body.

**Kiwi**—This is great for satisfying that sweet tooth. Add it to your next fruit salad!

**Peaches**—Enjoy some slices with your next breakfast, throw some on the grill at your next grill-out, make a smoothie, or whip up a delicious peach salsa!

**Broccoli**—Enjoy this nutritional powerhouse all alone as a dinner side, or sneak it in by chopping it up for salads, adding to soups, or sautéing for omelets.

**Cantaloupe**—Common in fruit salads, it also goes great as a fruit kebab with grapes and chunks of cheese.

**Eggplant**—Add eggplants to curries, stir-fries, kabobs, sandwiches, or pasta dishes. You could also try it as a meat alternative, cut thin slices to use as the noodles in lasagna, or even use slices to create a low calorie pizza crust!

**Tomatoes**—Throw tomatoes on the grill with a little olive oil to enjoy as a side dish or make a meal by stuffing them with low-fat cottage cheese or with tuna, chicken or shrimp salad.

**Strawberries**—Mother Nature's candy, am I right? Perfect summer snack or even add to your water with some mint leaves for a refreshing, sweet flavor.



### Employee Spotlight!

**Scott Meixl**

**Director of Tennis**

1. If you won a trip to go anywhere on earth, where would you go? - **Hawaii**
2. What was your favorite TV show growing up? - **Cheers**
3. Can you play any instruments? - **Baritone, sadly.**
4. Do you have any strange phobias? - **Not really strange, but heights and spiders. And Umpa Lumpas!**
5. If you could have one superpower, which would you choose? - **Flight**

