

HyVee® balance™

ANTHONY RIZZO

CHICAGO'S ALL-STAR FIRST BASEMAN

SAY GOODBYE TO THE
"LOVEABLE LOSERS."

PAGE 18

GET MOVING THIS SUMMER WITH:

- ▶ FOODS THAT FUEL
- ▶ ROAD RACE TIPS

JULY 2017

\$4.95

FREE IN-STORE

AMERICAN
MADE
4TH OF JULY
GRILLING

PAGE 28

HIT THE DECK

FULL-BODY
SWIMMING
WORKOUTS

PAGE 46

"I KNEW
WE HAD
THE ABILITY
TO WIN."



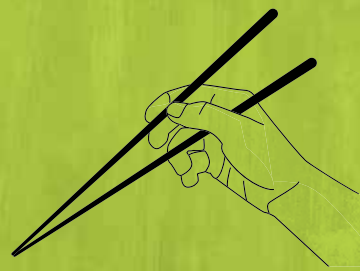


Fig. 1 — Try chopsticks.

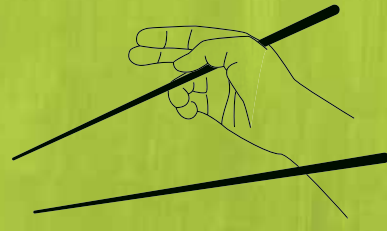


Fig. 2 — Drop chopsticks.

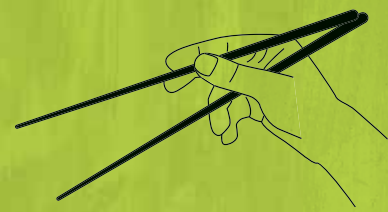


Fig. 3 — Try chopsticks again.

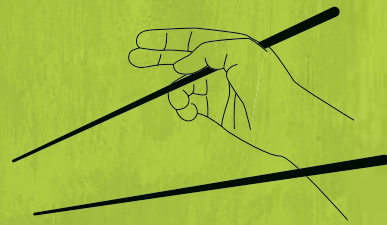


Fig. 4 — Drop chopsticks again.



Fig. 5 — Use hands.

Authentic taste. However you eat it.

NORI
SUSHI



THE LINEUP

JULY
ISSUE 2017



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ANTHONY
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JULY ISSUE



Hy-Vee Balance now available by delivery. Receive six issues for just \$10!

30 minutes or less
LOOK FOR THIS ICON FOR RECIPES YOU CAN MAKE IN 30 MINUTES OR LESS!



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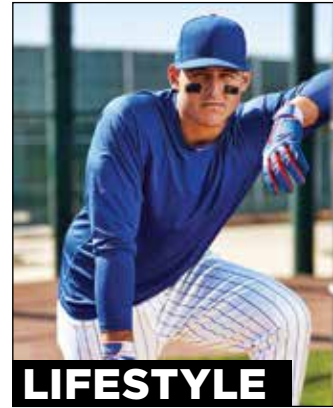


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KRISTIN WILLIAMS

SENIOR VICE PRESIDENT,
CHIEF HEALTH OFFICER
HY-VEE, INC.

▶ Kristin understands that every person's health and wellness journey is unique. She encourages customers to make fitness a priority. From childhood through adulthood, customers can depend on Hy-Vee to promote and support healthy living.

In the rush of summer outings and hectic daily schedules, it's not always easy to find time to take care of yourself. My grandmother and my father always had their specific exercise routines, and I carry on the tradition by making exercise a key part of my day. On good weeks, I get in a 20- to 30-minute run every day. It helps me to clear my head, dissect a situation and dream a little.

Summer is the perfect time to evaluate your own health and fitness goals. If you are just starting down the track of making exercise a priority, start small. A major change can feel overwhelming, but a slight change practiced over and over will become a healthy habit. Start a personal workout plan or simply round up your family and get outdoors. Take a hike or toss around a football. Incorporate healthy eating into your outing by packing a picnic and embracing the fantastic flavors of the season with fresh produce items.

When it comes to balanced living, Hy-Vee is committed to helping customers live their healthiest lives. *Hy-Vee Balance* magazine is one of the many ways we help customers of all ages and stages lead lives centered around fitness and nutrition. Strive for a healthy summer. For inspiration, check in with a star of America's favorite pastime. Anthony Rizzo, of the 2016 world champion baseball team, offers an inside look at the life of a professional athlete, *page 18*. You can find his story and more in the pages ahead. Flip through for tips, recipes and ideas for you and your family. The road to healthy living starts at Hy-Vee.



We asked our editorial contributors:
How do you stay active and soak up the sun?

NUTRITION

Julie McMillin, RD, LD
Assistant Vice President, Retail Dietetics
I have two boys that love baseball. We live at the baseball fields during the summer.

PHARMACY

Angie Nelson,
Assistant Vice President,
Retail Pharmacy Operations
Going for a jog or a long walk with my earbuds in, music turned up, and the sun shining is one of my favorite activities.

FITNESS

Daira Driftmier, CPT
Youth Fitness Specialist
Hy-Vee KidsFit Coach
Running, golfing and taking my kids on "treasure" walks outside!

Brayton Weber, DM Lincoln
Swimming and South DM Swimming
I workout 3 to 4 times per week and get myself outside by doing as much yardwork as I can, with my 3 year old son! He has been riding my riding lawn mower with me since he was 6 months old, and hasn't skipped a bit of yard work in 3 years.

Tim Brown, Head Swim Coach,
Life Time Swim Iowa
Swimming in the early mornings and evenings, biking on the trails and in the woods. In the summers, playing water polo with the Des Moines Water Polo club at Ashworth pool. Don't forget your sunscreen!

NUTRITION

Amber Kastler, MFCS, RD, LD
Hy-Vee Dietitian, Fort Dodge
Being outside in the sunshine is a favorite place of mine—whether it's family walks, gardening and yard work, running, card games on our deck, or convincing my CrossFit class to take our workout outside. I do have fair skin though, so I try to stay slathered in sunscreen and wear my wide-brimmed hat!

Hy-Vee Balance is a product of Hy-Vee, covering health and wellness issues; featuring Hy-Vee products, services and offers, and advertisements from suppliers of Hy-Vee.

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HEALTH & KINESIOLOGY

John Noble, PhD
Associate Professor,
School of Health and Kinesiology
University of Nebraska, Omaha
I stay active by dabbling in triathlons, but mainly by cycling and some swimming. I also have 8- and 16-year-old daughters, so I'm always trying to keep up with them! One is a swimmer and the other is a budding volleyball player, so we are all always on the move!

WELLNESS

Misty Williams
Healthy You Mobile Coordinator/Manager
Health & Wellness, Hy-Vee, Inc.
One thing my family and I love is camping and we love to play badminton and volleyball. We set up a net and have competitive matches, while soaking up some summer sun. No matter how hard we play or how much we sweat, we always remember to stay hydrated.

KINESIOLOGY

Henry N. Williford, Ed.D.,
FACSM, ACSM-EP-C
Department of Kinesiology
Auburn University
at Montgomery
One of my students was doing a triathlon and after watching I was hooked. I bought a bike and hired a swimming coach. Since that time I have done 54 triathlons. In addition, I do yoga and strength training.



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Hy-Vee Balance recipes are tested by test kitchen food technologists to guarantee that they are reliable, easy to follow and good tasting.

Please recycle after use.

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SIP. SAVOR. COLLECT

stars

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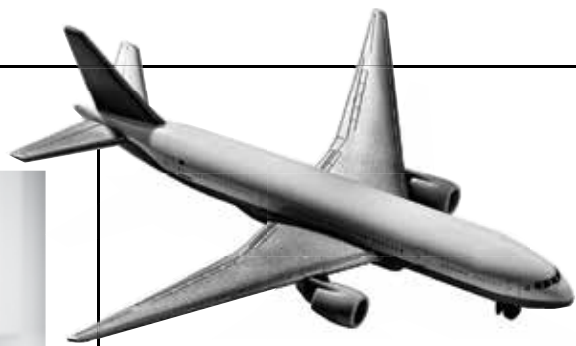
*Some restrictions apply. Proof of purchase required. See Starbucks-Stars.com for details and a list of qualifying products. Excludes 4-packs.

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Julie McMillin, RD, LD

MEET THE DIETITIAN: Julie is a Registered Dietitian and the Assistant Vice President of Retail Dietetics for Hy-Vee.



Q: What is the biggest pitfall of healthy eating while traveling?

A: Lack of control. If time and travel allow, preplan to take control back. Does your hotel room have a refrigerator? Where is the closest grocery store? What can you take with you? Pack a cooler bag and make your first stop while on vacation to the grocery store. Picking up healthy options can help you avoid drive-through lanes.

Q: How can travelers counter or manage frequently eating out while on vacation?

A: Choose restaurants in advance and take a look at their online menus. Pick a healthy item ahead of time. Try a lunch-size salad or order a side salad and ask your server to add a fillet of grilled salmon or chicken breast.

Q: What are some healthy snacks to pack for road trips?

A: Fresh fruit is an easy option for on-the-go snacking. You can also grab

Hy-Vee Short Cuts precut veggies from the Produce Department. Hy-Vee even sells to-go nut butter pouches and meat and cheese sticks.

Q: Any top tips for plane rides?

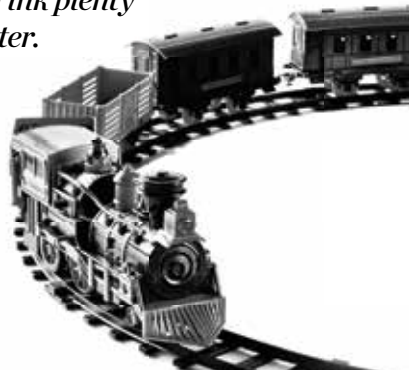
A: Pack your own lunch. It can be as simple as a sandwich on whole grain bread, a wrap, or even a salad. Don't forget to predress the salad so the dressing isn't flagged as a liquid.

