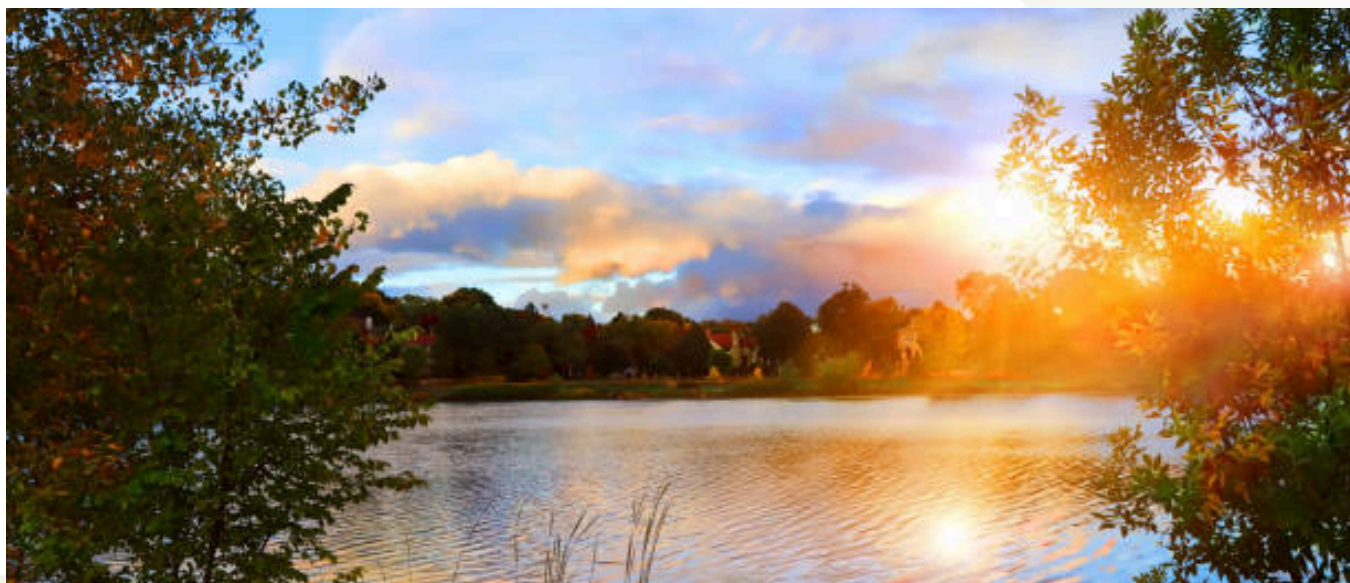




# wellness news

July 2025



## Summer of Self Care

### Balancing Relaxation and Productivity

Summer brings longer days, warmer weather, and often, a more relaxed pace. But while it's tempting to completely unwind, many of us still have goals to meet and responsibilities to manage. The key? Finding a rhythm that honors both rest and progress—without guilt. Why This Balance Matters:

- Avoid burnout: Too much hustle with no recovery leads to fatigue.
- Prevent stagnation: On the flip side, endless downtime can zap motivation.
- Support mental health: A mix of action and rest supports focus, creativity, and emotional well-being.

#### The 3:1 Rule: A Simple Formula

Try following a 3:1 ratio: for every 3 focused work blocks (or hours), take 1 intentional break.

Breaks can be:

- A 10-minute stretch outside
- A cooling smoothie break
- A short walk or power nap
- A breathwork or meditation pause

*Note: None of the above include a cell phone!*

This pattern helps sustain energy throughout the day and avoids the common midday crash.



What's inside this issue:

Balancing Relaxation and Productivity

Hydration Tips

Vitamin D Highlight

Hydrating Berry Popsicles





## Summer of Self Care Continued

### Hydration Tips

Proper hydration isn't just about drinking water—it's about keeping your body and mind running at their best. In the summer heat, your hydration needs increase as your body loses more fluid through sweat, even if you're not actively exercising.

Why Hydration Matters More in July

- Supports energy levels
- Dehydration can cause fatigue, sluggishness, and brain fog.
- Regulates body temperature
- Water helps your body cool down and prevents overheating.
- Improves digestion & detoxification
- Fluids help flush toxins, support kidney function, and aid digestion.
- Prevents headaches & mood dips
- Even mild dehydration can affect mood, focus, and mental clarity.

How Much Water Do You Really Need?

A general rule of thumb:

- Half your body weight (lbs) in ounces of water per day.
- (e.g., 150 lbs = 75 oz/day)

Increase intake if:

- You're sweating more (outdoors, workouts)
- You drink caffeine or alcohol
- You're eating salty foods or sweating at night

Creative Ways to Stay Hydrated

Hydration doesn't have to be boring! Mix it up with these fun, healthy ideas:

#### 1. Infused Water Combos

Add fruits, herbs, or veggies to your water for natural flavor and a vitamin boost.

- Cucumber + Mint
- Strawberry + Basil
- Lemon + Ginger
- Watermelon + Lime

Tip: Prep a pitcher the night before and store it in the fridge for easy access.

