

# The Stall Street Journal

July 2014

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

## Banana Spice Smoothie

(Under 300 calories)

### INGREDIENTS

- 2 ripe bananas
- 2 cups vanilla kefir (**see Tip**)
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- 12 ice cubes

**Tip:** Kefir is a drinkable yogurt found in the dairy section of most supermarkets, it supplies a healthy amount of protein and calcium and good for you probiotics.

Source: Eating Well Magazine



## Summer is here, so get in the pool!

There's nothing like cooling down in the pool on a hot summer day. Along with providing a refreshing and relaxing feel, swimming has many other healthy benefits.

- Keeps your heart rate up but takes some of the impact stress off your body
- Builds endurance, muscle strength and cardiovascular fitness
- Provides low impact therapy for injuries and conditions
- Provides an all-over body workout, as nearly all of your muscles are used during swimming

Source: [betterhealth.vic.gov.au/](http://betterhealth.vic.gov.au/)



### Adults need at least:

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week **and**








muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

## Physical Activity: Not sure where to start?

Source: CDC



### Example 1: Moderate Intensity Activity and Muscle Strengthening Activity

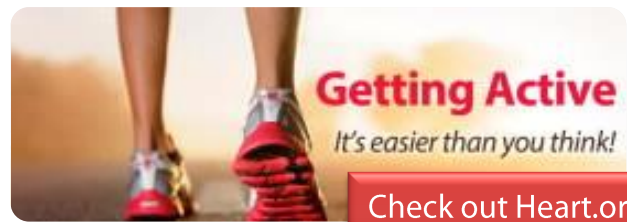
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minute brisk walk 	30 minute brisk walk 	30 minute brisk walk 	Weight training 	30 minute brisk walk 	30 minute brisk walk 	Weight training 
Total: 150 minutes moderate-intensity aerobic activity + 2 days muscle-strengthening activity						



## Clean your toothbrush holders

Toothbrush holders, often due to their close proximity to toilets, pick up bacteria that swirl through the air after the toilet is flushed. And they are frequently overlooked when cleaning the bathroom, according to study researcher Rob Donofrio, director of Microbiology at NSF International.

Source: MedicineNet.com



Check out [Heart.org](http://Heart.org) for tools and resources to get you on the right path to a healthier lifestyle.