

Fun Fact of the Week

5 TIPS FOR A HEALTHY 4TH OF JULY*

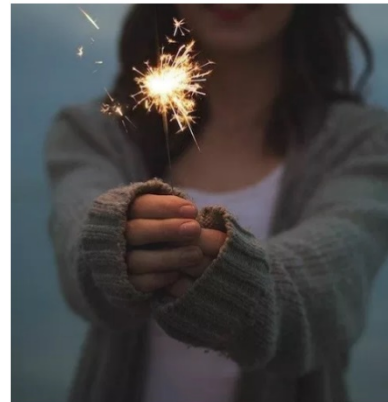
Jennifer Lesyna Anthony

As the 4th of July holiday approaches, I hope you and your loved ones are anticipating some well deserved time off and summer fun.

As I am sure you know, the 4th of July can be an eating holiday like all of the rest of them. To help you stay on track, I put together some of my favorite tips for staying healthy during your 4th of July Celebration.

1) START WITH A GREEN SMOOTHIE

Before any all-day eating event, I recommend that my clients start their day with vegetables and protein in the form of an energizing green smoothie. Not only will your smoothie make sure you get a healthy dose of vitamins and minerals first thing, it will also start your day on a healthy foot that will motivate you to keep the good feelings going all day long.



New to the green smoothie? Check out 2 of my favorite recipes here: [Kale & Pineapple Green Smoothie](#) and [Kale – Kiwi – Ginger Green Smoothie](#).

2) SNACK RIGHT

4th of July BBQs often mean lots and lots of snack foods. To keep your healthy momentum going, make sure you have healthy options to nosh on so you won't be tempted by the chips and crackers aplenty.

That might mean that YOU need to be the one to offer to bring a healthy veggie or fruit platter. If you haven't gotten a chance yet, I recommend trying my favorite [Zucchini & Mint Yogurt Dip](#) with zucchini spears and cucumber or [these fun American flag themed fruit skewers](#).

3) PLAY A GAME

No need to leave the fun and games to the kids. Start up a game of baseball, volleyball, frisbee, tag, or even bocce ball and get everyone involved. You might just have the time of your life and bring back summer memories from 4th of July's past. You may even start a new tradition!

4) HYDRATE!

It's most likely going to be hot and keeping the fun outdoors will make it more important than ever to make sure you stay hydrated. Bring a water bottle with you or set up an outdoor water station with ice cold water. [To add a bit of patriotic flare, add strawberries and blueberries to infuse the water with a little bit of flavor.](#)

5) BYO BBQ

The best thing about a good old fashioned BBQ is that they can be an incredibly healthy if you choose the right thing. Offer to bring protein options to share that will also suit you and your weight loss goals best – salmon, chicken, grass fed hamburger, turkey burgers, veggie burgers, portobello mushrooms, or chicken sausages can all be a great upgrade to the stereotypical hot dog and hamburger fare. Don't forget the veggie skewers as well!

Looking to watch your starch intake? Skip the bun and enjoy your burger in a lettuce wrap or on top of salad.

I hope these tips will help you as you plan for your 4th of July celebration. Enjoy!

*<https://coachingbyjennifer.com/single-post/2019/06/24/5-tips-for-a-healthy-4th-of-july/?v=7516fd43adaa>