In this issue

- Summertime Sippers
- Nurse Help 24/7
- Prevent—Health Net Online Program
- It's Time to Barbecue

Events and Resources

**Summer MobileFit**
August 11-September 19
12:15-12:45
Mondays, Bannockburn J102

**Stretch Well**—This class will focus on gentle stretching, yoga, and breathing techniques.

**Get Fit Cardio**—The class will focus on increasing the heart rate and sustaining for longer periods of time. Zumba and/or other dance will be included.

**Get Fit Total Body Conditioning**—the class will focus on resistance training and balance work.

**Free NRT**
Nicotine replacement therapy is available at Human Resources and the Student Health Services for UCR staff, faculty and students, who are current tobacco users, to use while on UC property to maintain a tobacco-free environment. [Click here](#) for more information.

---

**Summertime Sippers**

Summer is a great time to kick-start your health and wellness by eating fresh produce and trying new healthy tasty recipes. Summertime can also mean summer heat and dehydration if you’re not getting enough fluids. Try adding some tasty flavors to your H2O this season. Here are some yummy drink ideas that are sure to be a hit with you and your family.

**Smoothies**

Smoothies are a great way to include a wide variety of vegetables and fruits in your diet. Use your imagination, as we did! Try some fruits that are new to you and combine with some old favorites.

For all recipes, add ingredients to blender and puree until smooth.

- 1/4 cup frozen red seedless grapes, 1 tablespoon fresh lime juice, 3 frozen strawberries, 1/2 cup cubed fresh or frozen pineapple, 3 fresh mint leaves
- 1 ripe mango, peeled and chopped, 3/4 cup skim milk, 1/4 cup low-fat vanilla yogurt, 3/4 teaspoon vanilla extract, three or four ice cubes
- 2 cups seeded watermelon chunks, 1 cup chopped ice, 1/2 cup vanilla or lemon yogurt, 1/2 teaspoon ground ginger, 1/8 teaspoon almond extract
- 1 cup frozen strawberries, 1/2 frozen banana, 1 tablespoon unsweetened cocoa powder, 1 cup vanilla yogurt, 1/2 cup skim milk
- 1 cup frozen pineapple, 1/2 cup coconut water, 1/2 cup skim milk or rice milk, 1 teaspoon vanilla extract
- 1/2 ripe avocado, 1 cup skim milk, 1/2 cup vanilla yogurt, half a frozen banana, four ice cubes, 1 teaspoon honey

**Sippers**

- Buy frozen cans of 100% juice and dilute them by adding at least two cans of extra water. Do the same for lemonade.
- Switch it up! Add lemon, lime or other fruit to your water. Make unsweetened iced tea with lots of added lime, oranges and/or lemon (make sure skins are well rinsed).
- Use flavored tea bags for added taste such as mint, ginger or raspberry. Consider adding fresh mint.
- Try a Cranberry Spritzer – mix 1 cup cranberry juice drink, 1 cup seltzer and 2 tablespoons lime juice. Combine, mix and serve chilled.

*Recipes courtesy of USDA.*
**Family Care Resources**

Bright Horizons Care Advantage is a web-based resource to help you find and select pre-screened care for children, adults — even pets. You select the caregiver that's right for you.

For more information about the resources, who is eligible, and to register, visit [UCnet](http://www.hr.ucr.edu).

---

**Nurse Help 24/7**

When Blue Shield members have questions, Nurse Help 24/7 has answers. Members can contact the Nurse Help at 877-304-0504 for immediate and reliable health advice anytime, anywhere.

Registered nurses are available to support members and address their health concerns, discuss any symptoms they have, and help determine if they need immediate medical attention. Members can save time and money with Nurse Help by avoiding the hassle of unnecessary trips to the doctor's office or hospital for non-emergency care. This service is provided at no additional cost to Blue Shield members.

---

**Wellness Benefit/Incentive Program**

**Provided by Optum Health**

Eligible participants can earn a $75 VISA gift card by participating in a variety of wellness activities such as the Total Health Profile, telephone coaching, on-line coaching, and campus wellness activities. For more information and to access the Wellness Website, go to uclivingwell.ucop.edu.

---

**Prevent—Health Net Online Program**

*Prevent* is a 16-week online program designed to help you lose weight, improve your health, and avoid diabetes. It’s now being offered to University of California Health Net members at no cost.

The program includes:

- A state-of-the-art digital scale.
- 24/7 access to a professional health coach.
- A hand-picked peer group for support.
- Care packages mailed to you monthly.

Find out if you’re eligible and reserve your spot today.

---

**Become a UCR Wellness Ambassador**

Join our 85+ Ambassadors to promote and support health and wellness at UCR. Wellness ambassadors serve a critical role to help create a healthy culture and serve as a liaison between their department and the UCR Faculty and Staff Wellness Program.

Contact wellness@ucr.edu to join.

---

**Contacts**

**Julie Chobdee**  
Wellness Program Coordinator  
951.827.1488  
[julie.chobdee@ucr.edu](mailto:julie.chobdee@ucr.edu)

**Veronica Luna**  
Health Care Facilitator  
951.827.1425  
[veronica.luna@ucr.edu](mailto:veronica.luna@ucr.edu)

---

**It's Time to Barbecue**

It’s time to prepare the tongs, tune up the grilling fork and shine up the spatula. Summer is here and that means grilling. Whether you prefer coals or flame, the result is the same: simply delicious! Check out our recipes linked below for healthy new ways to barbecue old favorites, and discover some new (and even healthy) foods to throw on the grill. It’s grilling season! Are you ready?

Provided recipes include:

- Grilled Potatoes with Rosemary and Thyme
- Spicy Banbecued Chicken
- Chicken and Fruit Salad
- Grilled Mango
- Garlic Shrimp Sizzle
- Corn, Black Bean and Tomato Salad

Check out these recipes and try grilling something new today!