Summer is the season for fun! Long days and warm weather are perfect for the beach, the mountains, the lake or the pool. Baseball season is in full swing; volleyball nets are popping up; golfers are hitting the greens; and bicycles come out of the garage. But summer heat can also sap your energy. So beat the heat and boost your energy with a few of these summertime tips.

Start right
A good breakfast starts your activity-packed day with a boost of energy. Whether you’re heading out for an early morning walk or a full day trip, eating breakfast is important all summer long. Make your breakfasts special with fresh summer fruits like raspberries, nectarines, or cantaloupe. Add some low fat dairy, lean proteins or whole grains for a more complete breakfast.

Fuel up
During the dog days of summer healthy snacks and good hydration are key to staying energized. But when you fuel up, make sure you fuel up smart! Avoid the energy highs and lows that come from sugar packed drinks and snacks. Instead, choose low calorie beverages and lower sugar snacks. It’s a healthier way to energize your summer day.

Work out
Exercising can help you energize, but it can be tough when it’s hot. Your summertime goal should be to work out and stay safe! Remember to hydrate. Water is best for moderate levels of activity. Avoid sweetened sports drinks unless you’re involved in strenuous training for more than 60 minutes. Also, adjust your exercise routine for the heat - exercise when it’s cooler and take it easier on hotter days.

Relax
Remember to relax and unwind. Stay cool and calm all summer long. Be sure to get enough sleep and try other relaxation techniques like deep breathing and stretching. With proper rest, relaxation and healthy habits you can have the energy you need for summer fun.

Be cool
On hot days stay cool by chilling out. Enjoy low fat yogurt topped with cold sliced peaches and granola. Start with whole grain cereal and cold skim milk topped with chilled berries. Blend some 100% apple juice and ice with bananas and strawberries for a refreshing cold smoothie. Pour your favorite fruit juice into molded shapes and freeze for fun snacks the whole family will enjoy.

Lighten up
Avoid the sluggish feeling that comes from large meals on a hot day. Lighten up with smaller meals and healthy snacks to keep your energy levels steady. After breakfast, snack on fresh fruit or string cheese. For lunch, try a turkey sandwich on whole wheat with lettuce and tomato. Try dried fruit or mixed nut trail mix for an afternoon snack. Smaller meals and lighter snacks will help you energize throughout the day!

Drink smart
Follow the golden rule - “don’t drink your calories.” Cut back on, or avoid sweetened drinks. If you drink alcoholic beverages, do so in moderation. Hydrate for lasting energy all summer long and throughout the day with water, seltzer with a splash of 100% fruit juice, unsweetened teas with a squeeze of fresh summer fruit, or iced coffee with skim or low fat milk.

Summer Hydration – How much is enough?
- For most adults, 9 to 12 glasses of fluids (water and other beverages) a day is recommended
- For active adults, 2 extra glasses a few hours before exercising and 1 glass every 20 minutes during physical activity
- Adjust the amount you drink based on the length of time you spend outdoors, in hot environments or exercising
Healthy & Fun
Having fun and staying healthy go hand-in-hand with these summer activities.

Visit the local farmers market
If you love peaches, cherries, tomatoes, corn, watermelon or strawberries, a trip to the farmers market is just the healthy outdoor summer activity for you. Local farms and markets are fun places to visit and in-season fruits and veggies are a delicious and nutritious way to enjoy the season.

Put veggies on the grill
Whether you’re hosting a backyard barbecue or tailgating at the big game, put veggies on the grill. Use bell or chili peppers, asparagus, tomatoes, corn, zucchini or red onions for grilled kabobs or side dishes. They’re all great on the grill.

Walk the walk
Whether you choose ocean side board-walks, hiking trails or neighborhood parks, put on a hat (and some suntan lotion) and go for a walk. Bring a friend, meet a neighbor, or just listen to your favorite music on the go – just get out and have fun.

Get wet
Everyone enjoys getting wet on a hot summer’s day. Some enjoy wading in local rivers or streams while fishing; others prefer swimming in the neighborhood pool or a trip to the beach. Backyard water slides or sprinklers are also great for getting in some play time with kids. Getting wet can also be a great way to get active as a part of your wellness summertime routine.

Have fun and be healthy during you favorite summer trips. Stay active, drink plenty of water and look for healthier snacks and meals wherever you go.

Since everyone’s health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that’s right for you.

Grilled Chicken with Fresh Peaches
Serves 8

For Sautéed Peaches:
- 2 ½ cups sliced, peeled fresh peaches, ¼ inch
- 1 cup diced red onions, ¼ inch
- 1 teaspoon fresh squeezed lemon juice
- 1 teaspoon curry powder
- 1 teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- 2 pinches ground black pepper
- 2 ½ tablespoons soft margarine

Preparation:
Melt margarine in sauté pan over medium-high heat. Add onions. Sauté for 3 to 4 minutes until tender. Add peaches, lemon juice, curry powder, ginger, cinnamon and pepper. Sauté for 4 to 6 minutes until peaches are tender. Keep warm.

For Grilled Chicken:
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 8 (4-ozw) boneless, skinless chicken breasts

Preparation:
Preheat char-grill to medium. Lightly pound chicken with meat mallet. Lightly coat with cooking spray and season with salt and pepper. Cook chicken until internal temperature reaches 165°F and juices run clear, 4 to 6 minutes on each side.

Serve each piece of chicken with ¼ cup sautéed peaches.

NUTRITIONAL INFORMATION per serving

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