Q: What calories are often overlooked during travel?

A: Many people overindulge in beverages, from lattes to adult drinks, while on vacation or traveling. These calories count. Use fat-free milk with coffee beverages and sugar-free mixers for cocktails.

Q: What is the easiest way to control weight gain on vacation?

A: Drink plenty of water.



CUSTOM CARRY-ON

Pack your bag with a made-to-order snack. Quick to fix and easy to store, trail mix is perfectly suited to all means of transportation. Plus, you can load it with everything from proteins to healthy fats.

STEP 1. GO NUTS

Full of fiber and protein, nuts should be a staple in any trail mix. Use unsalted nuts with shells removed for easy eating.

STEP 2. PLANT SEEDS OF SUCCESS

A great alternative for those who suffer from food allergies, seeds are packed with protein and fiber to help you feel full and energized.

STEP 3. ADD A CRUNCH

Low-calorie grains like cereal or popcorn add texture and flavor. Try pretzels for a contrast to sweets.

STEP 4. COMBAT CRAVINGS

Trail mixes offer a great way to satisfy your sweet tooth without overdoing it. Eaten sparingly, dried fruits and dark chocolate offer health benefits like antioxidants.

Take the road less traveled. Mix and match ingredients for a new flavor spin in every batch you pack.

- NUTS**
 PISTACHIOS
 ALMONDS
 CASHEWS
 WALNUTS
 PEANUTS
 PECANS

CHOOSE RAW, UNSALTED NUTS.

- SEEDS**
 SUNFLOWER
 FLAXSEED
 PUMPKIN
 HEMP

- GRAINS**
 POPCORN
 PRETZELS
 HY-VEE OAT SQUARES
 HY-VEE TASTEOS
 HY-VEE SIMPLE LIVING ORIGINAL OAT CEREAL
 KASHI CEREAL

- SWEETS**
 RAISINS
 DRIED CRANBERRIES
 DRIED BLUEBERRIES
 GOLDEN RAISINS
 DRIED APRICOTS
 DRIED CHERRIES
 DRIED PINEAPPLE
 BANANA CHIPS
 DARK CHOCOLATE CHUNKS
 YOGURT-COVERED RAISINS

➤ Shop the bulk bin at your local Hy-Vee to pick from a variety of healthy ingredients and create your own snack mix.

PHOTOS: Tobin Bennett (this page and opposite)

PLANES, TRAINS AND AUTOMOBILES: ON-THE-GO EATS



WAKE UP

like Daira Driftmier



DAIRA DRIFTMIER

- Certified Personal Trainer
- Youth Fitness Specialist
- Hy-Vee KidsFit Director
- Mother of two

SEIZE THE DAY

Whether she's teaching a gym full of wound-up children at a Hy-Vee KidsFit® event or dropping her own kids off at school, Daira Driftmier is always on the move. And she loves every minute of it. "I wake up almost every day motivated. Each day is a new chance to get something done, to make myself better, to help others, to get stronger."

FOOD AS FUEL

Daira enjoys going for a run or doing interval training before busy days but stresses the importance of a proper diet. "I avoid filling up on foods high in sugar. They don't keep me full as long." Instead she opts for foods high in protein and fiber.

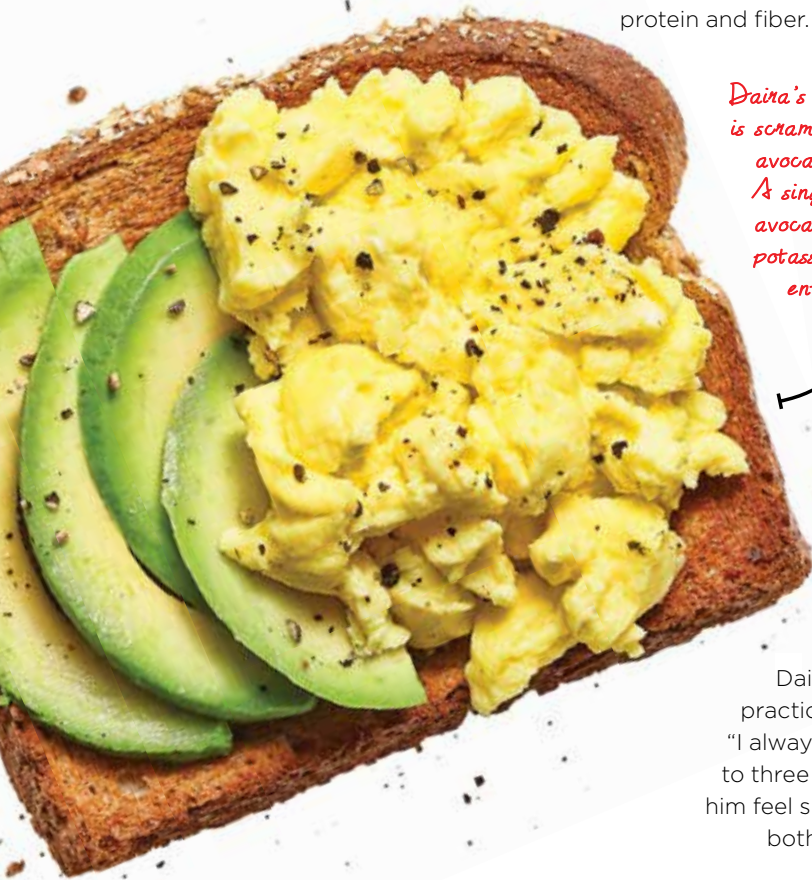


For a quick breakfast, Daira prepares heart-healthy steel-cut oats, which are loaded with protein and soluble fiber.

"Don't overthink exercise and nutrition.

Make small, maintainable changes. Most people chase perfection and fail. Break the cycle. Don't let one bad decision ruin your whole day. If you skipped the gym, you can't go back in time. Figure out how you can fit in a 15-to-20 minute walk or look up a body-weight workout to do at home. If you want to make your health a priority you will find a way. If not, you will find a way out."

Daira's go-to breakfast is scrambled eggs and avocado on toast. A single serving of avocado has more potassium than an entire banana.



TIME MANAGEMENT

Daira aims to incorporate intentional, yet practical exercises into her morning routine. "I always take my son to school and park two to three blocks away and we walk in. It makes him feel special, and the fresh air is good for us both—also, the drop-off line is the worst."

For information about Hy-Vee KidsFit, visit hy-veekidsfit.com and encourage your family to take the 5-week challenge, designed to promote health, exercise and nutrition in our daily lives.



PHOTO Cameron Sadeghpour (Daira), Tobin Bennett (toast, oats, watch)

IT ONLY TASTES LIKE A CHEAT MEAL.

NEW

HUNGER SATISFACTION 250 CALORIES 20G PROTEIN

You work to get better. So we created a protein bar to complement that. A great tasting, protein packed bar that fills you up without setting you two steps back.

190 CALORIES 15G PROTEIN **ON-THE-GO PROTEIN SNACK**



COUPON VALID 06/28/2017-07/25/2017 SLU 16810

Buy one (1) MUSCLE MILK® Genuine Protein Powder 1.93lbs and get one (1) Free MUSCLE MILK® Protein Bar 5pk box, any flavor



Muscle Milk Protein Bars
20 g Multi-Pack:
select varieties
5 ct. \$9.79

Clip and redeem at register.

COUPON VALID 06/28/2017-07/25/2017 SLU 16820

Buy one (1) MUSCLE MILK® Genuine Protein Shake 11oz 4pk and get two (2) Free MUSCLE MILK® Protein Bars, any flavor



Muscle Milk
15 g Protein Bar:
select varieties
1.72 or 1.76 oz. 2/\$3.00

Clip and redeem at register.

COUPON VALID 06/28/2017-07/25/2017 SLU 16800

Buy one (1) MUSCLE MILK® Genuine Protein Shake 14oz and get one (1) Free MUSCLE MILK® Protein Bar, any flavor



Muscle Milk
20 g Protein Bar:
select varieties
2.22 or 2.25 oz. 2/\$4.00

Clip and redeem at register.

TRICKED OUT TACOS



240 calories
10 g fat
16 g protein
21 g carbs

30
 minutes
 or less

Total Time 30 minutes **Makes** 12

- 6 Hy-Vee 8-inch multigrain tortillas
- ½ cup Hy-Vee shredded Cheddar cheese
- 12 thin, hard taco shells
- 1 tsp. Hy-Vee extra-virgin olive oil
- ½ small onion, finely chopped
- 1 lb. 93% lean ground beef
- 1 Tbsp. chili powder
- ½ cup Hy-Vee low-sodium black beans, drained and rinsed
- ¼ cup fresh pico de gallo
- Hy-Vee kosher salt, optional
- 2 cups shredded romaine lettuce
- ½ cup finely chopped tomato
- ¼ cup Hy-Vee low-fat sour cream, for serving
- Lime wedges, for serving

1. PREHEAT oven to 350°F.

2. CUT OUT 12 (4-in.) rounds from tortillas using a 4-in. ring mold or biscuit cutter. Place cut tortilla rounds on a cookie sheet or rimmed baking pan and sprinkle each with Cheddar cheese. Place a taco shell in center of each tortilla round on top of cheese and bake 3 minutes or until cheese is melted and gooey. Remove from oven and gently wrap tortilla rounds around the shells until they're stuck together.

3. HEAT oil in a large skillet over medium-high heat. Add onion and cook 3 minutes or until softened. Add ground beef and chili powder and cook until beef is fully cooked, breaking up meat into small chunks. Stir in beans and pico de gallo and cook until beans are warmed through. If desired, season to taste with salt.

