

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

July 2025

THIS EDITION FEATURES:

Matching Your Health Goals
to Your Mindset

Feasting on the Fourth

Supercharge Your Salad

Healthier
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to Better Health



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AmeriHealth
Administrators



Matching Your Health Goals to Your Mindset

We all have different approaches to well-being. What feels right for one person might not work for someone else. That's why understanding your well-being personality can be a powerful step toward creating a sustainable health routine. When your habits match your personality, maintaining your well-being becomes something you enjoy rather than something you feel forced to do.

So, let's learn whether you are a Routine Lover or a Spontaneous Doer.

Routine lovers thrive on structure, schedules, and consistency. Routines help you feel in control. You prefer knowing what's coming next, and you're most successful when there are clear steps to help you build healthy habits.

Best strategy?

Build a routine with scheduled workouts, meal planning, sleep, and hydration goals. Set calendar reminders, use a habit tracker, and plan your week in advance. Support your goals with consistent rituals, like morning stretching, daily walks, or journaling. You're more likely to stick with healthy habits when they're part of a predictable routine.

Quick tips to stay on track, whatever your style:

- Set goals that fit your personality.
- Choose activities that are fun, flexible, and rewarding.
- Celebrate small wins.
- Focus on progress, not perfection.

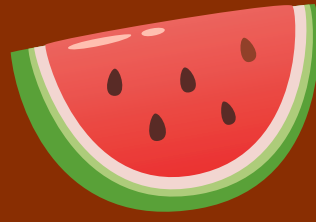
The key to lasting success is following whichever style suits you best.

Spontaneous doers enjoy freedom and variety. Too much routine feels restrictive, and you're more engaged when your workout plan offers flexibility. You're energized by new experiences and prefer options that let you make in-the-moment decisions.

Best strategy?

Create a well-being menu of activities you enjoy, like yoga, biking, dancing, or trying new recipes. Each day, let your mood guide your choices. Incorporate social activities, when possible, to stay motivated. Changing things up creates an interesting and enjoyable path to well-being.

Feasting on the Fourth



This Independence Day, get ready to fire up the grill. Grilling is a delicious and health-conscious way to celebrate the holiday, offering vibrant flavors without the heaviness of traditional BBQ fare.

You can build a delicious Fourth of July menu using the following:

- **Lean, flavorful proteins.** Skinless chicken breasts, turkey burgers, or marinated shrimp skewers are grill-worthy favorites. Marinate proteins with herbs, citrus juices, and spices to enhance flavor without extra sodium.
- **Vibrant veggies.** Grilled vegetables like zucchini, bell peppers, and mushrooms make for colorful, nutrient-rich sides. Toss them in olive oil and garlic before grilling for added flavor.
- **Fresh, fabulous fruit.** For dessert, grill fruits such as peaches, pineapples, or watermelon slices. Grilling caramelizes fruit's natural sugars, offering a healthy sweet treat.

It's also important to stay hydrated throughout the day, especially if you're drinking alcoholic beverages. Alcohol can dehydrate you, so alternate with water or opt for refreshing mocktails to keep cool and energized.

Ring in the Fourth of July with meals that are nourishing, fun, and festive!





Supercharge Your Salad

Salads have evolved from simple side dishes to vibrant, nutrient-dense meals that support overall health. Incorporating a variety of colorful vegetables, lean proteins, healthy fats, and whole grains can transform your salad into a nutrition powerhouse. So, grab a bowl, and let's build a supercharged salad:

- **Start with a base of dark leafy greens.** Spinach, kale, and arugula are rich in vitamins A, C, and K, as well as fiber and antioxidants.
- **Find the rainbow.** Carrots, bell peppers, tomatoes, and cucumbers provide bursts of color and a range of healthy phytonutrients and antioxidants.
- **Add lean proteins.** Grilled chicken, tofu, and legumes supply essential amino acids for your muscles.
- **Top with healthy fats.** Avocado, nuts, and olive oil enhance the absorption of fat-soluble vitamins and support heart health.
- **Garnish with whole grains.** Quinoa and farro boost fiber and help you feel fuller longer.
- **Drizzle with dressing.** Olive oil and vinegar can tie all the flavors together while providing additional health benefits.

By building a salad with nutrient-rich ingredients, you can create a delicious meal that nourishes your body and fills you up.

