

June 2026

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Smoothie Fun

Smoothies can pack a lot of nutrition into a great-tasting drink. Try one of these recipes to cool down and get some fruits and veggies into your day. You can use fresh or frozen fruit, organic or conventional, and cow's milk or non-dairy milk of your choice.

[Smoothie Recipes](#)

Foodie Friday

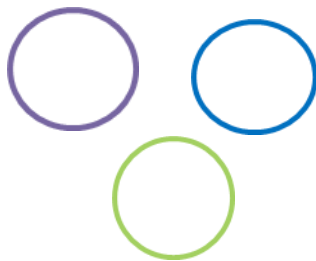
Check out these recipes to bring some fun to your Friday night meals and try some twists on old favorites.

[Sticky Pork Lettuce Wraps](#) You can substitute olive oil for the rapeseed oil and regular granulated sugar for golden caster sugar.

[One Pan Nachos with Black Beans](#)

[Stuffed Rainbow Baguette](#)

[Black Bean Burger](#) Substitute olive oil for rapeseed oil. The recipe calls to top your burgers with "rocket" which is arugula.



Hydrate with water

Did you know that the human body is made up of 70% water? Water protects your body's organs and tissues and helps you digest your food. If you are feeling tired, you may be dehydrated. Try to drink 8 cups of water each day. The more active you are, the more water your body will need. The equation below will help you calculate how much water your body will need.

Weight in lbs divided by 2= _____ oz

Exercise in minutes X .4= _____ oz

Add these two numbers together to get the correct amount of water needed for your body.

Saturday Circuit

A circuit is a set of 3-4 exercises that are done in a certain order for multiple rounds. Try these four exercises for 30 seconds each. Take a 30 second break and do it again for a total of 4 times. Move onto the next exercise. When you have done each exercise 4 times, you have completed one set. Aim to do 3-4 sets.

Sumo squats

Push-ups

Mountain climbers

Backwards lunge

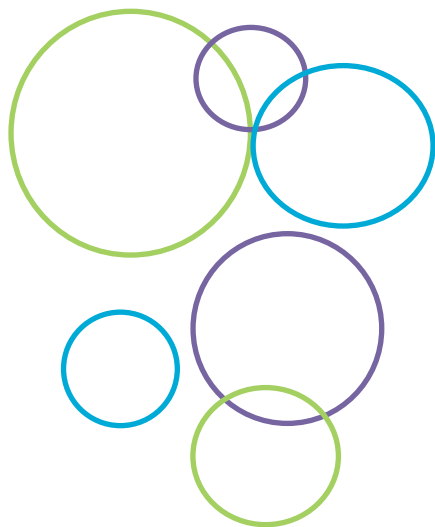
Summer Running

Get active with some summertime running! If you're a beginner, start by running for 1 minute and walking for 5 minutes. Repeat 3-4 times. If you can't do a full minute, that's ok! Do what you can and then walk for 5 minutes. You will gradually build up to 1 minute and beyond! As you increase your running time, decrease your walking time. Remember to wear your sunscreen and take some water with you!

Try It Tuesday

Increase your fruit and veggie intake by trying these veggies and fruits that you may have never tried before. If you have tried them, try preparing them a new way like grilling or roasting. Check out the [Spend Smart, Eat Smart](#) page for more ideas!

Peppers Kiwi
Pineapple Asparagus
Cucumbers



First Day of Summer!

Enjoy the first official day of summer by spending some time outside! Get outside and get active. Ride bikes, blow bubbles, go for a walk, read a book under a tree. Celebrate the longest day of the year with a full day of outdoor fun!

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



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