4. FILL shells with ground beef mixture; top with shredded romaine and tomato. Serve with sour cream and lime wedges.

Per taco: 240 calories, 10 g fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 250 mg sodium, 21 g carbohydrate, 2 g fiber, 2 g sugar, 16 g protein

SPECIALTY TACO

See how our tricked-out tacos compare to a popular fast-food favorite.



620 cal
26 g fat
25 g protein
71 g carbs

PHOTO Tobin Bennett

MEAT-FREE



FLAVORFULL



Boca Meatless Burgers or Patties: select varieties 10 or 12 oz. \$2.99



Oscar Mayer Sausage: select varieties 12 or 13 oz. \$2.99



Oscar Mayer Natural Meat & Cheese Plates or P3 Protein Plate: select varieties 3.2 or 3.3 oz. \$2.69



Philadelphia Cream Cheese: select varieties 15.5 or 16 oz. \$4.49



Planters P3 Snack Pack Single: select varieties 1.8 oz. 2/\$3.00



Kraft Indulgence Dressing: select varieties 15 oz. 2/\$7.00



Kraft Easy Mac or Deluxe Macaroni & Cheese Cup: select varieties 2.05 or 2.39 oz. \$1.18



Cracker Barrel Macaroni & Cheese: select varieties 14 oz. \$2.99

ACCIDENTS HAPPEN

Summer fun is often filled with scraped knees and splinters. Be prepared for any minor mishap with a well-stocked first aid kit. Or buy a prepared kit at your local Hy-Vee, where you'll find the most-essential items in kits sized for purses and cars.

HANDS ON

Keep hands and open wounds protected. Choose latex-free gloves to avoid potential allergic reaction.

BLANKET STATEMENTS

A lightweight, disposable space blanket folds up small. Cover the injured to shield against the cold.

ICE ICE BABY

Use an instant cold compress to reduce pain and swelling from sprains and pulled muscles.

BREATHE EASY

Prevent the spread of germs while administering CPR with a single-valve breathing barrier.

DRESS TO IMPRESS

Medical wrapping gauze can be used as a dressing or to hold other dressings in place without sticking to skin or hair.

ROLL THE TAPE

Adhesive cloth tape holds dressings in place. Use for bandaging burns, cuts and other wounds.

TOOL BELT

Pack scissors, tweezers and an oral thermometer for cutting bandages, removing splinters and checking fevers.

BANDAGES

A variety of adhesive and roll bandages as well as triangular bandages will keep you covered for injuries of all sizes.

TAKE COVER

Sterile gauze pads can be used to treat bleeding, clean a wound or apply antiseptic or ointment to a wound or burn.

MINI MEDIC
Include single-use packets of antibiotic and hydrocortisone ointments as well as nonaspirin pain relievers and 81-mg aspirin tablets (for heart attacks).



Q: What do you recommend for an itchy bug bite?

A: Monitor bug bites for infection. Some bugs cause disease, so be mindful of flu-like symptoms or rash. As for the actual bite, try not to scratch the area, because that can cause further skin irritation. Wash the area to minimize infection and apply a cool compress to reduce inflammation and irritation. If the area is still itchy, apply a hydrocortisone cream or take an oral antihistamine.

Q: What are the symptoms of poison oak and poison ivy?

A: Poison ivy and poison oak both cause an itchy rash in areas that come in contact with a plant's oil. This oil is called urushiol and it can be spread on clothes, shoestrings, pets and more. It is important to rinse skin that has been in contact with the oil with lukewarm water and wash any items with oil on them to eliminate the spread.

Q: How can people treat these symptoms?

A: Symptoms are often managed with over-the-counter products. Cool showers, oatmeal baths and calamine lotion can soothe irritated, itchy areas. Hydrocortisone cream or steroid cream applied topically to the affected area can also alleviate symptoms. If you're extremely miserable, contact your doctor.

Q: What is the best treatment for sunburn?

A: A cool compress, shower or bath is usually beneficial. Aloe vera is the typical go-to topical treatment. Hydrocortisone cream, which is a steroid, can also help to reduce inflammation and sometimes provide relief to areas of particular discomfort. Most importantly, avoid additional sunrays and drink plenty of fluids.



HY-VEE PHARMACIST:
ANGIE NELSON
Assistant Vice President,
Retail Pharmacy Operations

Q: What are common ailments customers bring to the pharmacy during summer months?

A: We see many ailments throughout the summer, from colds and allergies to sunburns and poison ivy. We also see scrapes and cuts or a few sore muscles from active weekend warriors making the most of the summertime.

Q: What are the most important medicinal items to pack for summer travels?

A: First, double-check that you have all your prescription medications. A Hy-Vee pharmacist can always help you out of a jam if you forget them, but who wants to deal with that stress while on vacation? Then consider packing a pain reliever (ibuprofen or acetaminophen), sunscreen, travel hand sanitizer, an antacid, antidiarrheal medication and a simple first aid kit. Some people may need to pack motion-sickness medication for their trip as well.

FAQ: AT THE PHARMACY

Summer schedules are often full. For pharmacy services that kick up convenience, download the Hy-Vee app from the App Store or Google Play. Use the app to:

- Order refills by entering your prescription number or scanning the barcode on your bottle.
- Enroll in the Hy-Vee Pharmacy Repeat Refills program.
- Receive notifications about the status of prescriptions and refills.
- Locate the nearest Hy-Vee Pharmacy and look up hours, directions and phone numbers.
- Transfer prescriptions to a different Hy-Vee while traveling.

PHOTO Tobin Bennett

GET MOVING!

BEGINNER'S GUIDE TO ROAD RACE TRAINING

Road race training starts with healthy legs. Before you hit the pavement, loosen up with dynamic stretches to activate muscles.

At the finish line, cool down with static stretches that keep muscles flexible and help legs stay mobile.

PRERACE

1-> WALKING LUNGES

GLUTES. QUADS. HAMSTRINGS.

Start with right leg and take a large step forward, bending at the knee until thigh is parallel to floor and knee lines up over ankle. Push upward, drawing left foot even with right. Repeat 20 times, alternating legs in a fluid walking motion.



2-> LEG SWINGS

HIP FLEXORS. HAMSTRINGS.

Hold onto a chair or sturdy object. Standing on right leg and hinging at hip, swing left leg forward and back. Repeat 15 times. Adjust to swing left leg side to side 15 times. Repeat with right leg.

DURING RACE

1-> FUEL ENERGY. ENDURANCE.

During training, determine what hydration products work best for your body in terms of volume, frequency and type of fluid. Some runners prefer water while others need to replace electrolytes or carbs. Eat bars, gels or other items before energy dips to give your system time to absorb calories and disperse energy. Find out what products work best during training and pack them in your race-day fuel belt.

2-> PACE YOURSELF ENERGY. ENDURANCE.

Avoid the race-day tendency of starting too fast. Stick to a comfortable pace based on training and focus on finishing rather than winning.

POSTRACE

1-> KNEELING STRETCH HIP FLEXOR. HAMSTRING.

Keeping your back straight kneel on left knee. Plant right foot out in front, with leg bent 90 degrees and right knee aligned over right ankle. Press forward into right hip, keeping left knee planted. Squeeze and contract glute muscles of left hip to engage hip flexors.



2-> STANDING QUAD STRETCH QUADRICEPS.

Stand with feet together and bend right leg at knee to bring right heel toward glute. Grasp your right foot with right hand. Press top of shoe into hand. Hold for 30 seconds. Repeat with left leg.

PHOTOS Cameron Sadeghpour

PHOTOS Tobin Bennett

DEWLICIOUS MELON

The Dewlicious™ melon, also known as a golden honeydew, is **INTENSELY SWEET**, juicy and refreshing. The melon has thin **GOLDEN SKIN AND WHITE FLESH**. A cup of melon balls has half your daily requirement of **VITAMIN C** but **JUST 65 CALORIES**.

- 65 CALORIES
1 CUP MELON BALLS
- 50% VITAMIN C
- 2% VITAMIN A
- 12% POTASSIUM
- 6% DIETARY FIBER
- 5% CARBS
- 2% IRON



Percentages represent daily values.

FRESH PICKS

SLICE
Serve thin wedges of melon with sliced cucumber and mint. Or eat the melon like watermelon—grab a spoon, scoop and enjoy.

DICE
Add to salsas, fruit salads or cold soups. Serve alongside robust cheeses. Cut 1-inch cubes and wrap in prosciutto.

BLEND
Pair with cucumber for a chilled soup or toss into a smoothie with banana, blueberries, mango, yogurt and lime.

Download a 30-day beginner's race training schedule at hy-vee.com

CUCUMBER MELON SALAD

Total Time 15 minutes **Serves** 4

1 recipe Citrus Mint Vinaigrette

- ¼ medium cantaloupe, seeded
- ¼ medium golden honeydew melon, seeded
- ½ medium English cucumber, thinly sliced
- 1 small zucchini, thinly sliced lengthwise
- ½ medium shallot, thinly sliced

1. PREPARE Citrus Mint Vinaigrette.

2. CUT rind off cantaloupe and honeydew melon quarters and cut into long, thin slices. Combine the melon, cucumber, zucchini and shallot in a large bowl. Toss with dressing to taste.

CITRUS MINT VINAIGRETTE: Whisk together 1 Tbsp. orange juice, 1 Tbsp. white wine vinegar, 1 tsp. Hy-Vee Dijon mustard and 1 tsp. Hy-Vee honey in a large bowl. Whisking constantly, drizzle in ¼ cup Hy-Vee vegetable oil. Stir in 1 Tbsp. finely chopped mint. (Makes about ½ cup vinaigrette).

Per serving: 170 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 110 mg sodium, 11 g carbohydrates, 1 g fiber, 9 g sugar, 1 g protein

30
minutes
or less

For a refreshing side dish or starter, feature golden honeydew in your next fun summer salad. Sweeter and fruitier than regular honeydews, dewlicious melon packs a punch of flavor that pairs well with cucumber.

