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Healthy Ways to Wrap Up Your Summer

For most of us, August marks the last month of summer even though fall doesn't officially begin until September 22nd. But did you know that August is also National Wellness Month? On that note, here are some ideas on healthy ways to wrap up your summer:

HEALTH LITERACY: Much of the information regarding our health can be confusing and even contradictory. Make sure to research information given to you about your health. Healthcare information changes regularly, and it's important to stay up to date on the latest research. Ask your PCP questions about anything you don't understand.

MENTAL WELLBEING: Like going to the dentist, addressing your mental healthcare is a vital part of your overall health. The body and the mind are inextricably linked. Mental wellbeing includes life satisfaction, optimism, self-esteem, mastery, feeling in control, having a purpose in life, and a sense of belonging and support. Professional coaching for mental wellbeing is important to overall health and achievement.

PHYSICAL ACTIVITY: Regular physical activity has been shown to reduce disease and stress, improve mental health and sleep, keep bones

strong and help maintain a healthy weight. It is the silver bullet of overall self-care and can help reduce the need for daily medication. As little as 20 minutes a day of exercise can result in profound health improvements.

HEALTHY EATING: The importance of healthy, "clean" eating cannot be overstated. A healthy diet helps prevent obesity and disease. There is no one-size-fits-all when it comes to diet, but in general best practices include: avoiding fast food, avoiding refined in-a-box food, avoiding sugar, carbs and soft drinks, and eating plenty of lean protein and fresh fruits and vegetables.

GOOD HYGIENE: Good hygiene helps maintain health and prevents the spread of disease. This includes: a clean living and working environment, sanitized drinking water, handwashing, food safety practices, and taking necessary measures to help prevent the spread of disease.

AVOIDING RISK: This includes: Regular doctor checkups, not using tobacco products, safe personal interactions, drinking in moderation, sun protection, using a seat belt, and wearing a helmet.

RESPONSIBLE USE OF HEALTHCARE PRODUCTS: This means using medications, supplements (which are not monitored by the FDA) and medical devices as prescribed.

August Calendar

August 7 - Purple Heart Day

August 15 - Back-to-School Prep Day

August is National Wellness Month

Homeowner Tips



Lawn Tips for Hot August Days

1. Let your lawn grow taller to reduce moisture loss and weed growth.
2. Water deeply but less frequently to encourage root growth.
3. Prevent fungal rot by watering early morning so your lawn is dry by nightfall.
4. Avoid mowing during the hottest time of day to reduce stress on the grass.
5. Allow leaves to be mowed into your lawn for extra nutrients.

Things to Know About Purple Heart Day on August 7

1. Established in 1782, the **Purple Heart** is the oldest Military Award that is still presented to American Service Members.

2. The **Purple Heart** is presented to all ranks and was one of the first awards in military history to be given to lower-ranking and enlisted soldiers.

3. In 1942, President Roosevelt and the War Department expanded eligibility to include all military branches of service and the authorization for the **Purple Heart** to be awarded posthumously.

4. The first **Purple Heart** was awarded during the Revolutionary War.

5. Some famous **Purple Heart** recipients include James Arness, Lee Marvin, James Garner, Charles Bronson, Rod Serling, Kurt Vonnegut, Oliver Stone, and Pat Tillman.

6. The first woman to receive the **Purple Heart** was Army Lt. Annie Fox, for demonstrating bravery during the war in 1942.

7. John F. Kennedy is the only U.S. President awarded the **Purple Heart**.

8. Curry Haynes, who served in the Army during the Vietnam War, earned 10 **Purple Hearts** during his military career.



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No-Bake Peanut Butter Oat Bites

Easy, tasty and best of all - healthy!

INGREDIENTS

½ cup peanut butter

⅓ cup honey

1 teaspoon vanilla

1 ¼ cup shredded unsweetened coconut

1 cup regular rolled oats

¼ cup semisweet chocolate pieces

¼ cup snipped dried cherries, dried apricots, and/or raisins

DIRECTIONS

In a medium bowl stir together peanut butter, honey, and vanilla until well mixed. Stir in 1/2 cup of the coconut, the oats, chocolate pieces, and fruit. Cover and chill for 30 minutes.

Chop the remaining 3/4 cup coconut in a food processor. Using your hands, shape peanut butter mixture into 30 balls, each about 1 inch in diameter. Roll each ball in chopped coconut, pressing slightly to adhere. Chill for 30 minutes before serving. Store in an airtight container in the refrigerator for up to 1 week.

(Recipe courtesy BHG.com)

