



## 4 Healthy Ways to Enjoy the Best of Summer

Warm, sunny days are finally upon us, and with them a hint of much needed optimism and a bounce in our step. After the tough spring we've had, this is our chance to take in the sunshine and let out a deep exhale. Self-care and mental health are the priorities now, so let's put beach body aspirations on the back burner, and shift our intention to making the most of the summer season, and feeling our best, in body and mind.

### 4 ways to enjoy some healthy summer fun:

#### 1. Discover the farmer's market

Go on an adventure to the farmer's market to enjoy the abundance of fresh produce in season, and support the local growers at the same time. Summer is the time to enjoy seasonal fruits and vegetables like berries, stone fruits, zucchinis, and tomatoes. Pack up your fresh treats and head to the park for a picnic to enjoy summer's bounty at its best.

#### 2. Create fun combos to stay hydrated

We all know it's important to stay hydrated, and all the more so in hot, sunny weather. But if your glass of water ends up sitting untouched on your desk all day, try giving your H<sub>2</sub>O a flavour boost. Add your favourite chopped fruit or herbs, or try one of our favourite combinations: coriander and orange slices, cucumber and lemon, watermelon and rosemary, or pineapple with ginger and mint. Your fancy homemade flavoured water will leave you feeling like you're at the spa.

#### 3. Get creative with your grill

Summer barbeques are a chance to enjoy nice weather and tasty food with our friends and family. And while we love this seasonal tradition, it's worth going outside the box to give the classic barbeque a healthy boost in colour and flavour. Try adding vegetables like portobello mushrooms, asparagus, bell peppers and even fruit to the grill. Grilled eggplants, zucchini and tomatoes make mouth-watering additions to your burger, while grilling romaine lettuce transforms your side salad with a fun twist. Finish off your meal by charring pineapple slices with a pinch of cinnamon. Delicious!

#### 4. Go on a culinary adventure

Your hopes to vacation abroad this year may be dashed, but you can still savour the opportunity to explore different cultures and cuisines from your very own kitchen. Take your taste buds on a tour by whipping up some Thai or Moroccan recipes one week, Greek or Lebanese the next. It will be fun to "travel" around the world through new ingredients, flavours, spices and aromas, and you may even discover some new family favourites.

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For more healthy summer tips and personalized nutrition advice, connect with a Registered Dietitian. You'll get one-on-one support to improve your wellbeing and health this summer, and feel your best, inside and out.