



Take a NOURISH Step!

July: "Nourish to Flourish:

A Month of Kindness, Friendship & Fresh Flavors"

July is bursting with opportunities to nourish both body and soul! As we **celebrate Watermelon & Blueberry Month** and enjoy simple joys like a Teddy Bear Picnic, let's also *embrace self-kindness on **Compliment Your Mirror Day***, let go of burdens during **Global Forgiveness Week**, and cherish the connections that lift us up on the **Day of Friendship** (7/30).

Wellness starts with what we feed ourselves—physically, emotionally, and socially. 🍉🧸❤️.

July is Watermelon & Blueberry Month & Arthritis Awareness Month.

July is Watermelon and Blueberry Month—two antioxidant-rich fruits that not only taste great but also help fight inflammation linked to arthritis. Their high levels of vitamins, hydration, and anti-inflammatory compounds **can support joint health and reduce stiffness**, making them a sweet choice for wellness this summer! Add them to salads, smoothies, or enjoy them fresh for a delicious way to **support heart health, brain function, and glowing skin!**

NOURISH Steps Tips to Reduce Inflammation

Snack on **blueberries instead of sugary treats**—they're packed with antioxidants.

(Nutrient Dense)

Use fresh garlic **instead of salt** or heavy sauces for bold, **inflammation-fighting flavor**.

(Sodium Aware)

Drizzle **honey** over plain yogurt or oatmeal instead of using flavored versions. Adds antioxidants= less inflammation.

(Understand)



July FUN Days!

7-3: Compliment Your Mirror Day

Yes, find something nice to say to yourself!

7-7 to 7-13:

Global Forgiveness Week

Use this week to forgive & let go of past hurts.

7-10: Teddy Bear Picnic Day

Get creative & make new memories.

7-30: Day of Friendship!

Call, write, visit or invite a friend to lunch.

More at brownielocks.com

***NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

Put Some “Pep” in Your Smoothie!

Berry-Bell Pepper Smoothie

Ingredients:

- 1 medium banana, peeled, fresh or frozen
- 1 can (8 ounces) pineapple, drained
- ½ cup red bell pepper, seeded and chopped
- 2 cups of frozen mixed berries
- 1 cup water



Directions

- Wash hands with soap and water.
- Rinse fresh fruits and vegetables under running water before preparing.
- Combine all ingredients in a blender or food processor.
- Blend until smooth.
- Serve Immediately.
- Refrigerate or freeze leftovers within 2 hours.
(Up the protein with protein powder or Greek yogurt for part of the water).

Visit <https://foodhero.org/recipes/> for more delicious recipes.

Hydration Tip: Host a Teddy Bear Tea Party!

Invite friends to bring their teddy bears and share fond memories. If you're on your own, enjoy the moment with your teddy bear and reflect on cherished past memories.



Teddy Bear Picnic

The Teddy Bear Picnic traces back to the 1900s, inspired by the beloved childhood toy named after President Theodore “Teddy” Roosevelt. The idea gained popularity thanks to the 1930s song *“The Teddy Bears’ Picnic”*.

Ways to Celebrate:

- Host a picnic with your favorite teddy bear and enjoy healthy snacks like fruit, cheese, and finger sandwiches.
- Read books or sing songs about teddy bears.



Simple Teddy Bear Craft: Paper Plate Bear Face

What You Need:

- 1 paper plate, Brown paint or crayons, Construction paper (brown, black, pink) Glue stick or tape, Scissors

Steps:

1. Color or paint the paper plate brown—this will be the bear’s face.
2. Cut out ears from brown construction paper and glue them to the top of the plate.
3. Add facial features:
 - Use black paper for the nose and eyes.
 - Add a small pink circle for the tongue or cheeks.
4. Draw on a smile with a marker or crayon.

If you want more pep, take a NOURISH Step!

For more information visit: gwaar.org/nourishstep

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