



**THE WELLNESS  
CONNECTION**

**RESTORING HEALTH & RELIEVING DISCOMFORT**

Summer is in full swing, and with it comes longer days, sunshine, and hopefully, some relaxation. But July can also be a month filled with calorie-laden barbecues, travel, and disrupted routines. Be sure to take time to plan out your days so they can include healthy food choices, sunscreen, extra water and full nights of sleep. Be sure to follow us on

Facebook for summer wellness tips:

[facebook.com/thewellnessconnectionmentor](https://www.facebook.com/thewellnessconnectionmentor)

\*THE STUDIO WILL BE CLOSED ON JULY 4TH



### Swaps for Healthier Summer Fare

Cut down on calories, sugar and unhealthy fats with these substitutions:

Replace mayo with a vinaigrette in potato and macaroni salads.

Use a dollop of Greek Yogurt instead of whipped cream or ice cream on (a small piece of) cobbler or pie.

Skip the bun and eat your burger between two pieces of romaine lettuce.

Puree watermelon, strawberries, kiwis and lime juice; pour into Dixie cups & freeze for a frozen non-dairy treat.

Top your burger with avocado & a tomato slice instead of cheese & ketchup.

Eating raw veggies is great, until you drown them in ranch dressing-opt to make a dip with yogurt instead.

Skip the store-bought sweet tea and make your own with flavored teas that are tasty with no sugar added.



### Did you Know???

We all know the importance of sun protection, but did you know that sunshine also plays a vital role in our health? Learn more about how Vitamin D and sun exposure can help your body in our latest blog post:

<https://thewellnessc.com/blog>

**Open Therapy Hours: 8-11a.m. M-F and 3-6p.m. M-TH**

Initial Consultation & Sessions for new clients are by appt: Call 440-796-2179

[thewellnessc.com](https://thewellnessc.com)

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