

# SUMMER SIZZLE SERIES

Human Resources, Professional Development Newsletter

## In this issue:

- Fitness Tips
- Stress-less Summer
- DIY Sunscreen
- Try this recipe!  
Apricot-glazed Chicken

## June Wellness

June is a wonderful month because it is the first month of summer and we get to celebrate father's day. Keep yourself healthy this summer by enjoying summer smoothies, outdoor barbeques and indoor workouts. A basic challenge we can all set for ourselves is drinking eight glasses of water and applying SPF 30 sunscreen to our skin everyday.

### Fitness Tips

**Q: How much physical activity do I need to be healthy?**

A: At least 30 minutes of physical activity a day.

**Q: How can I get rid of fat around my hips?**

A: "Spot fat reducing" does not exist. Try incorporating resistance workouts to build muscle which will burn fat and give you a toned appearance.

### Stress-less Summer

- ◆ Start your day-off by writing what you're grateful for in a journal
- ◆ Drink 2 glasses of orange juice a day. Vitamin C lowers levels of stress hormones
- ◆ Get plenty of rest to have energy to handle problems
- ◆ Close your eyes and take 10 breaths slowly; inhale through your nose & exhale through your mouth

### DIY: Sunscreen

Did you know you can make your own sunscreen form home? Instead of buying name brands, you can simply heat olive oil, beeswax, and coconut oil, and pour in a glass mason jar. Once all are melted together, add zinc oxide powder and transfer ingredients in separate mason jar. Easy!



*Apricot-Glazed Chicken with Brussels Sprouts*

#### What you'll need:

- ◆ 1/2 Apricot Marmalade
- ◆ Juice and zest of 1 lemon
- ◆ 8 bone-in-skin-on chicken thighs
- ◆ Extra virgin olive oil, for drizzling
- ◆ Kosher salt
- ◆ Ground black pepper
- ◆ 1/4 c. chopped fresh parsley
- ◆ 1lb. Brussel Sprouts

#### Directions:

Step 1: Stir apricot marmalade, lemon juice and zest in mixing bowl. After rinsing, place chicken on pan and drizzle olive oil. Season with salt and pepper.

Step 2: Place chicken on grill and flip chicken periodically. Brush apricot glaze on chicken and continue to flip chicken until glaze is brown.

Step 3: Wash and cut Brussels sprouts in half. Season with salt and pepper and place in pan with vegetable oil. Serve chicken with seared Brussels sprouts & parsley.