JULY

ISSUE **VOL. 1**



EXTRA INNINGS WITH ANTHONY RIZZO | AMERICAN MADE
ROAD WARRIORS | RIPE NOW | BIKES, HIKES AND FLYING KITES | HIT THE DECK
EXTREME RX | FOODS THAT FUEL | TOP SHELF | THE PERKS OF A PET

EXTRA INNINGS WITH ANTHONY RIZZO



SAY GOOD-BYE TO EVERYONE'S "LOVEABLE LOSERS." ANTHONY RIZZO AND THE REST OF THE TEAM'S RISING YOUNG TALENT USHER IN A NEW ERA OF BASEBALL IN CHICAGO. CATCH UP WITH THIS ALL-STAR FIRST BASEMAN TO FIND OUT WHAT IT TOOK TO BREAK A 108-YEAR-OLD CURSE.

WORDS Kaitlyn Cimino and Aaron Ventling PHOTOS Dominic DiSaia



ANTHONY RIZZO

PLAYER BIO

AGE

27

POSITION

First Baseman

BAT

Left-handed

DRAFTED

6th Round (204th overall, Boston, 2007)

MLB DEBUT

06-09-2011

CURRENT TEAM

Chicago Cubs

NO.

44

MLB AWARDS

WORLD CHAMPION - 2016

**NATIONAL LEAGUE (NL)
ALL-STAR
2014, 2015, 2016**

GOLD GLOVE - 2016

SILVER SLUGGER - 2016

PLATINUM GLOVE - 2016

HEART & HUSTLE - 2016



LONGEST WAIT

Heavy rain poured down on Cleveland's ballpark last November, as the ninth inning of Game Seven of the Major League Baseball championship series came to a close. Chicago Cubs fans—children and centenarians alike—anticipated a championship for the first time in their lives. The umps signaled a rain delay and the grounds crew took to the diamond, draping the infield in plastic tarp. For an excruciating 17 minutes, time stood still for Anthony Rizzo and the rest of Chicago fans. It's only fitting they were asked to wait a bit longer, as they were in the midst of banishing a 108-year-old curse, the longest championship drought in major American sports history.

Fidgeting in their seats, players and fans of Chicago's North Side team were shell-shocked after surrendering a late 3-run lead moments earlier, sending the game into extra innings. Fans sighed a collective "Here we go again." "When Rajai Davis hit that [game-tying] homerun, I'm like, "That black cat is real. This goat thing is real. We're screwed," Rizzo eerily recalls.

But his uncertainty was short-lived. The team's outfielder Jason Heyward gave a motivational speech for the ages, something you might see in a movie. The players-only meeting gave the team the focus needed to send a knockout blow in the 10th inning. "I would say our spirits were a little higher than the average fan," says Rizzo, reliving the emotional roller coaster of the infamous rain delay. "You get through the ninth inning and

we knew our pitchers. We knew we had the edge. When the rain came, that false confidence turned into a real confidence that we play with all of the time."

Rizzo is no stranger to confidence. A three-time All-Star and World Champion, his career has always been rooted in hard work, constant hustle and an unflinching love for the game. "There are thousands of guys that are professional baseball players, but only 750 that can play in the Big Leagues at any time," he explains. "Playing in the minors is tough; long bus trips, just-OK hotels and the pay is very low. Early on, you often play in front of hardly any fans. You really have to love the game. Then, year after year, working your way up the levels seems like an eternity. During that time, you develop a mental toughness that enables you to stay on an even keel during both success and failure. No matter how good you are, you have your share of both. If that day finally comes when you are called up to the Majors, it is an 'I have arrived' feeling like no other. By that point, you just respect the game so much because you know how incredibly hard it was to reach that point."

Rizzo speaks from experience. Drafted by the Boston Red Sox out of high school, in 2007, he began to work his way through the minor leagues. With the Bigs in sight, he was diagnosed with Hodgkin's lymphoma at 18. "It was emotional, for sure," he says.

"Going through that whole sickness, it was terrible. But my doctors were encouraging at all times. They laid out the treatment and what had to be done. We never had any doubts that I would be cured and I truly believed it. My family was also there for me every step of the way, and that kept me strong."

After six months of chemo and a few more in remission, Rizzo beat the cancer and fought his way back. "It was an amazing feeling to put my uniform on for the first time afterward. I try not to take anything for granted. To be able to live a normal life on a day-to-day basis is amazing."

Today, Rizzo's normal is slugging home runs out of Wrigley and rallying teammates on the road. He plays with

“ I WOULD SAY OUR SPIRITS WERE A LITTLE HIGHER THAN THE AVERAGE FAN. YOU GET THROUGH THE NINTH INNING AND WE KNEW OUR PITCHERS. WE KNEW WE HAD THE EDGE. WHEN THE RAIN CAME, THAT FALSE CONFIDENCE TURNED INTO A REAL CONFIDENCE THAT WE PLAY WITH ALL OF THE TIME. ”
— ANTHONY RIZZO

the true grit of a champion and the boyish joy of a kid who grew up on the lore of Babe Ruth. He's a newly minted household name at the heart of one of the greatest stories in baseball.

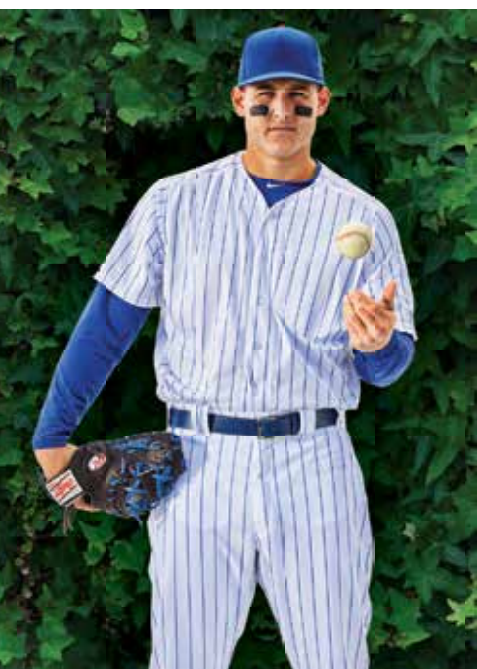


HOME FIELD ADVANTAGE

A year after its construction in 1914, Wrigley Field became home to the Chicago Cubs. With its Boston ivy-covered outfield and hand-operated scoreboard, Wrigley Field is more than just a venue. It's a living museum of baseball history and a tribute to the passionate players and fans who so proudly call it home.



“BEING PART OF A GROUP OF GUYS THAT HAS A COMMON GOAL AND WORKS SO WELL TOGETHER IS AWESOME. THE MAKEUP OF THE ROSTER IS A BIG PART OF WHAT MAKES SHOWING UP AT THE FIELD EVERY DAY A PLEASURE.”
— ANTHONY RIZZO



ON DECK

For generations of Chicago fans, saying “there’s always next year” is nothing more than a terrible reminder of missed plays and lost opportunities—a glimmer of hope looking onward after a disappointing season. But in 2016, after 108 years of frustration, the team finally broke the nightmarish curse and won a championship. This was largely due to a newfound confidence and an influx of young talent not old enough to know they weren’t supposed to win.

But who was the architect behind this electrifying culture shift? None other than the team President of Baseball Operations Theo Epstein, the legendary baseball mind who led the Boston Red Sox past their own decadelong championship drought in ‘04. Epstein is known for his dramatic rebuilds. He and his staff are responsible for acquiring all but two members of the 2016 championship team. “[Theo brought] a winning culture. I knew they were putting

together the talent and by 2014 and 2015, I knew we had the ability to win,” Rizzo says. Returning the majority of their championship roster, the Cubs are poised to compete again in 2017. “You want more. It’s that obsession ... you’re never satisfied,” Rizzo says. With a young roster full of All-Stars and a mastermind like Epstein, it’s time to put that tired phrase about next year to rest, because for a legion of passionate Chicago fans, next year is now.

PHOTO LordRunar/Stock.com (ivy background), Kathryn Seckman Kirsch/Shutterstock.com (Wrigley Field)



CHICAGO

2016 TEAM STATS

BALLPARK	Wrigley Field
MANAGER	Joe Maddon
RECORD	103-58
HOME RUNS	163
RUNS	556
RBIS	516
HITS	1,125
BATTING AVERAGE	.212
ON BASE PERCENTAGE	.285

WORLD CHAMPS.

'16

AWARDS

1ST PLACE NL CENTRAL, WORLD CHAMPION

ALL-STARS

- ANTHONY RIZZO - 1B
- BEN ZOBRIST - 2B
- ADDISON RUSSELL - SS
- DEXTER FOWLER - OF
- KRIS BRYANT - 3B
- JAKE ARRIETA - RHP
- JON LESTER - LHP

“THE TEAM FLIGHTS BROUGHT US TOGETHER. THE TEAM COMRADERY. WE ALL CONNECTED.”

— ANTHONY RIZZO

Q

AND

A

with
**ANTHONY
RIZZO**

Q. What's your favorite part of baseball?

A. Competition. I always loved playing baseball—all sports really. But in high school, when people started to tell me that I could get drafted and play professionally, I think that's when [competitiveness] really started kicking in. That's all I really wanted to do—get drafted and play in the Big League.

Q. Why do you think baseball is so different from other sports when it comes to respect for the game?

A. The tradition and its storied history.

Q. At 27, you're one of the longest tenured players on the team, but you're still a young athlete. How do you relate to both the young players and veterans?

A. I received mentorship from guys like Ryan Dempster, when he said "You're here to help us win." Now I'm able to pass that on to some of our younger players. I just try and give my past experience to the younger guys, and give them stories, in the hopes that it sinks in with them.

Q. How much have coaches and teammates impacted your development?

A. I've tried to learn something from every coach and teammate I've ever had. Even if someone is not trying to teach me something, I can learn something from them. At times, it's what to do, and other times, it's what not to do!

