

National Months - August

August is a bittersweet month for many. It's the end of summer vacation, and the beginning of the new school year. Therefore, August is a great time to get in your last licks of summer vacation. There are many national days that will help you enjoy the rest of your summer and stay healthy doing so.

August 1 – National Mountain Climbing Day



Keeping active is an important part of staying healthy. What can be more active than climbing a mountain? Hiking is a great cardio workout with many perks such as strengthening your core, improving your balance, and studies have shown that it can even boost your mood. So, grab a friend, take a fun hike, and make sure to stay hydrated!

August 3 – National Grab Some Nuts and National Watermelon Day



Nuts are a great source of protein, unsaturated fats, and omega-3 fatty acids. Nuts are the perfect grab and go snack, but it's important to portion them! Buying pre-portioned snack packs or portioning the nuts into snack sized bags right away is an excellent way to make sure that you are not overeating.

Eating watermelon is a good way to stay hydrated, especially during a hot summer month like August. Watermelon is 92% water! Other health benefits of watermelon are that it improves circulation, can improve your eyesight, is a natural mood elevator, and best of all it is super refreshing!

August 4 – National Mustard Day



Mustard is a low-calorie condiment, making it a great alternative to ketchup which can be high in sugar, and mayo which can be high in fat. What most people don't realize is that there is more to mustard than the bottled condiment. Mustard seeds are a rich source of minerals, such as calcium, magnesium, phosphorus and potassium. Mustard leaves, or mustard greens, are a great source of potassium, calcium, and phosphorus as well. Mustard is an excellent low-calorie addition to dressings and marinades, boosting the flavor and providing many health benefits.

August 6-12 – National Farmer's Market Week



The farmer's market is the perfect place to discover new fruits and veggies! Strolling through the local farmer's market can inspire you to try new healthy dishes and get some exercise while doing so. The farmer's market gives you access to fresh, healthy foods while supporting local farmers. Bringing your family with you can inspire them to eat healthy as well!

August 19 – National Potato Day



Potatoes are often perceived as unhealthy because of the way that they are usually prepared. But like anything, in moderation potatoes can be okay to eat. Potatoes are a starchy vegetable, which makes them a good carb to eat. They can be prepared in healthy ways too! You can bake

it whole, cut it up and make “fries,” or even mash it up with some cauliflower to make creamy mashed potatoes.