

Get Outside!



5 Reasons Why Being Outside is Important!

Relieve Stress: Getting outside can help you escape the stress of work or school. Stress is unhealthy when not managed properly, and can tear up a healthy mind and immune system. High levels of stress are also associated with depression, obesity and high blood pressure. Luckily, there is a natural stress reliever right in your backyard.

Strengthen Immunity: Staying indoors can have a negative impact on your immune health, because the immune system works best when challenged regularly. That doesn't happen when we spend time indoors.

Sharpen Your Focus: Studies have shown that our attention is almost uniformly enhanced by exposure to natural environments. One study published in 2009 found that the same holds true for children with attention deficits. Spending 20 minutes walking in a nearby park was sufficient enough to elevate attention performance in children with

ADHD. This so-called "dose of nature" could prove to be a natural way to help improve your focus.

Develop a Healthier Diet: Looking for a hobby to get you outside? Gardening is a great way to increase your time outdoors. Not only does gardening keep you active, it provides you with access to healthy fruits and vegetables on a regular basis.

Calm Your Mind: Anxiety and depression can be crippling. Coping with mental illness is difficult, and methods vary from person to person. Most physicians and therapists recommend regular exercise, in addition to therapy and medication. Exercising outdoors can help ease your emotional and mental pain while also improving your mood.

For five more reasons, continue reading [here](#).

Source: <https://askthescientists.com/outdoors/>

American Macaroni Salad

Ingredients

- 2 cups dry elbow macaroni, cooked, rinsed and drained
- 1/3 cup diced celery
- 1/4 cup minced red onion, soaked in cold water for 5 minutes, drained
- 1 tablespoon minced flat-leaf parsley
- 1/2 cup diced vine-ripened tomato (optional)
- 1/2 cup prepared mayonnaise (Or, use avocado mayo for a healthy substitute)
- 3/4 teaspoon dry mustard
- 1 ½ teaspoons sugar
- 1 ½ tablespoons cider vinegar
- 3 tablespoons sour cream
- 1/2 teaspoon kosher salt, plus more to taste
- Freshly ground black pepper

Instructions

In a large bowl, combine the macaroni, celery, onion, parsley and tomato (if included). In a small bowl, whisk together the mayonnaise, mustard, sugar, vinegar, sour cream and salt. Pour the dressing over the salad and stir to combine. Season with salt and pepper to taste. Serve. Store covered in the refrigerator, for up to 3 days.

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/american-macaroni-salad-recipe-2011554>

Sutton Steps Challenge!

Instructions

- For this challenge log your steps into the Fitness App of your choice.
- Send a picture of weekly tracking to: 715-432-0488. Weekly report will be due every Monday in July at 10 am.
 - Weekly Tracking Report due July 12, 19th, 26th, and August 2nd:
- Winners will be Announced August 2nd.

According to Mayo Clinic it is recommended adults gradually build-up to walk at least 10,000 steps each day.