Q. What separates athletes who make the pros from athletes who don't?

A. Obsession is key. I think having a good support team too: my family, my friends, the guys in the clubhouse, the coaches. This game is so mental, so if you can not think about what's going on—whether you're doing great or whether you're doing awful—and just kind of clear your mind outside of baseball, that's what helps the most when you get out on the field.

Q. What is your diet like?

A. I really do the best I can (at least I try), but I come from a heavy Italian background so I love to eat. I strive to put in what's best for my body. For breakfast, I have a smoothie with protein, spinach and mixed berries. Then, a half hour later, I'll have some eggs or oatmeal and wash it down with a BODYARMOR Sports Drink.

Q. What is the hardest hurdle for you to overcome as far as staying fit?

A. Maintaining the routine.

Q. What types of workouts or training do you do regularly?

A. In the off-season, I do cardio in the morning. Then work out with weights later on. I also do Pilates or yoga; sometimes I'll swim. That's the routine—about three hours, spread throughout the day, four to five times a week. During the season, it's usually about one to 1½ hours, three or four times a week. I need to withstand the long season.

Q. What's the most interesting story a fan has told you?

A. I'm not sure if I have an actual story, but I can't believe how many people have told me they named their dog 'Rizzo.' I hope they are not trying to tell me something ...

Q. How do you want baseball fans to remember you and what do you hope kids will idolize?

A. Someone who impacted those around me. A leader. Just a guy who gave it his all every day on the field.

Q. Who are the toughest fans to play against?

A. Probably the Cardinals and Pirates, because of the rivalries. But we're going to play the same way every day.

Q. When they turn your championship win into a beloved sports movie who will it star?

A. Ryan Gosling will definitely play me. He's going to have to get a little bigger for the movie, but he'll nail it. Drew Carey will play Joe [Maddon]. Not sure about all of the other guys, but you can be sure there will be several big-timers.

Q. What's your favorite ballpark food?

A. Nachos, fully loaded.

Q. What do you put on your hot dog?

A. All the trimmings. And I want to make one thing clear after having a Twitter debate: A hot dog IS a sandwich.

Q. Favorite style of pizza?

A. Deep-dish, Giordano's. I do love New York-style though.

Q. What is your favorite quote someone has said about you?

A. "I want to be just like you when I grow up."



“ I LOVE THE CHALLENGES I GET TO GIVE MYSELF TO BE THE BEST HITTER, FIELDER AND TEAMMATE. — ANTHONY RIZZO ”



@ARIZZO44

Whether he's connecting with a young fan, sharing behind-the-scenes moments or poking fun at teammates (#GrandpaRossy), Anthony Rizzo loves interacting with the people who make his career possible. This past November, Rizzo won the MLB Award for Best Social Media Personality. When it comes to his accounts, he hopes to provide as much entertainment as possible. His goals are simple. "Just have fun with it," he says. "Interact with fans and provide some laughs along the way. Reach out to those in need and provide support." Follow him on Instagram @arizzo_44 or on Twitter @ARizzo44.

ANTHONY RIZZO FAMILY FOUNDATION

Motivated by his own battle with cancer, Anthony Rizzo and members of his family founded the Anthony Rizzo Family Foundation to provide a financial lifeline for families of pediatric cancer patients. The nonprofit foundation raises funds through a variety of annual charity events hosted by the Rizzos, including a cancer walk, cook-offs and other fan-friendly events. "We help as many families as we possibly can, as they go through tough times, financially," Rizzo says. "Their son or daughter is sick, and money is not easy to come by. We

help pay their bills; we help in any way that we can."

Shortly after being drafted by the Red Sox in 2008, 18-year-old Rizzo was diagnosed with Hodgkin's lymphoma. After being sidelined with several months of chemotherapy, his eyes were opened to the emotional and financial difficulties that are placed on the families of cancer patients. Fortunately for Rizzo, The Red Sox covered his medical expenses, a burden most families suffer on their own.

Good news came on September 2, 2008, as Rizzo learned that

he'd entered remission, allowing him to resume his promising baseball career. He decided to reciprocate the support he'd received by creating a foundation to help families affected by the relentless disease.

In a letter to fans, Anthony wrote, "An individual does not battle cancer, but rather, the whole family does." From the perspective of any family affected by cancer, nothing rings more true.

For more information about the Anthony Rizzo Family Foundation and the work it does, visit www.Rizzo44.com

“IT WAS AN AMAZING FEELING TO PUT MY UNIFORM ON FOR THE FIRST TIME AFTERWARD. I TRY NOT TO TAKE ANYTHING FOR GRANTED. TO BE ABLE TO LIVE A NORMAL LIFE ON A DAY-TO-DAY BASIS IS AMAZING.”

— ANTHONY RIZZO

SWITCH TO BODYARMOR

NATURAL FLAVORS & SWEETENERS



NEW 16oz BODYARMOR LYTE Sports Drink

Introducing BODYARMOR LYTE, a Naturally Sweetened, Low-Calorie Sports Drink. Now Available in Peach Mango and Cherry Berry.

4/\$5.00



NEW 28oz BODYARMOR Sports Drink

Superior Hydration is now available in a larger 28oz bottle in the following flavors:

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NEW 16oz Sports Drink

BODYARMOR Sports Drink has added two new flavors to the roster:

Watermelon Strawberry and Lemonade.

4/\$5.00

NOW AVAILABLE AT



AMERICAN MADE

4TH-OF-JULY HEALTHY GRILLING

Celebrate the red, white and bold. Platter up these healthy grill-out staples for an Independence Day that won't send your diet up in flames. PHOTOS Tobin Bennett

Total Time 30 minutes plus refrigeration time Serves 4

1½ lbs. boneless, skinless salmon, chopped, divided
1 Tbsp. Dijon mustard
2 Tbsp. finely chopped chives
¼ cup Hy-Vee whole wheat bread crumbs
1 tsp. minced garlic
½ tsp. Hy-Vee paprika
½ tsp. Hy-Vee crushed red pepper
Hy-Vee nonstick olive oil cooking spray
¼ tsp. Hy-Vee Hickory House Ooh La La seafood seasoning, optional
4 Hy-Vee whole wheat buns, split
1 recipe Light Tartar Sauce, below
Arugula, for serving
½ English cucumber, thinly sliced for serving
1 beefsteak tomato, thinly sliced for serving
Lemon halves, for serving

1. PROCESS 6 oz. salmon and the mustard in a food processor for 15 seconds or until nearly smooth. Add remaining salmon, chives, bread crumbs, garlic, paprika and crushed red pepper; pulse until salmon is chopped and ingredients are combined.

2. SHAPE mixture into four patties and transfer to a tray; chill, covered, 30 minutes or up to 4 hours.

3. PREPARE a charcoal or gas grill for direct grilling over medium-high heat. Coat grate with olive oil cooking spray.

4. SEASON patties with seafood seasoning, if desired. Lightly coat patties with olive oil cooking spray. Grill 8 minutes or until firm and cooked through, turning once.

5. TOP bun bottoms with Light Tartar Sauce, salmon patty, arugula, cucumber and tomato. Top with bun tops. Serve with grilled lemon halves.

LIGHT TARTAR SAUCE: Stir together ¾ cup light mayonnaise, 1 Tbsp. finely chopped dill pickles, ¼ cup finely chopped roasted red peppers, 1 tsp. chopped capers, 1 Tbsp. finely chopped fresh parsley and 1 Tbsp. fresh lemon juice in a small bowl.

Note: See image of complete Grilled Salmon Burger on page 2.

Per serving: 510 calories, 22 g fat, 3 g saturated fat, 0 g trans fat, 100 mg cholesterol, 910 mg sodium, 32 g carbohydrates, 2 g fiber, 6 g sugar, 39 g protein

GRILLED SALMON BURGERS



Sweet potatoes add fiber and cut carbs from traditional potato salad. Instead of mayonnaise, a vinaigrette keeps the salad light.

Total Time 45 minutes
Serves 6

2 lbs. sweet potatoes, scrubbed and cut into 1-in.-thick planks
2 Tbsp. Hy-Vee Select extra-virgin olive oil
1 small onion, finely chopped
½ cup white wine vinegar
1 Tbsp. whole grain Dijon mustard
1 tsp. freshly ground black pepper
2 oz. thinly sliced prosciutto, cut into strips
2 Tbsp. fresh parsley leaves
1 Tbsp. finely chopped fresh chives

1. PLACE sweet potato planks on a microwave-safe plate and microwave on high (100% power) 3 minutes or until nearly cooked through, turning

once. Prepare a charcoal or gas grill with greased grill rack for direct grilling over medium heat. Grill sweet potatoes 5 minutes, turning once.

2. HEAT oil in a skillet over medium heat. Add onion and cook until lightly browned, about 5 minutes. Remove from heat and set aside.

3. WHISK together vinegar, mustard and pepper in a small bowl.

4. COMBINE potatoes, prosciutto, onion, parsley and chives in a large bowl. Add dressing and toss gently to combine. Serve warm.

Per serving: 160 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 350 mg sodium, 24 g carbohydrates, 4 g fiber, 5 g sugar, 5 g protein

GRILLED SWEET POTATO SALAD

CHICKEN WITH GRILLED WATERMELON SALSA

30
minutes
or less



Total Time 25 minutes
Serves 4

- 1 Tbsp. fresh lemon juice
- 1 tsp. Hy-Vee Select olive oil
- ½ cup fresh blueberries
- ½ mango, peeled, seeded and chopped
- 1 kiwi, peeled and chopped
- ½ jalapeño, seeded and finely chopped*
- 4 (5- to 6-oz.) chicken breast halves
- Hy-Vee nonstick olive oil cooking spray
- 1 tsp. poultry seasoning
- ¼ medium seedless watermelon, cut into 1-inch-thick slices, rind removed (about 12 oz.)
- 2 Tbsp. chopped fresh basil, for serving

1. PREPARE a charcoal or gas grill with greased grill rack for direct grilling over medium-high heat.

2. COMBINE lemon juice and oil in a large bowl. Add blueberries, mango, kiwi and jalapeño. Set aside.

3. LIGHTLY coat chicken breasts with cooking spray and sprinkle with poultry seasoning. Grill chicken 12 minutes or until fully cooked (165°F), turning once. Lightly coat watermelon slices with cooking spray. Grill watermelon just until grill marks form, about 1 to 2 minutes per side. Transfer chicken and watermelon to a cutting board; cover chicken loosely with foil and let stand 5 minutes. Let watermelon stand until cool enough to handle; chop into cubes.

