

Ah...Refreshing!



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Now that the weather is warmer, many turn to juices or sodas for refreshment. Sodium hexametaphosphate, phosphoric acid, glycerol ester of wood rosin...The items mentioned are all ingredients in a popular juice drink. These ingredients are also found in soft drinks. Instead of reaching for the chemically laden, sugary drinks this summer, think about a refreshing healthy alternative.

Water is always great to drink, but sometimes we want something a little more exciting. Take watermelon or honeydew or cantaloupe, lemon juice, maybe add in some fresh mint leaves, and place in the blender. Now you have a drink that's very refreshing, healthy, and delicious. How about some pineapple blended with some coconut water? Coconut water is high in electrolytes, and a great alternative to sports drinks.

them. Some good options are to cut and freeze a quantity of fruit in advance, or buy them already prepared for you. Just open the bag, and you're on your way to a fabulous refreshing beverage. Use your imagination, get creative, and have fun!

Treat your body well this summer by taking advantage of all the wonderful fresh foods available. You will definitely notice a difference in the way you feel, and ultimately in the way you look.

Call or email for some recipes, and a complementary consultation for personal training, nutritional guidance, motivation and goal setting. Also learn how to prepare easy, delicious, and healthy foods that you will absolutely love! For a rockin' mind and a rockin' body, It's Time to Get Fit!

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While fresh fruits are best, we don't always have the time to cut and de-seed