

Week 2

Did You Know?

Strawberries are the only fruit with seeds on the outside

Benefits of Fruits and Veggies

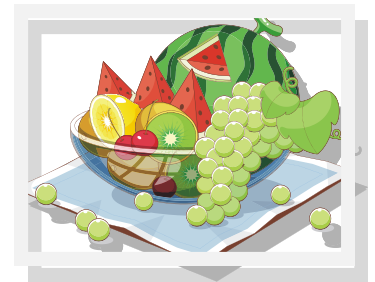
You've heard it since you were a kid, "An apple a day keeps the doctor away." It turns out, your mother really did know what she was talking about, as most mothers do. Follow your mother's advice and add fruits and veggies to your diet!

Adding fruits and veggies to your diet packs quite the punch to your overall health.

Some of the benefits, include:

- Decreased risk of Heart Disease
- Protection against various types of cancer
- Reduce risk against obesity and Type 2 diabetes
- Reduce risk of Kidney stones and decreases bone loss

Get some delicious and fresh local produce Fridays from 4:30-6:30 at the Columbus Junction Farmers Market, located at the Louisa County Fairgrounds.



Source: <http://www.choosemyplate.gov/food-groups/fruits-why.html>

Activity of the Week : Golfing

Golfing can be a great way to stay active this summer. Make it even more beneficial by walking your local course instead of driving a golf cart.

Benefits of Golfing

- Helps to Relieve Stress
- Swinging a club and walking the course builds muscle
- Fun for the whole family!

Get Active Near You!

- Twin Lakes Golf Course
Phone: (319) 257-6253
- Cedarcrest Golf Course
M-F 1:00-6:00
Weekends 1:00-7:30

