



### Cooking Classes

Saturday, July 13th, 10 am

**Hail to Queen Quinoa**  
On the menu: All Ways Quinoa Cereal, Summer Soup with the Queen, King Kale and Queen Quinoa with Little Lemon Vinnie, Perfectly Packaged Quinoa Salad, Light Bright Turkey & Quinoa Meatloaf, Spiced Up Quinoa, Quinoa Banana Bread, and Chocolate Quinoa Cookies

### Some Yum Summer Vegetable Recipes

Wednesday, July 17th, 6:30 pm

On the menu: Gazpacho with a Kick, Cucumber Blueberry Salad, Summer Scafata, Ra-Ta-Tat Pizza, Stuffed Vegetable Provencal, and Peach and Blackberry Hazelnut Crisp

### Funky Finger Foods

Saturday, July 27th, 10 am

On the menu: Eggs Deviled Green, Summer Rolls with Lemon Basil Pesto, Grape Bruschetta, Cheddar Veggie Appetizer Torte, Salmon T Sammies, Chicken Wing Sate Style, and Undercover Pudding Pops

Cost for each class is \$30 per person. Call 610-847-1941 to sign up!

### Massage Minute



Did you know that muscles normally receive 25% of the body's blood as it is circulating throughout the body? During a massage or exercise, the blood flow to the muscles is increased to 50%! This blood carries vital nutrients and oxygen to the muscles. By getting a massage, you are improving the nutrition that your muscles receive, thereby feeding it without exhausting it.

To schedule yourself a massage, call one of our offices today! We offer Deep Tissue Massage, Lymphatic Massage, CranioSacral Therapy, Acupuncture, and Reflexology.

### Fitness Facts: Setting Goals



Goals are very important when you begin an exercise program. They give you something to strive for, and can serve as motivation to keep on going when you feel like giving up.

Weight loss is the main reason most people begin an exercise program, but it should not be your only goal! You can also strive to feel better, have more energy, and be less stressed. You might have a goal of running a certain distance in a certain amount of time. Or simply running a certain distance without stopping to take a break. Your goal could be to achieve the flexibility to bend or move in a way you haven't been able to do since you were a child. You could even have the goal of sticking to an exercise program for a certain amount of time without slacking off or giving up.

Whatever your goals are, it is important to make them motivational and achievable. And once you have celebrated your accomplished goal, keep up the good work! Don't let it all go to waste by returning to your old lifestyle!

To get started on the right exercise program for you, schedule a consultation with Personal Trainer Lisa Hockel today!

### Fun in the Sun!



Did you know that using as little as 15 SPF blocks your body's ability to convert the sun's rays to Vitamin D by 99%?! Vitamin D is essential for appetite control, bone health, and disease prevention, including such diseases as cancer, cardiovascular disease, depression, and diabetes.

That being said, depending on your skin tone and the amount of time you will spend in the sun, you will probably need a certain amount of sunscreen to protect yourself from sunburn. When this is the case, look for natural, mineral-based sunscreens, and such brands as Badger, Seventh Generation, Aubrey Organics, Jason, and California Baby. However, it is essential that you expose your skin to the sun, unprotected, for at least ten minutes, two to three times per week. This will ensure your body receives all of the good benefits of vitamin D that the sun provides!