4. ADD watermelon to fruit in bowl and toss to combine. Serve chicken topped with grilled fruit salsa. Sprinkle with basil.

***Note:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.

Per serving: 240 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 105 mg cholesterol, 65 mg sodium, 15 g carbohydrates, 2 g fiber, 11 g sugar, 33 g protein

For a helpful video on how to prepare **Chicken with Grilled Watermelon Salsa**, visit youtube.com/Hy-Vee

Watermelon salsa made with mixed fruit and jalapeño packs heat and juicy flavor, perfect for topping lightly seasoned chicken breasts.



GRILLED FRUIT KABOBS

Total Time 30 minutes **Serves** 4

- 1 recipe White Chocolate Dip, below
- 4 (12-inch) skewers*
- ¼ medium pineapple, peeled, cored and cut into 1-in. chunks
- 2 nectarines, cut into wedges
- 4 strawberries, stemmed and halved
- 1 mango, peeled and seeded, cut into 1-in. chunks
- 4 kiwi, peeled and halved
- 1 tsp. ground cinnamon
- Mint, for garnish, optional

1. PREPARE White Chocolate Dip. Prepare charcoal or gas grill with

greased rack for direct grilling over medium heat.

2. THREAD fruit onto each skewer. Grill 5 minutes or until fruit is warm and lightly charred, turning occasionally.

3. SPRINKLE skewers with cinnamon and, if desired, garnish with mint. Serve with White Chocolate Dip.

***Note:** If you are using wooden skewers, soak them in water for at least 30 minutes.

WHITE CHOCOLATE DIP: In 1-qt. saucepan, place 1 Tbsp. coconut milk beverage and 1 oz. Hy-Vee creamy

white vanilla baking chips. Heat over low heat, stirring constantly, until chips are melted and mixture is smooth. Cool slightly. Using a whisk, beat ¾ cup coconut milk and 1 (1.34-oz.) box Hy-Vee sugar-free, fat-free white chocolate instant pudding mix until mixture is blended and thickened. Stir in melted mixture until well blended. Fold in 2 cups fat-free whipped topping (thawed).

Per serving: 310 calories, 4 g fat, 3 g saturated fat, 0 g trans fat, 0 mg cholesterol, 400 mg sodium, 55 g carbohydrates, 7 g fiber, 42 g sugar, 3 g protein

Take your grilled fruit for a dip in a lightened dessert sauce that has all the yum of traditional fondue but less sugar and fat.



30
minutes
or less

ROAD WARRIORS

Hit the road running with the **Hy-Vee Healthy You®** mobile program. RVs sponsored by Hy-Vee provide a convenient way for dietitians, pharmacists and exercise experts to help customers across the Midwest receive the best of Hy-Vee's wellness services.

PHOTO Courtesy of Hy-Vee

HY-VEE FLEET

Nine Healthy You mobiles travel to health fairs, festivals, schools and markets to provide everything needed for screenings and vaccinations. They're also equipped with TVs to broadcast helpful informational videos about cooking techniques, exercises and more.



HY-VEE KIDSFIT® ON THE GO

Hy-Vee KidsFit events, which help kids of all ages get active and learn about nutrition, take place at Hy-Vee stores, schools and venues throughout many Hy-Vee communities. Each Hy-Vee Healthy You mobile is equipped with Hy-Vee KidsFit event supplies, including everything needed to host a Hy-Vee KidsFit info session.

PRIVATE SCREENING

Hy-Vee Healthy You mobiles are each equipped with two private rooms and the supplies needed to test blood levels of glucose, cholesterol and triglycerides; take blood pressure readings; measure body fat percentages and more. A dietitian can then discuss these numbers with you to determine if you need to change your diet or activity levels. The cost to participate in a Hy-Vee Healthy You mobile health screening is \$45. Flu shots are available at an additional cost.

JULY SCHEDULE

Monday, 7/3

- Albert Lea, MN, 4th of July Parade
- Jefferson City, MO, Salute to America (4th of July Parade)

Tuesday, 7/4

- Albia, IA, 4th of July Celebration
- Cedar Rapids, IA, Freedom Festival
- Eldon, MO, 4th of July 5K Race & Parade
- St. Peter, MN, Independence Day Parade

Wednesday, 7/5

- Ankeny, IA, All-City Play Day & KidsFit Event
- Mankato, MN (Franklin Rogers Park), Mankato Moondogs Game with KidsFit
- Mankato, MN (Wheeler Park), North Mankato Fun Days

Thursday, 7/6

- North Mankato, MN (Wheeler Park), North Mankato Fun Days

Friday, 7/7

- North Mankato, MN (Wheeler Park), North Mankato Fun Days & Kiddie Parade
- Olathe, KS, Summer Concert Series Event
- Watertown, SD (Watertown Hy-Vee & Stokes-Thomas Lake City Park), Hy-Vee Mini Triathlon

Saturday, 7/8

- Des Moines, IA (Des Moines Hy-Vee Drugstore), Blender Bike Promotion (school physicals theme)
- Newton, IA (Iowa Speedway), ARCA Racing Series Iowa 150
- North Mankato, MN (Wheeler Park), North Mankato Fun Days Parade
- Watertown, SD (Watertown Hy-Vee & Stokes-Thomas Lake City Park), Hy-Vee Mini Triathlon

Sunday, 7/9

- Newton, IA (Iowa Speedway), ARCA Racing Series Iowa 150
- North Mankato, MN (Wheeler Park), North Mankato Fun Days

Monday, 7/10

- North Mankato, MN (Wheeler Park), North Mankato Fun Days

Wednesday, 7/12

- Waseca, MN (Waseca Fairgrounds), Waseca County Fair
- Liberty, MO (Liberty Hy-Vee), Hy-Vee Healthy You Event

Friday, 7/14

- Moline, IL, Mercado on Fifth (Night Market)
- Waseca, MN (Waseca Fairgrounds), Waseca County Fair

Saturday, 7/15

- Quincy, IL (Broadway and 36th St. Hy-Vee), Kid's Day in the Garden
- Topeka, KS, 5K & 10K Cauldron Run & Sunflower State Games
- Waseca, MN (Waseca Fairgrounds), Waseca County Fair

Sunday, 7/16

- Davenport, IA (Centennial Park), Hy-Vee Pinky Swear 5k, 1 mile Fun Run
- Waseca, MN (Waseca Fair Grounds), Waseca County Fair

Tuesday, 7/18

- Farmington, MN (North Trail Elementary School), KidsFit Event
- Lee's Summit, MO, (Lee's Summit West Hy-Vee) Hy-Vee Healthy You Event
- Webster City, IA, Hamilton County Fair Parade

Tuesday, 7/19

- Lee's Summit, MO, (Lee's Summit West Hy-Vee) Hy-Vee Healthy You Event

Thursday, 7/20

- Cherokee, IA (Cherokee Fairgrounds), Cherokee County Fair
- Faribault, MN (Rice County Fairgrounds), Senior Day @ Rice County Fair

Friday, 7/21

- Cherokee, IA (Cherokee Fairgrounds), Cherokee County Fair

Saturday, 7/22

- Webster City (Hamilton County Fairgrounds), Hamilton County Fair

Tuesday, 7/25

- Marion, IA (Marion Hy-Vee), Customer Appreciation Day

Wednesday, 7/26

- Charles City, IA (Charles City Hy-Vee), RAGBRAI Samples
- Des Moines, IA (Hy-Vee Hall, Iowa Events Center), Career Day
- LeMars, IA (Plymouth County Fairgrounds), Plymouth County Fair

Thursday, 7/27

- LeMars, IA (Plymouth County Fairgrounds), Plymouth County Fair

Friday, 7/28

- LeMars, IA (Plymouth County Fairgrounds), Plymouth County Fair
- Newton, IA (Iowa Speedway), 2017 Nascar K&N Pro Series Casey's General Stores 150 Race

Saturday, 7/29

- LeMars, IA (Plymouth County Fairgrounds), Plymouth County Fair
- Newton, IA (Iowa Speedway), 2017 Nascar K&N Pro Series Casey's General Stores 150 Race

Sunday, 7/30

- LeMars, IA (Plymouth County Fairgrounds), Plymouth County Fair

Monday, 7/31

- West Des Moines, IA (Mills Civic Parkway Hy-Vee) Health Fair

PHOTO themax/iStock.com

RIPPE

Now

PREP WITH PRODUCE AND CELEBRATE THE SEASON'S FINEST FLAVORS. LOOK FOR FRUITS AND VEGGIES WITH FARMER'S-MARKET FRESHNESS, ALL FRONT AND CENTER IN THE HY-VEE PRODUCE DEPARTMENT.

WORDS Kristi Chew PHOTOS Tobin Bennett

July is peak season for the brightest picks in produce. From sweet corn to watermelon, the flavors of summer are perfect for whipping up an easy meal.

Load flatbread with freshly chopped herbs and veggies or stir up lean beef and farro with handfuls of tomatoes, broccoli, pepper and carrot. Fresh, healthy ingredients let you cook with creativity and ease. Think small plates, grilled dinners, salads and smoothies. Even dessert can be centered around colorful produce from the grill as you discover the caramel flavor of grilled peaches, plums and pineapple.

