



"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 CATHY

### 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?



**Corn**

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).

[diabetesfoodhub.org/recipes/watermelon-lime-slushie.html](https://diabetesfoodhub.org/recipes/watermelon-lime-slushie.html)

Holy Cross Health  
Diabetes Prevention Program  
Phone: (954) 383-9419