

Well NEWS

A Monthly Insight into Health and Wellness



Protect Yourself from Food Poisoning

Foodborne illness, sometimes called food poisoning, is a common, costly, yet preventable health problem. Each year about one in six Americans gets sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.

While most of this occurs from consuming raw or undercooked food, there are ways to prevent harmful bacteria from contaminating your food.

Here are some DO'S and DON'TS to prevent foodborne illness and keep yourself safe:

- DON'T leave foods that need to be chilled sitting out. Refrigerate and freeze necessary foods right away.
- DO use a meat thermometer to make sure your meats are cooked thoroughly.
- DO wash your hands for at least 20 seconds with warm, soapy water before and after handling any raw meats, fruits and vegetables.
 - DO wash utensils and disinfect surfaces before and after use.
- DON'T defrost food on the kitchen counter. Instead, use the refrigerator or cold running water.
 - DON'T let food marinate at room temperature.
- DON'T over pack the refrigerator. This prevents it from staying cool enough.
 - DO rinse fresh fruits and vegetables under running water.
- DON'T cross-contaminate; raw meat, poultry, seafood, and eggs can still spread germs to ready-to-eat foods unless you keep them separate.
- DO keep your refrigerator below 40 degrees and refrigerate foods properly.

Exercise

OF THE MONTH

Pushup with Row

- Place your dumbbells on the ground parallel to each other a little wider than shoulder-width apart. Set up in a plank position with your hands grasping the dumbbells. Make sure that there is a straight line from your shoulder through your hips all the way down to your toes.
- Bend your elbows and lower your chest toward the floor.
- Push back up. Once you are at the top, shift your weight onto one arm, and lift the weight in the other hand up so your elbow rises above your side.
- Control the return of the weight to the ground, then do a row on the other side.
- Keep your core engaged to keep your body from twisting or your hips from pushing up.



** If this is too challenging, you can modify by placing your knees down. Just make sure that your shoulders, hips, and knees are in the same plane.

Featured Anti-Inflammatory Food

Bell Peppers

Eat more bell peppers by trying out one of these great recipes!

Steak Fajitas

Ingredients

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| 3 cloves garlic, grated or finely minced | 1 tbsp bacon fat, butter, ghee or coconut oil |
| 1 ½ - 2 lbs flank steak | 1 onion, diced into ½ inch pieces |
| Sea salt and black pepper to taste | 1 bell pepper, diced into ½ inch pieces |

Directions

Rub the garlic into the steak and sprinkle with sea salt and pepper. Preheat the grill to medium high heat. Cook about 5 minutes each side of the steak. Remove the steak from the heat and set aside. Warm the oil of your choice in a pan over medium high heat and sauté the onion and peppers until they are soft. Transfer the mixture from the pan on to your serving plate. Cut the steak against the grain and place on top of the onion and pepper mixture.

Sausage Basil Stuffed Peppers

Ingredients

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| 2 bell peppers, halved and cleaned | Sea salt and black pepper to taste |
| 1 tbsp bacon grease or coconut oil | 4 cloves garlic, pressed or chopped |
| ½ large onion diced | ½ cup diced tomatoes |
| | 1 lb. ground beef, turkey or chicken |
| | 6 fresh basil leaves, finely chopped |

Directions

Preheat oven to 375. If you want the peppers to be softer, cook the pepper halves face down in a pan for 10 minutes. Otherwise skip this and move on to the next step. Take a large skillet and warm the oil, then sauté the onions. Season with sea salt and black pepper, cook until they are translucent and put the tomatoes and garlic into the pan. Simmer mixture for 2 minutes, then add the meat. Cook until the meat is completely cooked, then mix in additional seasoning. Go back to your peppers and turn them over. Fill each half with the meat mixture and place back in the oven for 15 – 20 minutes to better blend the squash and meat flavors, or you can serve immediately if you prefer.



Special Feature from our newest partner:
Feed your Vitality

Bell peppers have more than *twice* the vitamin C of an orange, making it a great antioxidant and anti-inflammatory food. Regular consumption of bell peppers can decrease chronic inflammation in the body.

Check us out at:
www.feedyourvitality.com

Newsletter Quiz

1. Which has more Vitamin C, an orange or a bell pepper?
2. What is the modification of the Pushup with Row?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by July 31, 2015.





“Feed Your Vitality is my opportunity to it pay forward. It is the opportunity to support people who are facing weight loss or health issues in their journey toward feeling better and experiencing the vitality they are meant to enjoy.”

- Ashley Nanney, Owner

Feed Your Vitality

About Us

We know how difficult it can be to cook meals that support a healthy lifestyle at home – that’s why we’re committed to doing it for you. Feed Your Vitality is a company that is



dedicated to shopping, preparing, cooking, and serving our customers vibrant, whole foods made with fresh ingredients. Once a week we deliver meals that are designed to be freezable and are easy to reheat

while reducing and eliminating additives and preservatives, processed foods, GMOs, and soy. Our meals contain no gluten or grains, corn, dairy, refined sugars, high fructose corn syrup, or legumes. While all of our foods follow Paleo and Anti-Inflammatory guidelines, we also have menus that follow doctor recommended diets including allergen free, SHAPE ReClamed and hCG. These meals

can be delivered to your home or office from downtown St. Louis to O’Fallon, Missouri. Aside from delivering delicious meals to your door, Feed Your Vitality also offers a variety of hands-on Paleo/Anti-Inflammatory classes



to provide you with the tips and tricks necessary to enjoy life while living a healthy lifestyle. Feel free to visit Feed Your Vitality’s website or give us a call to find out more information about all of the services offered.

10% off

New customers will receive 10% off of their first order by mentioning the promo code **WellWorks10** at the time of purchase.

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