Fresh produce provides complex carbohydrates for energy, fiber for regulating blood sugar and aiding digestion, and the vitamins and minerals needed for basic health. About 4½ cups of fruits and vegetables per day are considered a healthy amount by the U.S. Department of Agriculture.

Hy-Vee makes it easy to eat produce of all colors. Shop the aisles of your local store for popular and specialty produce items. Pick up Hy-Vee Short Cuts precut veggies for salads, stir-fries and grilling, as well as preassembled kabobs for easy-to-grill convenience.



LOOK FOR HOMEGROWN FRUITS AND VEGETABLES THROUGHOUT THE HY-VEE PRODUCE DEPARTMENT.

Sources: <https://www.cnpp.usda.gov/2015-2020-dietary-guidelines-americans>
<https://www.nal.usda.gov/fnic/macro/nutrients>
<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20045983?p=1>

Total Time 20 minutes
Serves 4

- Hy-Vee nonstick olive oil cooking spray
- 4 cups baby spinach
- 2 cups fresh raspberries, divided
- 8 (½-inch-thick) slices Hy-Vee whole grain hearth loaf, toasted
- 8 deli-style slices Lorraine Swiss cheese
- 2 Tbsp. whole grain mustard, optional

1. PREHEAT oven to 350°F. Heat a large skillet over medium heat. Coat skillet with cooking spray and add spinach. Cook, turning frequently with tongs, until spinach is wilted. Transfer spinach to a platter.

2. ADD 1 cup raspberries to the same skillet and cook over medium heat until berries are heated through. Remove skillet from heat and mash berries with the back of a wooden spoon; stir in remaining 1 cup raspberries.

3. TOP 4 slices of bread with cheese, raspberry mixture, spinach and more cheese. If desired, spread mustard on one side of each remaining toasted bread slice. Place slices spread side down on sandwiches. Place sandwiches on a rimmed baking pan and bake 5 minutes or until cheese is melted.

4. CUT sandwiches in half and serve immediately.

Per serving: 390 calories, 20 g fat, 9 g saturated fat, 0 g trans fat, 50 mg cholesterol, 500 mg sodium, 32 g carbohydrates, 9 g fiber, 5 g sugar, 21 g protein

TIP:
BERRIES ADD FLAVOR AND HEALTHY PLANT-BASED CARBS TO A SANDWICH.

raspberry-Swiss GRILLED CHEESE SANDWICHES

30
minutes
or less



BRYON LEERHOFF,
PRODUCE MANAGER
STORE #1, QUINCY, ILLINOIS

"WASH AND CUT BERRIES RIGHT BEFORE YOU'RE READY TO USE THEM."

tomato-farro STIR-FRY

Total Time 30 minutes Serves 6

1¼ cups farro
¼ cup Hy-Vee less-sodium soy sauce
2 Tbsp. Hy-Vee rice wine vinegar
1 Tbsp. minced fresh garlic
1 Tbsp. freshly grated peeled ginger
1 tsp. Hy-Vee packed light brown sugar
1 tsp. sesame oil
1 tsp. Sriracha sauce
1 tsp. Hy-Vee Select extra-virgin olive oil
1 lb. 93% lean ground beef

2 cups broccoli florets
1 medium carrot, peeled and thinly sliced
1 red bell pepper, seeded and thinly sliced
1 cup sugar snap peas, thawed if frozen
2 cups chopped beefsteak or heirloom tomatoes (about 2 cups)
¼ cup finely chopped green onion

1. **COOK** farro according to package directions. Let stand until cool. In a small bowl, whisk together soy sauce, vinegar, garlic, ginger, sugar, sesame oil and Sriracha sauce. Set aside.

30
minutes
or less

2. **HEAT** olive oil in a large nonstick skillet or wok over medium-high heat. Add ground beef, broccoli, carrot and pepper and cook 5 minutes or until beef has browned, breaking up beef as it cooks.

3. **ADD** cooled farro and peas. Add soy sauce mixture and cook, stirring constantly, until farro is heated through. Stir in 1 cup of tomatoes.

4. **SERVE** stir-fry topped with remaining tomatoes and green onions.

Per serving: 280 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 45 mg cholesterol, 480 mg sodium, 34 g carbohydrates, 5 g fiber, 5 g sugar, 23 g protein



"WE HAVE A LOCAL GROWER OF TOMATOES ONLY A QUARTER OF A MILE FROM OUR STORE. PEOPLE LOVE THAT. THEY KNOW WHERE THEY'RE GROWN."

-TOM DUFF, PRODUCE MANAGER CARROLL, IOWA



"MAKE SURE BELL PEPPERS ARE FIRM AND RIPE."

-MARTY PREWITT, PRODUCE MANAGER BETHANY, MISSOURI

Total Time 30 minutes Serves 4

2 whole wheat flatbreads, such as naan
Hy-Vee nonstick olive oil cooking spray
¼ tsp. plus ¼ tsp. Cajun seasoning, divided
2 large Kalamata olives, chopped
12 grape tomatoes, halved
2 mini seedless cucumbers, sliced
1 red bell pepper, seeded and chopped
2 tsp. finely chopped shallot (or red onion)
2 tsp. fresh lemon juice
1½ cup White Bean Spread, below
2 Tbsp. fresh parsley leaves
1 Tbsp. fresh oregano leaves
2 Tbsp. crumbled feta cheese

1. **PREHEAT** oven to 400°F.

2. **PLACE** flatbreads on an ungreased baking sheet and spray with nonstick cooking spray. Sprinkle with ¼ tsp. Cajun seasoning. Bake 8 minutes or until golden and crisp on the edges. Allow flatbreads to cool 3 to 4 minutes before topping.

3. **COMBINE** Kalamata olives, tomatoes, cucumber, bell pepper and shallot in a small bowl. Drizzle with lemon juice and add remaining ¼ tsp. Cajun seasoning. Stir well to combine. Prepare White Bean Spread.

4. **SPREAD** cooled flatbreads with White Bean Spread and top with chopped vegetables. Reserve remaining spread for another use. Sprinkle with parsley, oregano and feta.

5. **CUT** flatbreads into slices and serve.

WHITE BEAN SPREAD: Pour ¼ cup water into a large saucepan, add 2 cloves peeled garlic and bring to boiling over high heat. Add 2 (15-oz.) cans Hy-Vee cannellini beans, drained and rinsed, and return to boiling. Drain the mixture, reserving ¼ cup of the cooking liquid. Transfer drained mixture to a food processor. Add 1 Tbsp. Hy-Vee Select extra-virgin olive oil and 1 Tbsp. fresh rosemary and process, adding just enough of the reserved cooking liquid to make a thick, smooth paste. Season to taste with salt and pepper, if desired.

Per serving: 310 calories, 7 g fat, 3 g saturated fat, 0 g trans fat, 5 mg cholesterol, 630 mg sodium, 48 g carbohydrates, 9 g fiber, 7 g sugar, 14 g protein

30
minutes
or less
**MEDITERRANEAN
VEGGIE**
flatbread



MATT OSBORN
PRODUCE MANAGER
MADISON, WI

"BASIL IS A FUN HERB. YOU CAN HAVE ONE OF OUR LIVING BASIL PLANTS ON YOUR PORCH OR DECK AND CLIP LEAVES WHEN NEEDED."



30
minutes
or less

zucchini ROLL-UPS

Total Time 20 minutes
Serves 4

- Hy-Vee nonstick olive oil cooking spray
- 4 medium zucchini
- 4 oz. baby spinach (about 2 cups)
- 2 oz. Hy-Vee Select natural fresh goat cheese
- ¾ cup basil leaves
- ½ cup unsalted raw pistachios
- 2 Tbsp. nutritional yeast
- 1 Tbsp. fresh lemon juice
- 1 red bell pepper, seeded and thinly sliced
- 1 (5- to 6-oz.) cooked chicken breast half, shredded
- 1 cup light marinara sauce, such as Prego Light Smart marinara, warmed
- Cracked black pepper, if desired

1. LIGHTLY grease large skillet with cooking spray. Cut zucchini into 48 thin lengthwise strips with a vegetable peeler. Cook zucchini strips in skillet over medium heat until crisp-tender, about 30 seconds on one side each only. Work in batches, as needed.

2. PROCESS the spinach, goat cheese, basil, pistachios, yeast and lemon juice in a food processor until mixture is almost smooth.

3. ASSEMBLE roll-ups: Overlap four zucchini slices. Spoon 2 Tbsp. of the spinach mixture about ½ inch from one end. Top with some of the bell pepper and some of the chicken. Roll up and place seam side down on a platter. Repeat with remaining zucchini slices and ingredients to make 12 roll-ups.

4. SERVE with marinara sauce and, if desired, black pepper.

Per serving: 270 calories, 12 g fat, 3.5 g saturated fat, 0 g trans fat, 35 mg cholesterol, 340 mg sodium, 20 g carbohydrates, 7 g fiber, 10 g sugar, 22 g protein

Orange Carotenoids give these foods their orange to yellow pigments. They're rich in vitamin A, and have vitamin C and folate. Vitamins have antioxidant properties that may help fight cancers. Vitamin A is linked to vision, bone maintenance and immune function. *Squash, pumpkin, orange tomatoes, cantaloupe, oranges, carrots*

Red The pigment lycopene acts as an antioxidant. Studies have linked lycopene to reduced prostate cancer risk for men. *Tomatoes (also tomato sauce and juice), pink grapefruit, watermelon*

Yellow These foods have many of the same nutrients as orange produce, plus vitamin B₆, which helps you metabolize your food and shores up your immune system. The vitamin is also involved in brain development during pregnancy. *Yellow squash, yellow tomatoes, yellow bell peppers*



EAT THE Rainbow

Plant pigments, called phytochemicals, protect them and in turn offer health benefits to us.

