

## Nutritionally Yours August Newsletter

*Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life.*

- Ralph Waldo Emerson



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### Relaxation and Exercise

Summer is often a time for serious play, time off and deep relaxation. Many of us use the summertime to rebuild our reserves for the rest of the busy year. In our work-crazed society we can lose sight of the benefits of slowing down and taking time to rest. Now that summer is in full swing, it's time to enjoy the restorative powers of reconnecting to your body through movement and relaxation.

Summer is a unique time of year when we can do both our relaxation and our movement out in nature. Take a nap in a hammock, enjoying the smell of freshly cut grass. Go to the park and think or read under a favorite tree. One of the greatest places to rest in the summertime is by the water. There is something magical and restorative in water, and we naturally crave to be near it, by it or in it. Heading to the water, whether it is the beach, a lake, or a kiddie pool, can be relaxing and rejuvenating.

Just as much as the body loves to relax, the body loves to move. Even though our body is most healthy when it is getting appropriate physical activity, we often feel dread and boredom when we hear the word "exercise." Think for a moment of what type of movement you would consider fun, as opposed to torturous? Perhaps you loathe the idea of a gym, but miss taking dance classes.

Maybe you want to try yoga or rollerblading. You could play touch football with your kids, walk with a neighbor in the mornings or go for a swim. The summer offers so many choices—it's simply up to you to choose which style of movement excites you. Your heart will thank you, your soul will be gratified, your limbs will be more fluid and you'll sleep better at night.

Whether you are relaxing, exercising, or both, notice that being outside in nature has a profound way of quieting the mind and reconnecting us to ourselves. Often this relaxation and peace of mind are what our bodies crave the most. So while summer is with us, strap on your sandals and enjoy to the fullest the rich elements of sun, wind and water and the nourishment that they bring.

Nutritionally Yours,  
Christine and Suzanne

P.S. For those of you who are not local, we can send you menus, snack lists, tips via e-mail and are available for phone consults. For more information visit us on the web at [www.NutritionallyYoursllc.com](http://www.NutritionallyYoursllc.com).