

Wellness Daily News!

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Your Healthy Vacation Guide



Take a break from work, but not from your healthy lifestyle! Pack some healthy foods and your workout gear and you'll return refreshed and energized!

◇ Frequent Flyers –

- *Hydrate.* Flying can easily dehydrate you. Try to drink one glass of water per hour to ward off dehydration and jetlag.
- *Move.* Take every opportunity for extra movement. Pass on the people movers and carry your own luggage, even walk the aisles during flight.
- *Snack.* Search the airport for healthy foods or pack healthy snacks (fruit, nuts). Many kiosks offer nutritious options!

◇ Cruise Control – Cruises are fun and exciting, but they come with some calorie-laden temptations!

- *Buffer the buffet.* Load 50% of your plate with fruits and veggies. Balance rich meals with a smaller, more nutritious meal and eat lighter for the remainder of the day.
- *Go "splitsies."* - Share your dessert with a friend!
- *Fitness First*—Plan for 30 minutes of physical activity every day. This includes any type of movement—dancing, tennis, beach games or simply walking—they all count!

◇ Road Warrior –

- *Energize.* Pack bottled water, fruits, chopped veggies, peanut butter sandwiches and low-fat yogurt. These will keep you going and resist the candy bars at the roadside station.
- *Pit-stop.* Just three 10-minute active pit stops add up to 30 minutes of exercise! Stretch your legs and run around with the kids.
- *Avoid the crash.* Opt for water instead of caffeine to avoid the sharp spike and drop of energy.

For more information, please visit our website:

<http://walshins.com/Resources/Wellness>

Hydrate with Watermelon!



The benefits go beyond their delicious taste!

Watermelons have become synonymous with summer and picnics, and for good reason. Their refreshing quality and sweet taste help to combat the heat and also provide a guilt-free, low maintenance dessert for kids and adults alike to enjoy.

Beyond their delicious taste, watermelon is a nutrient dense food that provides a high amount of vitamins, minerals and antioxidants for a low amount of calories. Other health benefits include:

- **Decreased risk of prostate cancer**
- **Aids in digestion and regularity**
- **Reduces inflammation**
- **Reduces muscle soreness**
- **Maintains collagen and skin elasticity**



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Bodyweight Exercises— For the Hotel Room or Rest Stop

****Do 10 reps of each, then repeat 3 times****



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Eating Healthy— Grilled Steak Lettuce Tacos

Ingredients:

For the guacamole—

- 1 avocado
- 1/4 cup diced tomato
- 2 tablespoons diced red onion
- 2 teaspoons lime juice
- 2 teaspoons chopped cilantro
- 1/2 teaspoon kosher salt
- Fresh black pepper, to taste

For the steak-

- 1 lb. thin sirloin steaks
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/8 teaspoon dried oregano
- Pinch fresh ground pepper
- 8 lettuce shells from 1 head

Directions:

1. Combine salt, cumin, garlic powder, oregano and black pepper. Rub over steak.
2. Mash the avocado in a small bowl with the tomato, red onion, cilantro, lime juice, salt, pepper to taste. Set aside.
3. Heat grill over high heat.. Cook the steaks over high heat 2-3 minutes on each side, until the steak is cooked to your liking. Set aside on a cutting board to rest 5 minutes before slicing. Slice into strips.
5. To serve, fill each lettuce cup with 1 1/2 tbs guacamole and top with steak. Enjoy!



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