#### 2. Hydrating Foods

About 20–30% of hydration can come from food. Add more of these water-rich options:

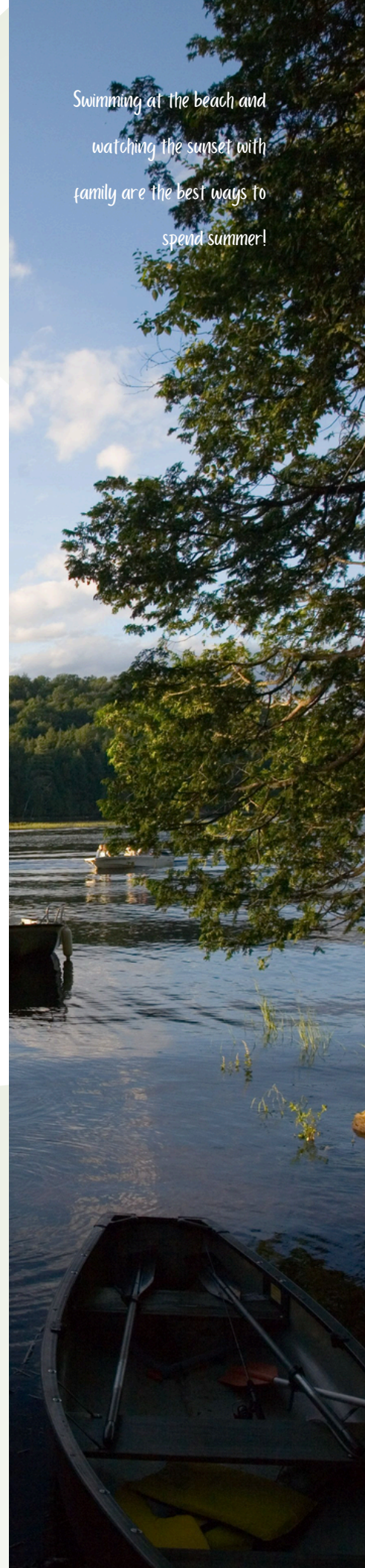
- Watermelon, cantaloupe, berries
- Cucumbers, celery, lettuce
- Tomatoes, zucchini
- Yogurt, smoothies, broths

Wellness Challenge:

"7 Days of Hydration"

Track your water intake for 7 days and notice how your mood, energy, and skin respond. As much as possible, stay away from consuming water in plastic bottles.

Swimming at the beach and watching the sunset with family are the best ways to spend summer!



# Supplement of the Month

## Vitamin D

Even during the summer, some individuals may need to continue taking vitamin D supplements due to various factors that can affect their vitamin D levels, despite increased sun exposure. These factors include skin pigmentation, time spent outdoors, sunscreen use, and individual health conditions. Here's why vitamin D supplementation might still be necessary in the summer:

### *Insufficient Sun Exposure:*

- **Limited time outdoors:** While many people spend more time outdoors in the summer, some individuals may still have limited sun exposure due to lifestyle, work schedules, or other commitments.
- **Sunscreen use:** Sunscreen, especially with high SPF, can significantly reduce the amount of UVB radiation absorbed by the skin, which is necessary for vitamin D synthesis.
- **Geographic location:** Even in summer, the strength of the sun's rays can vary based on location. For example, people in northern latitudes may not get enough UVB rays even in the summer months.

### *Individual Factors:*

- **Age:** As we age, our skin's ability to produce vitamin D decreases.
- **Health conditions:** Certain conditions, like obesity, fat malabsorption syndromes, or liver or kidney disease, can affect vitamin D absorption or metabolism.
- **Diet:** While diet can provide some vitamin D, many people don't consume enough vitamin D-rich foods to meet their daily needs.



### *The Importance of Year-Round Vitamin D Levels:*

- **Bone health:** Vitamin D is crucial for calcium absorption and bone health, and maintaining adequate levels year-round is important to prevent osteoporosis and fractures.
- **Immune function:** Vitamin D plays a role in immune function, and maintaining sufficient levels can help support the body's defenses against illness.
- **Mood regulation:** Vitamin D is also linked to mood regulation, and low levels have been associated with depression.

*In conclusion:* While summer sun exposure can contribute to vitamin D production, many people may still need to supplement to ensure adequate levels. It's wise to consider individual factors and lifestyle when deciding whether to continue taking vitamin D supplements during the summer months, according to health experts.



# Hydrating Berry Popsicles



## Ingredients

- 1 1/2 cups [Blackberries](#)
- 1 1/2 cups [Blueberries](#)
- 3 cups [Strawberries](#)
- 3 cups [Coconut Water](#), unsweetened
- 2 Tbsp [Raw Honey](#)

## Notes

- Making your own popsicles lets you control ingredients, avoid added sugars, and experiment with fun flavors.
- Most popsicles take at least 4–6 hours to fully freeze, or overnight for best results.
- Add-ins like fruit chunks, chia seeds, or coconut flakes are great—but balance is key. Don't overfill the molds! :)

## Instructions

- Place the blackberries, one cup of coconut water, and two teaspoons of honey into a blender. Blend until smooth.
- Strain the mixture through a fine mesh strainer to remove the blackberry seeds, and set aside.
- Repeat this process two more times with the strawberries and blueberries, using 1 cup of coconut water per flavor of berry, and 2 teaspoons of honey.
- Be sure that all three flavors are strained into separate bowls.
- Pour the blueberries in the first 3rd of your popsicle molds, and freeze until solid.
- Repeat with the strawberries and blackberries.
- Once you have filled the last flavor into your molds, freeze overnight, or for at least 6 hours.