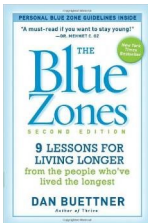


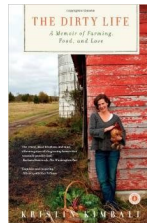
The UCONN Buzz



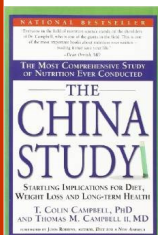
Summer Reading List: Read your Way to Health and Wellness!



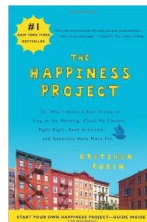
The Blue Zones: 9 Lessons for Living Longer (by Dan Buettner). Dan Buettner, the author of *The Blue Zones*, knows that it is possible to live longer if you're in the right community. Read the [book](#) and learn more about Blue Zones [here](#).



The Dirty Life: A Memoir of Farming, Food, and Love (by Kristin Kimball). We all need new beginnings from time to time. The author of this book takes us on her journey of new beginnings that placed her knee-deep in rich soil, nourishing food, and community building. Find it at your local bookstore or library!



The China Study: the Most Comprehensive Study on Nutrition and... (by Colin Campbell) While detailing the connection between nutrition and chronic disease, this book also explores the political and economic ties behind mixed nutritional messages.



The Happiness Project (by Gretchen Rubin). Rubin chronicles the 12 months she spent test-driving the lessons learned from the science of being happier.

Too good to waste: Shop smart and store it right!

6 TIPS TO BUY SMART:

1. Include quantities on your shopping list
2. Shop your fridge and cupboards first
3. Buy fresh ingredients in smaller amounts
4. Stick to your list
5. Choose loose produce over pre-packaged
6. Shop the bulk section to get just what you need



6 TIPS TO STORE IT RIGHT:

1. Freeze or cook food you can't eat in time
2. [Keep fruits and vegetables separate](#)
3. Store foods in clear containers
4. Move old items to front of cupboard and fridge
5. Keep bananas, tomatoes, and apples separate
6. [Prep food](#) when you get home from store

HAPPENING IN AUGUST!

08/02/14, 1PM-10PM—Taste of the Caribbean Festival. Dance the day away to island rhythms. [Find out more!](#)

08/09/14—Hop River 5K Fun Run/Walk—Run/walk along this picturesque trail that includes a covered bridge. [Click here](#) for more information!

08/16 and 08/17—Go check out the [Dragon Boat and Asian Festival](#): exhilarating and adrenaline-pumping event on the Connecticut river. Fun for paddlers as well as viewers!

Watch these short videos demonstrating tips to [buy](#) and [store](#) foods more efficiently, so that you can reduce the amount of foods being thrown out because [gone bad!](#)



Be Well !

4 South Eagleville Rd.
Mansfield, CT 06268

Phone: 860.429.3361
Fax: 860.429.3321
Email: be_well@ehhd.org

Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from the CT Dept of Public Health. The goal of the program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.



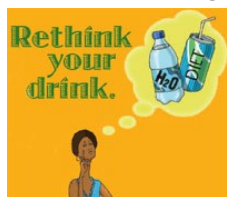
Do you prep your food when you get home from the store? Click on the yellow button to the left to take the Be Well poll!

Last month's poll: Do you use the services of a financial planner/advisor once a year (or more)? 36% said they don't but want to!

Health tip: Rethink your drink!

Did you know that many beverages contain almost 200 calories in just 12 ounces?

Staying hydrated is important, especially in the summer months, but be smart about your choice. Water is one of the best choices, click on the image below for other good options.



Recipes: Fresh Salad Makeover Ideas!

Quinoa and Smoked Tofu Salad



Ken Burris

Peach and Heirloom Tomato Salad



© 2009-2011 Dana Treat

Nectarine and Fennel Salad



© 2011 Sprouted Kitchen

Southwestern Salad with Black Beans



Ken Burris

Active Living



Hiking on the [Blue-Blazed Hiking Trails](#) is a wonderful way to explore the state's rich natural, scenic and historic heritage. Having a fun and safe hike is an important part of the journey. Before hitting the trail be sure to review the [Connecticut Walk Book](#) maps and mileage tables for the trail you plan to hike ([here's](#) the interactive online version). Here are a few things to remember when preparing for your hike:

- Wear appropriate clothing.
- Pack water and extra food.
- Let someone know your plans, the trail section you plan to hike and time you expect to return.
- Pick up a copy of the [Connecticut Walk Book](#) or another appropriate trail guide.

While on your hike please follow standard trail etiquette and Leave No Trace principles:

- Stay on the trail; do not wander off the footpath.
- Leave all flowers, mushrooms, wildlife, rocks, etc., for the next hiker to enjoy.
- Respect peace and quiet on the trails.
- Keep your dog under control and leashed at all times.
- Pick up litter you find on the trail - 'Carry In - Carry Out' - everything.
- Be careful with fires; build them only in designated sites & extinguish completely