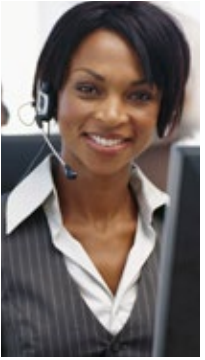




BalanceHealthSM Newsletter

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Summer Health & Wellness Tips

Summer provides some unique opportunities to spice up your fitness and nutrition routine. It also presents some hazards that you should be aware of. Utilize the following tips to have a healthy, fun, and fit summer!

Enjoy the Great Outdoors

The warm summer weather presents the perfect opportunity to take your workout outdoors or sneak in some additional exercise into your daily routine.

When possible opt to bike rather than drive to your destination. This will not only burn calories but will help you save on gas. Diet detective reports that a 155 pound person riding at a leisurely 10 to 12 mph can burn 423 calories in just one hour!

Challenge yourself with a hike. The uneven terrain will work muscles you forgot you had. Hiking in a wooded area also provides natural shade to provide relief from the hot sun. Just be sure to always bring a buddy, use bug spray, and use common sense when it comes to wild animals.

Take an after dinner stroll. It tends to

be a bit cooler in the evening, which makes it much more pleasant than a mid-day walk. It's a great opportunity to bond with your family at the end of the day and revs up your digestive system to help burn off those calories from dinner.

Turn your workout into a destination event. If you live near the water conduct your yoga routine on the shore, or walk to a local park to complete your core workout. The natural beauty of the outdoors will relax your mind as you strengthen your body.

Take Precaution with the Heat

There is ample opportunity to exercise and spend time outdoors during the summer. However, the intense sun and heat can pose some dangers, so be sure to take the following precautions.

Wear sunscreen! Protect your skin from damage by putting on sunscreen EVERY time you will be spending time outdoors.

Protect your eyes by wearing sunglasses and offer your face further protection by wearing a hat with a brim.

For more information or advice about summer wellness, contact your Wellness Coordinator by calling:

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.



Watch out for heat stroke. If it is extremely hot outside, it is better to exercise indoors. During the summer, it's best to exercise early in the morning or later in the evening. This enables you to avoid the sun when it is at its peak.

Drink plenty of water before heading outside and always bring a bottle of water with you while outdoors.

Quench Your Thirst

It is common to mistake thirst for hunger in the summer months. Before reaching for a snack, drink a cool beverage to determine if you are really hungry or if your body was just calling for water.

Watch what you drink. As our thirst increases during the summer, so does our intake of high calorie sugary beverages. Try to limit soda, juice, and sugared ice tea and opt for water, seltzer, or unsweetened ice tea. If you prefer a bit of sweetness, flavor your water with slices of fruit.

Make a healthy smoothie for breakfast or lunch. Simply place ice, Greek yogurt, strawberries, and bananas in a blender and you have a delicious, nutrient packed, thirst quenching breakfast.

Snack on watermelon. It is packed with nutrients, relatively low in calories, is 92% water, and tastes delicious, need we say more!

Healthy Summer Food

Grilling is extremely popular in the summer and can be a very healthy way to cook. This summer try grilling fruits and veggies. Pineapple, romaine lettuce, mushroom, onion, pepper, asparagus, and even tomatoes are delicious grilled.

Everyone loves ice cream during the hot summer months. Fudge pops and frozen fruit bars are low calorie healthier options. If you are really craving a bowl of ice cream, try frozen yogurt in the same flavor, which comes in at much fewer calories while still satisfying that craving.

People tend to take vacations over the summer, which can lead to eating a lot of fast food and decadent restaurant meals. To combat this, pack healthy snacks while traveling and try to eat out only one meal per day while on vacation.

Remember that eni's wellness coaches are available to provide our members with additional tips and information on optimizing your health and wellness this summer.

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