CREATING HEALTHY HABITS

Victoria Park Health & Fitness Newsletter
Created By: Justine Tucker, Lifestyle Director

35 BEST SUMMER COCKTAILS

WRITTEN BY SONJA OVERHISER

When it's summer, there's nothing better than a fruity, herby or frozen drink in hand! There's a great variety of summer cocktails that play on the flavors of the season: sweet watermelon and juicy peaches, herbaceous mint and basil, and bright berries. Even better: icy summer drinks are the perfect way to beat the heat and some of these are low calorie!

Click Here for these delicious recipes.

June 17th - National Eat Your Veggies Day

Please Email Justine Tucker at JTucker@Evergreen-LM.com
By June 18th
Your Favorite Veggie For Your Chance To Win A Veggie Basket
winner drawn at random

25 SUMMER FITNESS TIPS

WRITTEN BY AUGUSTA FALLETTA

Though a healthy lifestyle should be a year-round thing, the pressure for a better body is on high during the summer, what with all of the time we spend in tank tops and bathing suits and basically just way less clothing than we're used to wearing outdoors. And while getting into a healthy routine can be done simply enough at home, we're all on-the-go much more in the summer, considering the vacations and weekend getaways that inevitably happen. To find out how to keep ourselves on track both at home and while traveling during the warmer months, we turned to three health and fitness experts who know their stuff. Amber Edwards from Equinox Gym, Marvin Foster Jr. from SoulCycle and Madison Wright from Exhale Spa each gave us their best fitness tips for summer, and we've created a usable (and printable!) fitness checklist for summer for a quick and easy cheat sheet. Below are the expert explanations, tips and suggestions for a healthy, more fit you!

Click Here to read more.

SUMMER FRUIT RECIPES

WRITTEN BY DANA MEREDITH

Juicy raspberries, chin-dripping peaches, refreshing watermelon-our favorite summer fruit recipes are bursting with sunny flavor from the season's best. Sweet or savory, these dishes are a great way to share the delicious taste of summer.

Honey yogurt berry salad, juicy peach and strawberry crumb pie, tequila lime fruit salad, blueberry blackberry rustic tart & more!

Click Here to get some delicious ideas.

Remember...
"You Didn't Come This Far Just To Come This Far...."