

# CELEBRATE

## WITHOUT OVERCOMMITTING

Here's how to fully enjoy your summer celebrations without burning out:

### KNOW YOUR CAPACITY

Before saying yes to another invite, check in with yourself:

- Do I feel energized by this activity or simply obligated to accept?
- Will this allow me time to rest and recharge before or after?

You don't have to justify your "no."  
Your peace is reason enough.

### GIVE YOURSELF FULL PERMISSION TO REST

Rest isn't something you earn after being productive or social; it's a human need. If your body or mind is asking for quiet, listen – even if there's a cookout happening in your neighborhood.

### COMMUNICATE HONESTLY

Let loved ones know if you're feeling overwhelmed. Most people will understand – and may even feel the same way. Being honest about your limits builds more authentic, respectful relationships.

### CREATE POCKETS OF CALM

Even on busy days, small breaks make a big difference. Take a solo walk, take a few deep breaths in the bathroom, or stretch for five minutes before getting ready. These moments add up.

### SET CLEAR BOUNDARIES (IT'S OKAY TO SAY "NO")

It's okay to:

- Leave events early
- Politely decline an invite
- Suggest alternatives that feel better (e.g., coffee instead of a party)

You can still show up for people without sacrificing your wellbeing.

### BALANCE YOUR CALENDAR

Try to space out commitments. If one weekend is packed, block the next for downtime. Leave buffer time between social plans to regroup.

Summer is meant to be enjoyed, but that doesn't mean saying yes to everything. Protecting your peace allows you to be more present, more connected and more "you" when you do show up. This July, celebrate on your terms – with joy, boundaries and plenty of breathing room.



# 5 Nutrition Musts for Stronger Muscles

When it comes to building and then maintaining strong muscles, a key slice of the pie is to eat a balance of the right nutrients – and it doesn't mean more protein shakes!

If you're working out and focused on building overall muscle strength, here are a handful of nutrition guidelines to support the working body:

**1 Opt for fatty fish often, like salmon or trout.** Salmon and trout are packed with protein, omega-3 fatty acids and a bounty of vitamins and minerals to support muscle repair and function .

**2 Eat the whole chicken.** When you're focused on your fitness goal, you don't have to stick to eating only chicken breasts. Other pieces, like chicken thighs, have more fat, but are still a great source of protein. Plus, the fat can help keep us feeling full longer to prevent overeating.

**3 When it comes to beef, consider selecting top sirloin.** Top sirloin has more protein and less fat than other cuts.

**4 Eat the whole egg.** Skip liquid egg-whites in a container. Eggs are some of the most nutrient-dense foods found in nature – use all they have to offer! The cholesterol found in eggs doesn't impact the cholesterol levels in our bodies. Research has shown that the

cholesterol in our bodies comes from our livers, not from the cholesterol in the food we eat. Our livers are stimulated to produce cholesterol mostly by the saturated fat and trans fat in our diets. One large egg has very little saturated fat and it's loaded with other vital nutrients needed for optimal wellbeing – especially when it comes to building and maintaining muscle strength.

**5 Embrace premium options of carbs.** Carbohydrates provide energy for our bodies and are especially important for strengthening muscles (think: training energy and recovery). Choose supreme carb options like sweet potatoes because they're a great resource of potassium, which is important for overall muscle health. You might also try having oats for breakfast for pre-workout fuel that offers lasting energy.

The eight dimensions of wellness are interconnected – that is, they work together. And when they're in harmony, they support optimal wellbeing and performance.

When you're trying to build stronger muscles, the next best step might not be reaching for heavier weight at the gym, but simply adjusting what you're eating at mealtime to support your working body.

\*9 Diet Rules for Stronger Muscles, According to a Dietician," mensfitness.com, Sean Hyson, May 6, 2025.

\*Are Eggs Risky for Heart Health," health.harvard.edu, April 16, 2024.

## Healthy Greek Yogurt Potato Salad

Prep time: 10 minutes • Cook time: 1 hour • Serves: 8

### Ingredients

- 3 pounds petite gold potatoes
- 1 cup plain fat-free Greek yogurt
- 1 ½ tablespoons Dijon mustard
- 1 ½ tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1 teaspoon celery seed
- 2 cloves garlic, minced
- 1 tablespoon fresh chives
- 1 teaspoon dried dill
- 1 spear dill pickle, chopped
- 1 teaspoon dill pickle juice
- 2 tablespoons red onion, chopped
- Salt and pepper, to taste



### Instructions

1. Chop the potatoes into quarters, or smaller if you're using larger potatoes: You want to have bite-size pieces. Place the chopped potatoes in a pot and fill with enough water to cover completely. Season the water generously with salt and bring to a boil. Boil the potatoes for 6 to 8 minutes until they are fork-tender, but not mashed potato soft.
2. Once the potatoes are done, drain them in a strainer and let them sit until they're completely cooled.
3. In a bowl, combine the remaining ingredients to make the sauce. Mix together well to combine and adjust the flavor with salt and pepper as needed.
4. Add the cooled potatoes to a large mixing bowl and cover with the sauce. Mix to combine; be gentle when mixing to not smash the potatoes. Cover with a lid or plastic wrap and place in the fridge for at least one hour before serving. Serve, and enjoy!

Serving: 195 grams, Calories: 206kcal, Carbohydrates: 42g, Protein: 8g, Fat: 2g, Sodium: 133mg, Fiber: 2g, Sugar: 2g  
Recipe adapted from: ohsnapmacros.com