

# The Stall Street Journal

August 2014

A Wellness Taskforce Publication for health news, events and resources.

Start your morning off right:

## Scrambled Egg Tostada

In a small skillet, toast both sides of 1 corn tortilla over medium heat until crisp; set aside. Coat skillet with nonstick cooking spray and scramble 1 egg. Spread tortilla with 1/2 cup warmed low-fat refried black beans and top with scrambled egg, 2 tablespoons salsa, and 1/4 avocado, sliced.



Source: Fitness Magazine

## Get On the Right Path

No matter whether you walk in a group or by yourself, it's nice to have new places to walk. After all, following the same route can get tiresome.

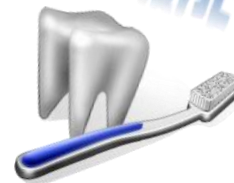
Visit [StartWalkingNow.org](http://StartWalkingNow.org)

- Available paths cover millions of miles!
- They range in difficulty, from easy to moderate to high. (Most are easy.)
- The length varies from a few blocks to a few hundred miles.

Source: Heart.org

**What's the big deal?** Brushing cleans the front and back of your teeth but your toothbrush has a hard time reaching foods that get stuck in between. Marc Liechtung, DDS, a dentist at Manhattan Dental Arts in New York says that any food that gets stuck between your teeth has a chance at turning into bacteria that can eat away at the enamel and cause decay. Not only can this cause cavities, it can also lead to gum disease, root canals, and even tooth loss. Source: Fitness Magazine

DON'T FORGET TO FLOSS



## Does sunscreen expire? Tips when deciphering the menu:

Sunscreens are designed to remain at original strength for up to three years. If you buy sunscreen that doesn't have an expiration date, write the date of purchase on the bottle. To maximize protection, use a broad-spectrum sunscreen with an SPF of at least 15.

Source: MayoClinic

Remember that foods served fried, au gratin, crispy, scalloped, pan-fried, sautéed, buttered, creamed or stuffed are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods.

Source: Heart.org