



Volume 4, Issue 3 June 2014

# LiveWell Vermont

STATE EMPLOYEES WELLNESS PROGRAM

DIVISION FOR WORKFORCE RECRUITMENT, DEVELOPMENT & WELLNESS



**5 for 5 in July Challenge!**  
**Monday, July 7—Sunday August 3**

**Does your diet need a makeover?**  
**Join us in our upcoming**  
**4-week nutrition challenge!**  
<https://mybluehealth.bcbsvt.com/>

Build your awareness!

Improve or maintain healthy eating habits!

Receive daily nutrition tips.

Earn entries in weekly drawings!

Earn 50 points toward the 2014 "One Life, Live it Well" Incentive Program \*

### Completion Requirements:\*

1. Log 5 fruits & veggies (**2 fruits; 3 veggies**) for 5 days per week for ALL 4 weeks of the challenge. (Weeks run Monday—Sunday)
2. Complete pre- and post-challenge surveys found in "My To Do List" on your dashboard.

### National Trails Day is

**June 7th!** The best way to celebrate National Trails Day is by getting outside for a hike. Read through the essentials below to prepare you for a fun and safe hike.



**Appropriate Footwear:** Trail shoes are great for day hikes while hiking boots may be needed for longer treks and more support.

**Map/Compass/GPS:** The best way to know where you are and find campsites and water. GPS units are great but always carry a map/compass as backup.

**Extra Water and Food:** Lots of factors can increase the length of your trip. Having food and staying hydrated will keep up your energy and morale.

**Rain Gear/Extra Clothing:** Dress in layers to adjust to changing weather. Avoid cotton and always carry a hat.

**Safety Items:** Fire, light, whistle and a first aid kit. These are essentials if you need help or get stuck in the dark.

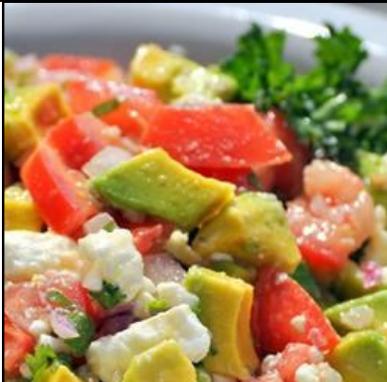
**Multi-Purpose Tool:** This will enable you to cut bandages, remove splinters, cut wood, open cans and a whole other host of tasks.

**Sunscreen and Sunglasses:** Protect your eyes and skin.

**Backpack:** You'll want something light that you can

### Avocado Feta Salsa

Try this savory & summer salsa. It tastes great and is a perfect side dish, dip for pita or tortilla chips, as a condiment in a sandwich or atop a salad.



**Makes 12 servings**

#### Ingredients:

- 2 plum tomatoes, chopped
- 1 ripe avocado, peeled, pitted and chopped
- 1/4 cup finely chopped red onion
- 1 clove garlic, minced
- 1 Tbsp chopped fresh cilantro
- 1 Tbsp olive oil
- 1 Tbsp red or white wine vinegar
- 4 oz. crumbled feta cheese

#### Preparation:

1. In a bowl, gently stir together tomatoes, avocado, onion and garlic. Mix in cilantro.
2. Gently stir in olive oil and vinegar, followed by the feta.
3. Cover and chill for 2-6 hours.

#### Nutrition Facts (per 1/4 cup serving):

59 calories, 5g fat (2g sat., 0g poly., 1g mono.), 106mg sodium, 3g carbohydrate, 1g fiber, 2g protein

# Vermont Days

During Vermont Days, day-use is free at all Vermont State Parks so come hike, picnic, swim, play, and relax all weekend.

Enjoy the music of the Green Mountain Brass Band at Waterbury Center State Park on Sunday, June 14 from 2:00pm-4:00pm!

Other Vermont Days activities include **free fishing** on Saturday, June 14 at the Grand Isle Fishing Festival, free entry to Vermont historic sites, and free admission to the Vermont History Museum in Montpelier!



For more information about Vermont Days' activities and events, visit:

<http://www.vermontdays.com/>

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