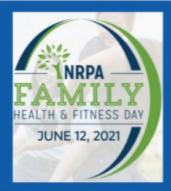


PROGRAM DIGEST

Holy Cross Health's Diabetes Prevention Program

JUNE 2021 | ISSUE NO. 24



"Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth.

Moreover, parks provide a connection to nature, which studies demonstrate relieves stress, tightens interpersonal relationships and improves mental health."

We encourage you and your family to visit a local park or recreation center! Activities you can engage in:

- WALKING
- HIKING
- BIKING
- KAYAKING
- GOLFING
- SWIMMING
- TENNIS AND MORE

Share your parks/rec pics with your DPP group, Lifestyle Coach, and on social media using the #NRPAFamilyFitDay

DPP PARTICIPANT SPOTLIGHT



This is DPP Participant Susan with her awesome Diabetes Alert Day prizes! Susan is working hard to reach her goals and said that these prizes will help her stay on track during the journey.

Prizes included an insulated lunch

box, weekly meal prep calendar, a quick whisk and more!

COOKING WITH

Flat Belly Salad

Thursday, June 10th @ 12:00 PM EDT

Click the button the button below to register. After registering, you will get a confirmation email with the Zoom link & meeting ID! *Local* Family Health & Fitness Day Events Happening

CLICK HERE to register for Cooking with Cathy

WHAT'S IN SEASON FOR JUNE?





Com

Cherries
Cucumbers
Grapes
Green Beans
Greens
Leeks
Lemons/Limes
Mango
Mushrooms
Okra
Papaya

Blackberries

Artichokes
Asparagus
Avocados
Bananas
Beets
Blueberries
Bok Choy
Broccoli
Carrots
Cauliflower
Celery



Melons

Peas
Pineapple
Potatoes
Raspberries
Stone Fruit
Strawberries
Summer Squash
Tomatoes
Vidalia Onions
Zucchini

June welcomes summer and brings a fruit-heavy harvest!

WATERMELON LIME SLUSHIE



- · Prep Time: 5 minutes
- · Servings: 4
- Serving Size: 6 oz. (~3/4 cup)
- · Calories: 25
- · Total Carbohydrates: 7g
 - Dietary Fiber: 1g
 - Total Sugars: 5g
- · Protein: 1g
- · Potassium: 105 mg
- · Phosphorus: 10mg

Ingredients:

- · 2 cups chopped watermelon
- · 2 cups of ice
- 1/4 cup fresh lime juice (about 2 limes)
- · 2 tbsp. of fresh mint leaves

Directions:

 Puree the watermelon, ice, lime juice, and mint in a blender until you get a slushie consistency. Pour into glasses and garnish with a spring of mint (optional).