

JULY

# Bolton Wellness Newsletter

**Summer is Here!** And while it's certainly tempting to chill out and take it easy this season, there's plenty of good reasons to keep your wellness front of mind. As we celebrate our **independence** this month, we're going to focus on some good habits that will help you enjoy the **freedom** of living a healthier and happier life.

## Summer, Swimsuits and Staying Healthy

Swimsuit season is here and there's going to be a lot of focus on getting in shape for the beach, pool or similar outdoor fun. While you might have some ambitious goals for that perfect "summer bod," keep it sensible, healthy and safe. In the end, it's not just about looking good—it's all about feeling good!

### WHAT TO DO?

Keep it simple. Forget crash diets or magic pills that only provide empty promises. Instead, focus on your nutrition and eating healthier – quality, whole foods fuel the body and brain. Here are a few simple and sustainable tips:

#### • Calorie Counting

Consider this portion control. It's important that your calorie range is appropriate for your goals and the activity level. You can get an idea of your ideal numbers by checking out this [healthlink calculator](#) – there's also some good reading on the topic. In the end, nothing beats professional guidance. We encourage you to work with a doctor, nutritionist or similar health expert who can ensure you're on the right track.

#### • Macros

This is about quality control. Macronutrients (macros) make up the three building blocks of nutrition: **protein, carbohydrates and fats**. To keep us healthy and energized, our body needs a variety of nutrient-rich food sources that come from all three of these categories. To track your macros—and even your calories—try the [MyFitnessPal](#) app. Here are some examples of macros and why we need them:

**PROTEIN:**  
meats, fish, eggs, etc.  
Supports muscles, organs, skin, blood, hormones and helps digestion

**CARBOHYDRATES:**  
fruits, vegetables, rice, grains, etc.  
Provides energy to the body and brain

**FATS:**  
nuts, seeds, oils, avocados, etc.  
Supports joint health, brain development and acts as a backup fuel for energy

#### • 80/20 Rule

The 80/20 rule is straightforward—keep about 80 percent of your food intake healthy and natural so that you get to live a little for the other 20 percent of the time. Do not deprive yourself of [your food weakness here]. Keep your diet sustainable, treat yourself occasionally, and support a healthier lifestyle in the end. Here are some tips:

**PLAN ACCORDINGLY:** If you're going to dinner with friends where you may be faced with less-healthy choices, such as pizza or wine, plan ahead. Understand these examples are high in carbohydrates. Solution: reduce your carb intake earlier in the day to allow yourself more wiggle room at dinner time. Don't overindulge and remember to log your intake.

**PRE-GAME:** Control your hunger before it controls you. Have a healthy snack before dinner to help curb your cravings and own your portion control.

**LESS IS MORE:** Foods ripe with additives, preservatives and similar mystery ingredients should be avoided. Instead, focus on more natural foods with fewer ingredients.

## A Few More Tips to Get You Through Summer



### VACATION MODE "ON"

Take a break. Enjoy time off with family, friends and significant others and truly unplug. A few days with no worries on your mind is good for the soul.

#### HYDRATE

*How much water should we drink each day?*  
Try to drink half your body weight in ounces.

Every system of the body work better in a water-rich environment – organ health, muscle hydration, heart health, skin health, brain function, increased metabolism, better digestion, etc.

#### SKIN CARE

Taking care of your skin is important for your long-term health. Applying sunscreen regularly will decrease your risk for skin cancer, brown spots and skin discoloration. It also slows down premature aging skin.

Be sure you check your skin regularly for suspicious changes or abnormal growths that can be signs of skin cancer. Read more about signs and symptoms [here](#).

