EVERY MOVE YOU MAKE

GREAT GRILLING

IMMUNE BOOSTING FOODS

DITCH THE DRINK

SAFE AND FUN SUMMER

Three Steps to Say No

BROUGHT TO YOU BY

Independence
Every step you take, every mile you pedal, and every lap you swim enhances your physical health. While you may not realize it, physical activity can also improve how you think and feel. Here are three ways exercise affects your overall well-being:

1. **Boosts your immune system.** After exercise, some cells in the bloodstream decrease substantially. Evidence suggests these cells move to other sites of the body to look for and fight infection.

2. **Eases anxiety.** Sweating out the day’s worries releases brain-rewarding chemicals such as endorphins and serotonin to stabilize moods.

3. **Helps you cope with stress.** When you have a lot on your mind, working out can be a healthy distraction from negative thoughts.

For many, the arrival of summer marks the beginning of grilling season. And for good reason. Grilling gives just about any food — meats, fruits, and veggies — a flavor boost.

Here are some grilling tips to help you whip up healthy and delicious recipes all summer long.

<table>
<thead>
<tr>
<th>If you're making...</th>
<th>Be sure to...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foil packs</td>
<td>Lay a large sheet of heavy-duty foil on a flat surface. Place ingredients in the center of your foil. Bring the ends of the foil together and fold the sides to seal.</td>
</tr>
<tr>
<td>Kabobs</td>
<td>If using bamboo or wooden skewers, soak your sticks in water for 30 minutes before grilling. Also, be sure to cut your ingredients to the same size so everything cooks at the same rate.</td>
</tr>
<tr>
<td>Marinades</td>
<td>To make a marinade, combine one part acid (citrus juices, vinegar, or wine) + two parts oil (extra virgin olive oil) + three parts seasonings (fresh and dried herbs and spices). Add meat or vegetables to your marinade, and store your food in the refrigerator while it marinates.</td>
</tr>
</tbody>
</table>
Mock Margarita

In a blender, combine limeade, both juices, and ice cubes. Cover and blend all ingredients until slushy. Pour mixture into glasses, and garnish with lime slices.

2 6-ounce cans frozen limeade concentrate
3/4 cup orange juice
2/3 cup grapefruit juice
4 cups ice cubes
Lime slices
Eating a healthy diet that provides an adequate amount of essential nutrients is a great way to protect your health, especially your immunity. To support a strong and healthy immune system, here are five nutrients your body needs and where to find them:

1. **Carotenoids.** This important nutrient is found in apricots, carrots, kale, mango, and papaya.
2. **Omega-3 fatty acids.** Try flaxseed, walnuts, and oily fish including herring, mackerel, salmon, sardines, and trout to reap the benefits.
3. **Vitamin C.** Good sources of vitamin C include broccoli, citrus fruits, kiwi, peppers, and strawberries.
4. **Vitamin E.** This powerful antioxidant is contained in almonds, hazelnuts, peanut butter, sunflower seeds, and wheat germ.
5. **Zinc.** This essential mineral can be found in baked beans, cashews, chick peas, and oysters.

Sources:
https://www.verywellhealth.com/types-of-foods-to-boost-your-immune-system-89020
https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system
One way that some people cope with stress is by turning to alcohol. While drinking may seem like an easy way to relax, when used habitually, it may lead to additional stress and other negative side effects, including decreased sleep quality, poor decision-making, and mental health problems.

Everyone experiences stress. Here are four healthy ways to cope with it:

1. **Take care of yourself.** This includes eating a healthy diet, exercising regularly, and getting plenty of sleep.
2. **Talk to others.** Share your problems and feelings with a parent, friend, counselor, doctor, or someone else you trust.
3. **Make time for yourself.** Read a good book, listen to your favorite music, or watch a movie.
4. **Recognize when you need more help.** If you continue to feel overwhelmed by stress, talk to a psychologist or professional counselor.

Sources:
https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html
SAFE AND FUN SUMMER

The summer season is a welcome arrival for most people. But, it also brings an increased risk for certain illness and accidents. Follow these summer safety tips to stay healthy and have fun all season long:

• **Beat the heat.** Drink plenty of water to stay hydrated. You should also wear lightweight, light-colored, and loose-fitting clothing to avoid overheating.

• **Protect yourself from the sun.** Apply broad-spectrum sunscreen with an SPF of 30 or higher every day and reapply every couple hours. You should also wear sunglasses with UV protection and a hat.

• **Stay bite-free from bugs and insects.** Use insect repellant containing DEET when outdoors. You should also remove stagnant water in your yard, and check that your window screens are tightly fitted and repair any holes to keep bugs out of the house.

Sources:
https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer
https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Summer-Safety-Tips-Staying-Safe-Outdoors.aspx
Three Steps to Say No

We’ve all been there: A friend asks you for a favor. While you want to help, you know that you’re too busy. But, you can’t bring yourself to say no — you don’t want to sound selfish or be a bad friend.

The next time someone asks for your help, you shouldn’t feel obligated to say yes. Instead, evaluate your time and resources and prioritize your commitments. If you determine that you can’t help this time, here are three tips for saying no with grace:

1. **Rehearse saying no.** “That doesn’t work for me this time” is a simple way to say no when you aren’t up to doing favors.

2. **Be honest, but it’s okay to be vague.** “I already have a commitment that week” is a good way to tell the truth without sharing details of why you can’t assist.

3. **Focus on the good.** Don’t dwell on the regret or guilt of saying no. Instead, turn your attention to how making your needs a priority will benefit your life.

Source:
https://greatergood.berkeley.edu/article/item/three_steps_to_say_no_gracefully
1. Which of the following statements is true about exercise?

A. Exercise may boost immunity
B. Physical activity can help stabilize your mood
C. Activity can be a healthy distraction to reduce stress
D. All of the above

2. Which of the following are five nutrients that support immune function?

A. Carotenoids, omega-3 fatty acids, vitamin C, vitamin E, and zinc
B. Vitamins A, B, C, D, and antioxidants
C. Vitamin E, zinc, antioxidants, carrots, and fish

3. Which of the following are possible negative side effects of alcohol use?

A. Decreased quality of sleep
B. Poor decision-making
C. Increased mental health problems
D. All of the above

Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association. The information in this publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.