

SUMMER SIZZLE SERIES

NOONTIME WELLNESS

JULY ISSUE



MANGO AGUA FRESCA

WHAT YOU NEED:

- 1 ripe mango, peeled, pitted and cut into chunks
- 1 1/2 cups of cold water
- 1/2 teaspoon of freshly squeezed lime juice
- 1/2 teaspoon of agave nectar or honey, more or less to taste
- Mint leaves and lime wedges, for garnish

PASSPORT TO WELLNESS



LESSONS FROM MEXICO

AGUAS FRESCAS!

It is no secret that Mexico has an abundance of fruits and vegetables. To their advantage, making aguas frescas (fresh water) is a necessity to staying hydrated in their intense heat. Agua frescas are easy to make at home and has endless creations. Mix one up for yourself or at a summer barbeque. What a cheap and easy way to stay fresh!



STRAWBERRY PINEAPPLE AGUA FRESCA

DIRECTIONS

- Combine 1 cup of water, strawberries and pineapple chunks in a blender
- When smooth, add lime juice and more water to a pitcher
- Add honey for taste if desired!





DIY: WINE GLASS TERRARIUM

PERFECT SIMPLE SUMMER PROJECT!

Spice your indoor (or outdoor) living with some simple plants that are easy to take care of – succulents!

Here is what you will need...

- Wine glasses (HINT: The Dollar Tree has great, and affordable ones!)
- Potting soil
- Sand or gravel
- Mini succulents (Try a cactus)

Directions

1. Fill your wine glass with a cup or less of sand or gravel. If you have a smaller cup, pour less sand.
2. Add potting soil on top. Add enough to cover the succulent's roots.
3. Select the succulents you desire. Remove excess potting soil from the succulent so they will thrive much better in new soil.
4. Arrange your succulents in the wine glass by digging small holes for the roots.
5. Add more soil and ensure succulent is secure.
6. Lightly water succulents once a week for the first month, after that only every 3-4 weeks.

Sources: Indiatimes.com
Cambirawines.com
Justputzing.com
TheLatinKitchen.com

EXERCISES TO BURN STOMACH FAT

AT HOME OR AT THE GYM

While running and jogging are also recommended for working out, sometimes it just doesn't cut it when burning belly fat. Try these workout ideas at home or at the gym.

Bicycling

Bicycling is great way to get out of the house in the cooler afternoons and can burn between 250 to 500 calories during a 30-minute bike ride.

Vertical Leg Crunch

The vertical leg crunch requires you to keep your legs straight up as you lie down on your back. This makes your abs work harder and increases the intensity of the workout.

How to:

- Lie down with hands behind your head
- Put your legs straight up
- Flex abs to lift head and shoulder off the floor
- Lay back down
- Keep legs extended in the air the whole time
- Repeat, do 1-3 sets with 15 crunches/set

