

September Healthy Living

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Healthy Tip

Although we are almost in fall, the temperature is still pretty high. It is important to stay hydrated, especially if you are going to be outside. Also make sure to drink lots of water if you are going to be doing anything active. Each year hundreds of people get sick, due to heat stroke. Just by staying hydrated and drinking lots of water, heat stroke can be avoided.

Healthy Recipe

A delicious refreshing drink that you can make, is watermelon juice. This drink is super easy to make and tastes delicious. It is the perfect drink for a hot day.

Watermelon Juice:

1. Place diced watermelon into a blender
2. Then add lime juice, and mint to taste
3. Add ice
4. Blend, until it has the consistency that you would like

