



July 2017

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Wellness

Hit the road and stay healthy!

To eat well on vacation, leave all-or-nothing thinking behind.

Ah, summer vacation! Sand, surf and... snow cones for breakfast? Nah. Airports, convenience stores, and hotels are not nutrition central, but with smart planning and a flexible mindset, you can eat well while you travel. The name of the game: **“Pack healthy meals and snacks (like homemade trail mix) whenever you’re able, and make the healthiest choices in whatever setting you’re in,”** says Amy Gannon, MEd, RD, LD, a Cleveland Clinic health coach. **“And always have a plan B.”** Remember—a world of choices lies between “nutrition nirvana” and “junk food city.”



At the airport: Pack portions of nuts, fresh or dried fruit, and homemade air-popped popcorn. At kiosks, look for refrigerated salads, precut veggies and hummus, fresh fruit. Plus, you get bonus points for walking the terminals during any layovers!

On the road: At convenience stores, look for baskets of fresh apples and bananas at the checkout counters. Instead of soft drinks, go for club soda or sparkling water. Bonus points—take a cooler and pack nutritious perishables and cold water.

In restaurants: Look for delicious entrees or appetizers with a balance of lean protein, intact carbohydrates like veggies and 100 percent whole grains, and nutritious fat (think avocados and olive oil). And watch out for adjectives like “crispy,” “smothered” and “rich,” which often indicate unhealthy ingredients and cooking methods.

Bonus points: Before you travel or decide on the place that will get your dollars, use your smartphone to help you stay healthy and vibrant by scanning menus online for promising dishes.

By: Cleveland Clinic Wellness Editors

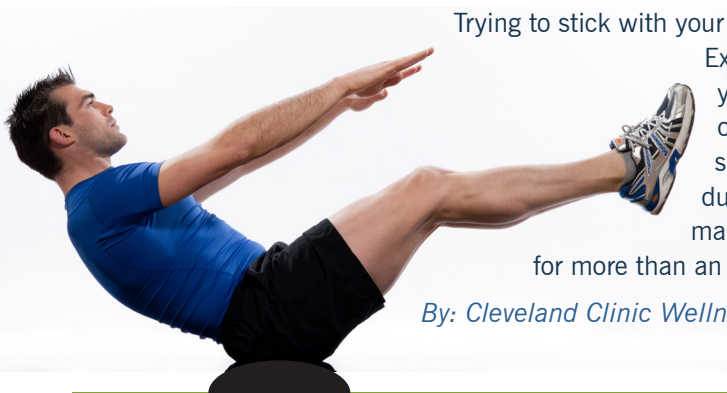


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Take your workout indoors on hot summer days.

Extreme temperatures can increase your heart's exertion and make breathing harder.



Trying to stick with your exercise regimen this summer? Remember to practice safety first.

Extreme temperatures can alter your circulation, increase the strain on your heart, and make breathing more difficult. During particularly hot or humid days, take your workout indoors to a cool, air-conditioned space to keep from overheating. Drink plenty of fluids before and during your workout, even if you don't feel thirsty. If low blood pressure makes you lightheaded, you're over 75, or you're working out intensely for more than an hour, it's a good idea to replenish electrolytes as well.

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GO ON, VOLUNTEER — IT'S GOOD FOR YOU AND FOR THE PEOPLE YOU'RE HELPING!