Sources:
nutritionfacts.org
med.stanford.edu



RECIPE

Grilled Teriyaki Chicken Kabobs

Ingredients

Chicken and veggies

2 chicken breasts
1 red bell pepper
1 yellow bell pepper
1 zucchini
1 red onion
Skewers
(wooden or metal)

Garnish

Sesame seeds
Green onions

Teriyaki sauce

¼ cup soy sauce
2 tbsp honey
2 tbsp rice vinegar
1 tbsp sesame oil
2 cloves
garlic (minced)
1 tsp ginger (grated)
1 tbsp
cornstarch (optional)
2 tbsp water (optional)

Directions

1. If using wooden skewers, soak in water for 30 minutes.
2. Simmer soy sauce, honey, rice vinegar, sesame oil, garlic, and ginger. For thicker sauce, dissolve cornstarch into water and add to the sauce. Let cool.
3. Cut chicken into cubes and veggies into chunks. Thread chicken and veggies onto skewers and brush with teriyaki sauce.
4. Cook on medium-high heat (375°F) for 10 – 12 min, turning and basting until chicken is 165°F.
5. Garnish with sesame seeds and green onions.



Healthier Work-Life Harmony

Maintaining work-life balance is essential for overall well-being. Chronic overwork can lead to burnout, strained relationships, and health issues. These practical strategies can help restore equilibrium between professional responsibilities and personal life:

- **Set clear boundaries.** Establish defined work hours and stick to them. Avoid checking emails or taking work calls during personal time.
- **Prioritize self-care.** Incorporate activities that promote physical and mental health into your daily routine. Regular exercise, sufficient sleep, and mindfulness practices like meditation can reduce stress.
- **Learn to say no.** Avoid overcommitting by recognizing your limits. Politely declining additional tasks when your plate is full helps prevent burnout and sets you up for success with your existing commitments.
- **Take regular breaks.** Short breaks throughout the workday can rejuvenate your mind and enhance productivity.
- **Stay connected.** Maintain relationships with friends and family. Social interactions provide emotional support and can act as a buffer against work-related stress.

Summer Safety

Summer brings outdoor adventures, but it also increases the risk of minor injuries, sunburns, and insect bites. Having a well-stocked first-aid kit ensures you're prepared for common summer mishaps.

Essential items for your summer first-aid kit include:

Adhesive bandages and sterile gauze pads to treat cuts, scrapes, and blisters

Antiseptic wipes and hand sanitizer to clean wounds and hands when soap and water aren't available

Hydrocortisone cream and antihistamines to alleviate itching from insect bites or allergic reactions

Sunscreen to protect skin from the sun's rays — sun protection factor (SPF) 30 or higher

Aloe vera gel to soothe sunburned skin

Insect repellent to keep mosquitoes and ticks at bay

Instant cold packs to reduce swelling from sprains or insect stings

Elastic bandages to provide support for sprains and strains

Tweezers and scissors to remove splinters or cut gauze or bandages

Disposable gloves to ensure hygiene while treating injuries

Digital thermometer to monitor body temperature in case of heat-related illness

Personal medications, including any necessary prescriptions or over-the-counter medications

Regularly check your kit to replace used or expired items. Being prepared allows you to handle minor emergencies confidently and continue enjoying your summer activities.



Pedal Your Way to Better Health

Riding a bike isn't just a fun way to get around. It's a powerhouse for your overall well-being. Whether you're commuting, exploring trails, or cycling indoors, biking offers a multitude of health benefits, such as:

Physical perks. Cycling is a low-impact aerobic exercise that enhances cardiovascular health, strengthens muscles, and improves joint mobility. Regular cycling can reduce the risk of heart disease, stroke, and high blood pressure. It's also effective for weight management; moderate cycling burns approximately 300 – 600 calories per hour, aiding in fat loss and revving up metabolism.

Mental boost. Beyond physical health, biking positively impacts mental well-being. It stimulates the release of endorphins and reduces stress. Cycling outdoors connects you with nature, enhancing mood and mental clarity.

Longevity and disease prevention. Regular cycling is linked to a lower risk of type 2 diabetes and certain cancers. Studies indicate that cycling can reduce all-cause mortality by up to 10 percent. Incorporating biking into daily routines, even starting in mid-life, contributes to healthier aging.

Start with short, manageable rides and gradually increase distance and intensity. Consistency is key to reaping the health benefits of cycling.

Source:
[healthline.com](https://www.healthline.com)
[bikeleague.org](https://www.bikeleague.org)



MONTHLY QUIZ

1. Which of the following wellness approaches works best for someone who thrives on routine and consistency?

- A. Following a structured workout plan
- B. Trying a new fitness class each week
- C. Choosing activities based on daily mood
- D. Avoiding any type of structured workout

2. Which of the following sun protection factor (SPF) ratings is recommended for effective sun protection during summer?

- A. SPF 10
- B. SPF 15
- C. SPF 30
- D. SPF 50

3. Which of the following is NOT a benefit of regular cycling?

- A. Improved cardiovascular health
- B. Enhanced joint mobility
- C. Increased risk of type 2 diabetes
- D. Reduced stress levels

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1. A, 2. C, 3. C

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