

Strawberry Fields Salad

- 2 C. fresh spinach leaves, stems removed and loosely packed
- 2 C. arugula
- 1/4 C. crumbled feta cheese
- 1/2 C. thinly sliced red onion
- 1/3 C. whole pecans
- 10 whole strawberries (medium size) quartered
- 2 T. low fat, sugar free dressing of choice

Add grilled chicken breast or grilled shrimp for added protein



Dietary values do not include added protein or dressing

Calories per serving: 138 (Makes 2 servings)

- Total Fat 10g
- Total Carbohydrate 11g
- Dietary Fiber 5g
- Protein 4g

1. Toss all salad ingredients together in small bowl.
2. Incorporate chicken breast or shrimp if desired.
3. Drizzle with dressing and enjoy.



- ◆ **Drink Water:** Water helps prevent illness, keeps your bone and muscles healthy, helps maintain your weight and best of all, water fuels your activities through the day.
- ◆ **Eat Fresh:** Reserve a place on your plate every meal for fresh produce and you're sure to reap the tasty rewards. Check out our recipe of the month!
- ◆ **Transform activities into exercise:** Activities like going to the zoo or visiting a park can become exercise if you use the stairs. Take the long route or add stretches and strengthening exercises along the way!
- ◆ **Lifestyle Modification:** The summer is a great time to try start a lifestyle modification. Call [Healthy Size](#) and let us help you kick-start a new healthy eating plan. You can also start a new exercise routine!
- ◆ **Sleep Well:** Getting enough quality sleep at the right times can help protect your mental and physical health, safety and quality of life.
- ◆ **Stay Cool:** When it's hot, do what you can to stay cool! Go swimming at your local neighborhood pool and visit local air-conditioned attractions.
- ◆ **Disconnect:** Disconnect from the internet, put down those smart

MEN'S HEALTH for JUNE: Focus on men's & young men's health by promoting healthy life with exercise/diet/& mental health care, promote health checks for preventable health issues through early detection, blood pressure checks & mental health care.

ALZHEIMER'S AWARENESS for JUNE: Focus on brain health, cognition, & mental and emotional support for caregivers.



Alzheimer's is the most common cause of dementia among older adults. Below are some statistics regarding Alzheimer's Disease:

- ◆ Approximately 6.7 million Americans aged 65 and older are living with Alzheimer's
- ◆ It is the sixth leading cause of death in the U.S.
- ◆ Women are disproportionately affected, making up nearly two-thirds of those with the disease.
- ◆ The number of people with Alzheimer's is projected to reach 14 million by 2060.
- ◆ Early diagnosis can improve quality of life and access to treatment options.

BELOW ARE SOME OF THE SUPPLEMENTS WE OFFER AT HEALTHY SIZE FOR COGNITIVE AND MENTAL HEALTH SUPPORT:

- * NAD+
- * Glutathione
- * Creatine (get better absorption by adding vitamin C)
- * B-vitamin's

These are available in injection form as well as liposomal



Healthy living can help prevent some of the leading causes of death for men. Even the smallest changes can help put you on the path to a longer, healthier life. Studies show that men have a shorter life expectancy than women. Below are some statistics about men and their health:

- ◆ Men are half as likely to attend their yearly doctor exams as women.
- ◆ 1 in 2 men are diagnosed with cancer in their lifetime.
- ◆ On average men live 5 years less than women.
- ◆ Men are 2 times more likely to suffer hearing loss.
- ◆ 92% of work place deaths are males.
- ◆ 60% of adult men are obese. 13 million of those men develop diabetes.
- ◆ Men eat more red meat which can cause diverticulitis.
- ◆ The leading causes of death for men are:
 - ◆ Heart Disease - Cancer - Unintentional Injuries - Stroke
 - ◆ Chronic Obstructive Pulmonary Disease (Lung Diseases)
 - ◆ Diabetes - Influenza and Pneumonia - Suicide - Kidney Disease
 - ◆ Alzheimer's Disease

BELOW ARE SOME OF THE SUPPLEMENTS WE OFFER AT HEALTHY SIZE FOR COGNITIVE AND MENTAL HEALTH SUPPORT FOR MEN:

- * L-Carnitine
- * Creatine
- * NAD+
- * B-vitamins
- * Glutathione