



Zesty Skillet Zucchini

If your garden's being overrun by zucchini, you've been tagged during Sneak Some Zucchini Onto Your Neighbor's Porch Night, or you just like zucchini, give this recipe a try.

Ingredients

- 1/2 C tomato juice (low-sodium)
- 1/4 tsp black pepper
- 1 onion (medium)
- 1 tomato (medium)
- 1 C mushroom (canned)
- 2 zucchini (medium)
- 1 tsp basil

Directions

1. Peel the onion. Chop it into small pieces.
2. Chop the tomato.
3. Drain the water from the can of mushrooms.
4. Cut each zucchini into thin slices.
5. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes.
6. Add the onion, tomato, and mushrooms.
7. Reduce the heat to medium-high. Cover and cook for 5 minutes.
8. Add the zucchini. Cover and cook for another 5 to 7 minutes.

Serves 6. 29 calories per serving.

Drink More Water: 6 Refreshing Ways to Stay Hydrated

How much water should you drink?

It's hot outside, and you're thirsty. Do you pop open a can of soda and chug it? Or do you go for ice-cold water instead?

If you go with a soft drink or alcohol, you actually increase your risk for dehydration. In the short term that could lead to feeling tired, fatigued, or worse. But it doesn't have to be that way...

On a hot day, drink cold water to stay cool, hydrated, and healthy.

When the weather heats up, people flock to pools, lakes, and air conditioned comfort. Keeping cool on a hot day is important. But drinking water is also important. In fact, it's vital to your health when temperatures soar.³

How much water should you drink?

Most people probably need to drink more of it. Even when it's not hot, health professionals say adults should drink an average of 40-64 ounces of water a day for best health.

The exact amount you should drink depends on factors like how much muscle you have (versus fat), your activity level, and the temperature.



Looking for some easy and refreshing ways to drink more water?

Here are SIX things you can do:

1. Carry a water bottle with you and drink from it throughout the day.
2. Use your watch, computer, or a smartphone app to set reminders to drink water every couple of hours.
3. Drink water in place of drinks you might normally have, like soda, coffee, or alcohol.
4. Keep a log of how much water you're drinking and track your progress.
5. Challenge a friend to drink more water with you.
6. If you want a little flavor, add a squeeze of lemon, lime, or cucumber to water.

Why drink water? It has zero calories, and it's usually free. It helps your brain, muscles, digestion, joints, and kidneys work better. It helps you manage your weight. Plus, proper hydration helps prevent heat-related illnesses.

Now take a break...and a drink of water.

MORE

Daily water recommendations.
<http://tinyurl.com/ybdlv289>

Summer Shouldn't Be Stressful: 3 Ways to Chill Out (continued from page 1)

observations. Notice the details of a tree. Look at clouds overhead. Listen carefully to the sounds around you. Feel the sensation of your feet touching the ground as you walk.

3. Breathe. Breathe in slowly, and exhale slowly as you walk and observe.

"You don't need to exert a lot of extra effort in order to improve your wellbeing," says lead researcher Chih-Hsiang "Jason" Yang. "Being more mindful while you're moving around is enough."

MORE

[Learn to relax](http://tinyurl.com/y7xrku3s)
<http://tinyurl.com/y7xrku3s>

References

1. Martinez-Valdivieso, D., et al. (2017). Role of zucchini and its distinctive components in the modulation of degenerative processes: Genotoxicity, anti-genotoxicity, cytotoxicity and apoptotic effects. *Nutrients*, 9(7):755. From: <https://tinyurl.com/y86zhd6>
2. Yang, C., et al. (2018). Momentary negative affect is lower during mindful movement than while sitting: An experience sampling study. *Psychology of Sport and Exercise*, 37:109-116. From: <https://tinyurl.com/yavzqql>
3. Centers for Disease Control and Prevention. (2021). Water and healthier drinks. From: <https://tinyurl.com/vch4b4uj>
4. Saeidifard, F., et al. (2018). Differences of energy expenditure while sitting versus standing: A systematic review and meta-analysis. *European Journal of Preventive Cardiology*, 25:522-538. From: <https://tinyurl.com/yb4wmet3>
5. U.S. Department of Agriculture. (2021). Zesty Skillet Zucchini. MyPlate. From: <https://tinyurl.com/w2rrr9f4>



Take the August Health Challenge!

Be Active 30 Minutes Daily: Learn to sit less & move more

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Why should I do strength training exercises?