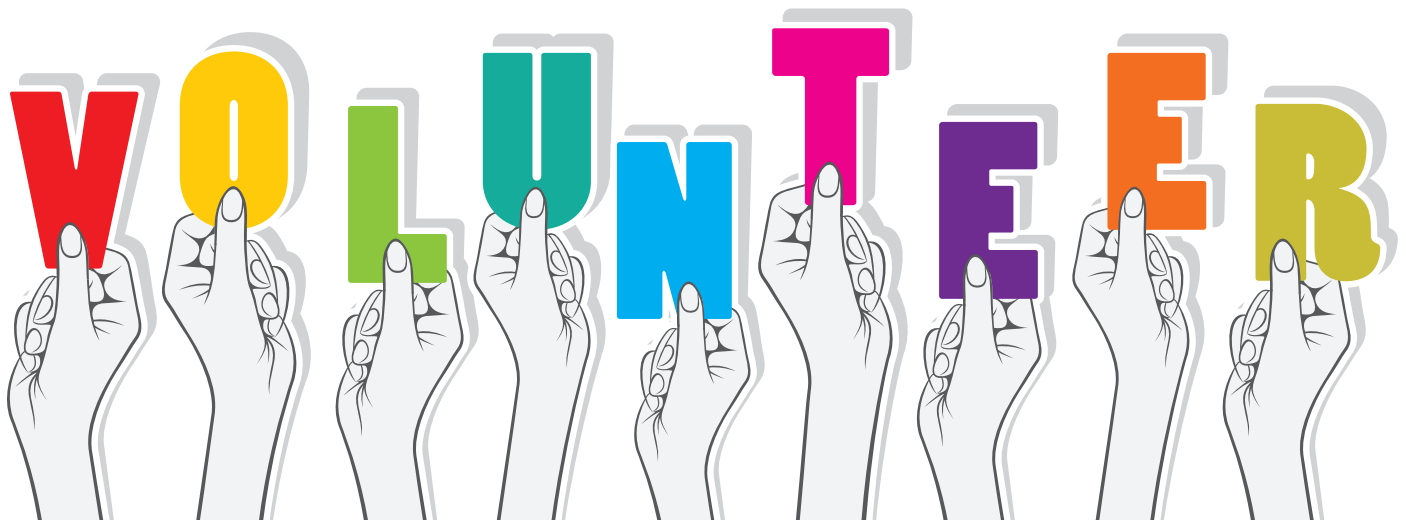
It can increase longevity and give you an emotional boost.

Want to live longer and be happier? Volunteer! Research shows that helping others boosts longevity and mental health. **"Volunteering is helpful when the experience is purposeful, meaningful and makes a difference, either directly or in the bigger picture,"** says Jane Pernotto Ehrman, MEd, CHES, behavioral health specialist at the Cleveland Clinic Center for Lifestyle Medicine. "We humans are wired to feel good about doing good. Research has shown that volunteers experience a 'helper's high'



because dopamine, the neurotransmitter linked to a sense of reward and pleasure, spikes during such activities." Volunteers feel happier, are healthier and live longer. Not many activities in life can help improve so much at once, and all while helping others. According to Ehrman, neighborhoods with greater volunteerism had less crime, better schools and happier, healthier residents. This was true in rural as well as inner-city areas, showing that when we volunteer, everyone truly benefits.

By: Cleveland Clinic Wellness Editors





Healthy Recipe

SUMMER CELEBRATION VEGGIE CASSEROLE

Our veggie casserole is the perfect way to make good use of the abundant summer squash in your garden or farmers' market. And because it's a terrific source of the carotenoids lutein and zeaxanthin, you'll be boosting your eye health when you enjoy this satisfying meal. Summer squash also help to stabilize blood sugars because of their valuable fiber content, B-complex vitamins, zinc, magnesium and omega-3 fatty acids. But you don't need all those reasons to make this dish—its delicious taste is reason enough!

Yield: 6 Servings

Ingredients:

- 2 pounds zucchini and yellow summer squash, mixed
- 1 pound plum or Roma tomatoes
- 1 ear of corn
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon freshly ground black pepper
- ¼ cup grated Parmesan
- ½ cup fresh basil leaves, chopped
- zest of 1 organic lemon, grated

Instructions:

Heat the oven to 425°F.

Thinly slice the zucchini and squash into rounds about 1/8-inch thick. With a serrated knife, slice the tomatoes into 1/4-inch thick rounds. Slice the kernels from the ear of corn by placing the entire ear vertical in the center of a Bundt pan, and using a sharp knife to shear the kernels into the pan.

Overlap the zucchini, squash, and tomatoes in a 9x13-inch baking dish. Scatter the corn kernels over the top. Drizzle with the oil and sprinkle with pepper. Bake 30 to 35 minutes until the vegetables are just barely tender.

Meanwhile, in a small bowl, combine the Parmesan, basil, and lemon. Sprinkle over the cooked casserole and serve.

Nutrition Info Per Serving:

(1/6 of the recipe) 140 calories, 7 g total fat, 1.5 g saturated fat, 9 g protein, 14 g carbohydrate, 5 g dietary fiber, 4 g sugar, 5 mg cholesterol, 90 mg sodium

*Developed by Sara Quessenberry for
Cleveland Clinic Wellness*

