

WELLNESS WORKS



Put some color in your life. This month we are focusing on the benefits of having a colorful diet. Not only is it more appealing to look at, but eating a variety of colors of fruits and vegetables can help you to get a variety of important vitamins and minerals to fuel your body.

August 2019

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Rainbow of Foods

Eating a diverse diet of fruits and vegetables helps to ensure that we get all of the vitamins and minerals that our bodies need to function properly. Did you know that the color in fruits and vegetables is often caused by the phytonutrients in them? This means that the color is actually a visual sign as to what specific nutrients are in that plant. So if you try to eat a rainbow of foods, you will be well on your way to getting all the proper nutrients.

Nutrients by Color

The colors of fruits and vegetables are clues to the vitamins and nutrients in the foods. Eating a rainbow of foods helps ensure you are benefitting from the variety of nature's bounty.

Red colors are from a pigment called lycopene. Lycopene is an antioxidant that helps prevent cancer and promotes heart health. A great source of lycopene are tomatoes and watermelons. Remember: red = heart.

Purple and Blue

colors are from anthocyanin which is also an antioxidant, helping to reduce the risk for cancer, stroke, and heart disease.

Orange and Yellow

colors are from carotenoids (memory hint—carrots are orange and have carotenoids). A few commonly mentioned carotenoids



are Betacarotene and Lutein. The body converts Betacarotene to Vitamin A which is important for eye health. Lutein is also related to eye health and helps prevent cataracts and age-related macular degeneration.

Green vegetables are nutrient powerhouses. They contain many natural compounds called phytochemicals which have cancer-fighting properties. Dark, leafy greens (spinach, kale, etc.) are super healthy as are cruciferous vegetables like broccoli.

Brown and **White** fruits and vegetables, though not flashy in color, also pack beneficial properties. Garlic, historically was used as a medicine in both Eastern and Western medicine, from the Greeks to the Chinese, and has been documented by modern medicine to reduce the length of colds, improve blood pressure, protect against dementia, improve bone health, and the list goes on! Onions, who similarly contain the compound allicin, have been shown to improve heart health, blood sugar, and digestive health.

Rainbow Exercises

Rainbows are not limited to the sky after rainstorms and in your produce basket. Did you know there are great "rainbow" exercises?

Be sure that if you have not been active and exercising, you check with your doctor before starting any exercise program.

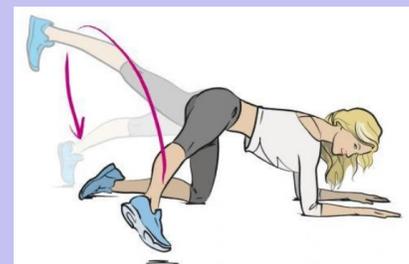
August's Challenge

This month, try these exercises for 1 minute each, per day, this month.

Low and High Rainbow Glute

To tone and strengthen your glutes, try the Low and High Rainbow Glute exercise.

<https://www.youtube.com/watch?v=Xb4WrsWbbMk>



Overhead Arm Rainbows

To tone and sculpt your arms, try these dumbbell rainbows.

<https://www.youtube.com/watch?v=Xb4WrsWbbMk>



Eat the Rainbow

Print this checklist and put it on your fridge. This week try to check every color category. Good luck!

Red

Beets
Cherries
Cranberries
Dragon Fruit / Pitaya
Pomegranate
Raspberries
Red Bell Peppers
Strawberries
Tomatoes
Watermelon

Orange

Apricots
Cantaloupe
Carrots
Mangoes
Orange Bell Peppers
Oranges
Papaya
Peaches
Pumpkin
Sweet potatoes

Yellow

Corn
Grapefruit
Lemons
Olive Oil
Pineapple
Summer Squash
Turmeric

Green

Apples
Asparagus
Avocado
Cabbage
Broccoli
Brussel Sprouts
Grapes
Green Bell Peppers
Herbs
Kiwi
Leafy Greens
Collard Greens

Violet/Blue

Blackberries
Blueberries
Eggplant
Figs
Grapes
Plums
Purple Cabbage

Brown/White

Bananas
Cauliflower
Garlic
Mushrooms
Onions
Potatoes
Turnips



Rainbow Spritzer

Cool off with this light and refreshing drink. These rainbow spritzers are super fun, full of color, and easy to make. Make sure to use a variety of fruits to create the rainbow effect.

Ingredients

- Cut fruit of your choice (fresh or frozen)
- Juice or Water
- Sparkling water

Directions

1. Cut fruits of your choice into bite sized pieces. If using frozen fruit, let it thaw for about 10-15 before attempting to cut.
2. Place cut fruit into ice tray
3. Fill the ice tray with a complimentary juice or water.
4. Freeze for about 4hrs or until solid.
5. Fill a tall cup with your rainbow of fruity ice cubes and top with sparkling water.
6. Relax and enjoy!

Inspiration

Try one fruit from each color category on the left and layer in rainbow order.