

July Newsletter



July is national anti-boredom month, national parks and recreational month and national ice cream month. So to celebrate this month you can take the banana “ice cream” recipe from last month and go to your local park and then you will not be bored!



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Fish Tacos with Watermelon Salsa



Nutritional Facts:

Calories	437
Fat	18g
Protein	15g
Carbohydrate	45g

Ingredients

4 cups of diced seedless watermelon
1/2 small red onion, finely diced
1/2 cup roughly chopped fresh cilantro
Juice of 2 limes, plus lime wedges for serving
1 jalapeno pepper, seeded and finely diced
1 tablespoon plus 2 teaspoons extra-virgin olive oil, plus more for brushing
Kosher salt
1 pound skinless wild striped bass fillets
1 teaspoon chipotle chile powder
1 romaine lettuce heart, thinly sliced
8 corn tortillas
1 avocado, sliced

Directions

Make the watermelon salsa: Combine the watermelon, red onion, cilantro, lime juice and jalapeno in a bowl. Toss with 1 tablespoon olive oil and 1/2 teaspoon salt and set aside.

Preheat a grill to high. Sprinkle the fish on both sides with the chile powder and 1/2 teaspoon salt; drizzle both sides with the remaining 2 teaspoons olive oil. Brush the grill with olive oil, then add the fish and grill until marked and cooked through, 4 to 5 minutes per side. Transfer the fish to a plate and break into bite-size pieces.

Meanwhile, toss the lettuce with 2 tablespoons of the juices from the watermelon salsa and a pinch of salt. Warm the tortillas on the grill and fill with the fish, watermelon salsa, avocado and lettuce. Serve with lime wedges.

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Watermelon Slushie

Nutritional Facts:

Calories	_____	68
Fat	_____	0g
Protein	____	1g
Carbohydrate	_____	17g

Food Network

Ingredients

-Seedless Watermelon

Directions

- Puree 6 cups of seedless watermelon until smooth
- pour into a shallow airtight container and freeze overnight
- mash up and enjoy!

When this is still in the bag, it can serve as an icepack, if any trouble occurs while at the park

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LUNGE WITH A TWIST



Four basic steps!

Step One -- Step forward with one leg

Step Two -- Lower the body without going forward

Step Three -- Rotate the body in the direction of the forward leg

Step Four -- Return to the upright position and repeat!

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Leo and Linda Smith



How did Leo and Linda meet?

They met on a blind date that their friends had set up for them. They didn't even talk the whole date until the very end when Leo asked if he could call her and she nervously said, "I'm in the book". Leo had no idea of her last name and so he had to ask around.

Why did Leo and Linda join UF Health: Fitness and Wellness?

They joined because both of their 70th birthdays were coming up and because Leo has Parkinson's.

They both wanted to focus on their health and so their son in law, Chris Herndon, recommend us to them.

What do Leo and Linda enjoy the most in their free time?

They really enjoy hiking out in Colorado!