Red to Purple These foods contain vitamin C, potassium and antioxidants that studies suggest help reduce inflammation and prevent damage to cells; they also may aid immunity. *Blueberries, blackberries, raspberries, cranberries, pomegranates, red and purple grapes, eggplants*

Green Vitamin K and minerals such as potassium, calcium and magnesium are prevalent in these foods. Vitamin K helps blood to clot, fosters bone health and may help prevent tumor growth. All three minerals help regulate blood pressure. *Green beans, green grapes, broccoli, asparagus, celery, Brussels sprouts, edamame, dark leafy greens (lettuce, kale and spinach)*

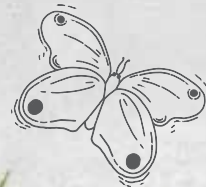
Sources: <https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2011/the-healthy-colors-of-your-diet/>
http://www.aicr.org/reduce-your-cancer-risk/diet/elements_phytochemicals.html

HIKES BIKES AND FLYING KITES

WORDS Aaron Ventling PHOTOS Cameron Sadeghpour



GET ACTIVE with exciting outdoor activities for the **WHOLE FAMILY**, while you reap the natural benefits of the open air. Whether you hike, bike or fly a kite; you'll find **ENDLESS OPPORTUNITIES** for kids and adults of all ages to enjoy nature.



REALITY CHECK

Press pause on reality show reruns and sign out of social media. It's time to get your family off the sofa and on the road to better health. A 2015 report by Common Sense Media found that teenagers (ages 13-18) consume nine hours of entertainment media—most commonly television, social media and video games—per day while tweens (ages 8-12) spend six hours per day on media. And if you think only kids are constantly plugged-in, think again. A Nielsen report found that adults spent an average of 10 hours 39 minutes consuming media per day in 2016, an increase of more than an hour over the previous year.

Too much screen time can actually harm our health. Higher rates of obesity, irregular sleep, behavioral problems, loss of social skills, depression and aggression are just some of the possible effects of media overuse.

Luckily, there's a free way to entertain yourself and your kids while you combat the negative effects of too much tech time. Open the door to a wonderful world of experiences that only the great outdoors provides. The natural world not only excites the senses, but it develops the body. Studies have shown that spending time regularly in nature can improve memory and concentration, reduce inflammation, boost your immune system, improve eye health and alleviate depression. It's also known to promote creativity, imagination and brain development in young children.



Beat boredom this summer. Check out this bubble maker and many other fun summer products sold at your local Hy-Vee.

TEENAGERS (13-18) CONSUME AN AVERAGE OF NINE HOURS OF ENTERTAINMENT MEDIA PER DAY NOT INCLUDING HOMEWORK, WHILE TWEENS (8-12) USE AN AVERAGE OF SIX HOURS PER DAY.

Sources: www.common SenseMedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens
www.niu.edu/ccr/resources/Why%20Children%20Need%20to%20Play%20Outside.pdf
www.ncbi.nlm.nih.gov/pubmed/20194281?_ga=1.239613059.183606406.1490730579
www.understood.org/en/learning-attention-issues/signs-symptoms/developmental-milestones/how-kids-develop-thinking-and-learning-skills

42 THINGS TO DO

1. CATCH FIREFLIES AT SUNSET

2. RUN THROUGH A SPRINKLER

3. Draw with sidewalk chalk

4. BLOW BUBBLES

5. Play on a jungle gym

6. GO ON A SCAVENGER HUNT

7. TAKE THE DOG FOR A WALK

8. PLAY CATCH

9. Read under a tree

10. COLLECT ROCKS

11. PICK FLOWERS

12. Play kickball

13. CLIMB A TREE

14. Build a sandcastle

15. INVESTIGATE THE YARD WITH A MAGNIFYING GLASS

16. PLAY "I SPY"

17. GO FOR A SWIM

18. FEED DUCKS AT THE POND

19. Find a spot to shoot hoops

20. LOOK AT THE BIRDS THROUGH BINOCULARS

21. HUNT FOR BUGS

22. RIDE A BIKE

23. Camp out in the backyard

24. Plant a garden

25. WATCH THE SUN SET

26. HOST A GARDEN TEA PARTY

27. Make an obstacle course

28. TRAIN FOR A SPORT

29. GO ON A WALK

30. GAZE AT THE STARS

31. Use an old sheet as a canvas to paint on

32. GO FISHING



CHILDREN WHO SPEND TIME OUTSIDE ARE LESS LIKELY TO DEVELOP MYOPIA (NEAR-SIGHTEDNESS), ACCORDING TO THE AMERICAN ACADEMY OF OPHTHALMOLOGY.



5 TO 15 minutes of sunlight on your arms, hands and face 2-3 times per week provides enough vitamin D to release mood-lifting hormones in the brain, according to the World Health Organization.

STANFORD UNIVERSITY RESEARCHERS FOUND THAT REGULAR WALKING - BOOSTS FOCUS AND CREATIVITY, REGARDLESS OF DISTANCE OR LOCATION.



[60]

NUMBER OF MINUTES EACH DAY OF MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY RECOMMENDED BY THE AMERICAN HEART ASSOCIATION



CUSTOMIZE CHALK BY SELECTING VARIOUS SHAPED MOLDS AND COLORS OF TEMPERA PAINT.

DIY SIDEWALK CHALK

Mix ¾ cup plaster of Paris with ½ cup water in a small container until consistency is smooth. Stir in 3 Tbsp. of desired color of tempera paint. Mix thoroughly and pour the liquid into a silicone mold. Let dry overnight. Carefully remove from molds and create masterpieces.

HyVee KIDSFIT.

Hy-Vee KidsFit, a free and fun at-home nutrition and exercise program for all fitness levels, lets kids and families promote a balanced lifestyle. The online program, taught by Hy-Vee KidsFit Coach Daira Driftmier, offers tips and instructional videos that require no equipment, making them accessible to everyone. Hy-Vee KidsFit and its 5-Week Challenge educate about the importance of being physically active and keeping a proper diet while providing a structure for kids to take control of their personal health and fitness. Throughout the 5-Week Challenge, kids are awarded trophies as they compete in fun activities like the Hy-Vee KidsFit Scavenger Hunt and Track Your Trails, which encourages kids to record their walking progress. Keep your kids' summer going strong with these exciting activities and more. Sign up at hy-veekidsfit.com.

Sources: http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/AHA-Recommendations-for-Physical-Activity-in-Kids-Infographic_UCM_463245_SubHomePage.jsp
<https://www.adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st>



BEING OUTSIDE AND PHYSICALLY ACTIVE NATURALLY REDUCES HIGH STRESS LEVELS, ACCORDING TO THE ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA.

33. WASH THE FAMILY CAR

34. FLY A KITE

35. CLEAN UP THE YARD

36. PLAY MINIATURE GOLF

37. Go to an amusement park

38. PICK APPLES AT AN ORCHARD

39. MOW THE LAWN

40. PLAY HOPSCOTCH

41. PLAY CAPTURE THE FLAG

42. Look for shapes in the clouds



hit the DECK

Dive into this full-body, aquatic exercise for a low-impact workout that adjusts to your fitness level. The seemingly endless health benefits of swimming will have you going overboard.

WORDS Amanda Gardner PHOTOS Tobin Bennett and Cameron Sadeghpour

Swimming, a low-impact blend of cardio and strength training, is an excellent workout for anyone looking to tone their body or shed weight. The resistance of water builds endurance, while swimming exercises muscles that most aerobic workouts can't reach.

"It's a whole-body workout," says John Noble, Ph.D., associate professor of health and kinesiology at the University of Nebraska at Omaha. "You're working all the major muscle groups in your upper and lower body. Because it's low-impact and easier on your body, people can do it for longer durations." Swimming regularly provides important health benefits to these areas:

Heart: Swimming improves nearly all areas of cardiovascular health, reducing the risk of heart disease. It raises HDL ("good") cholesterol and reduces blood pressure, while

boosting blood volume, meaning your cells get more nourishment.

Lungs: Swimming trains your body to use oxygen more efficiently by working your lungs and heart together. Deep breaths and an elevated heart rate improve your lung capacity, allowing higher intake of oxygen. More oxygen increases the speed at which your muscles and body recover after exercise.

Joints: Water buoyancy reduces pressure on joints and can prevent injuries, making it easier for people with arthritis and back pain, in particular, to exercise. Increased lung capacity also improves circulation to joints, which promotes faster recovery. If you've had an accident or injury, water exercise can help your rehabilitation.

Brain: Like all cardiovascular exercises, swimming can improve memory and other cognitive abilities, and reduce the brain's insulin resistance and inflammation, while stimulating cell growth. Regular exercise can also reduce stress, while improving mood and sleep.

Movement: Regular swimming can improve balance, coordination and flexibility. Core strength gained from swimming may also improve posture.

Sources: <http://scholarworks.bgsu.edu/cgi/viewcontent.cgi?article=1247&context=jlare>
<http://www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-swimming.aspx>
<https://nhs.uk/exercise-for-older-adults/health-benefits/video/33k-na.html#intro-eyes>
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<http://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>



physical fitness

Swimming has a definite advantage over other popular exercises. “It works more muscles than running or biking,” says Henry N. Williford, director of the Human Performance Lab at Auburn University. “It’s like doing curl-ups and planks in a vertical position. You’re doing yoga in the water.”

weightless

The resistance from the water strengthens muscles. Thanks to the gravity-defying properties of water, you’ll find you can be more flexible and—literally—stretch yourself.

AT THE CORE

“WHEN YOU’RE SWIMMING, YOU’RE IN A HORIZONTAL POSITION AND HAVE TO KEEP YOURSELF IN THAT POSITION. YOU HAVE TO USE YOUR ABDOMINAL MUSCLES IN ORDER TO MAINTAIN THAT SWIMMING POSITION,” WILLIFORD SAYS.

mental HEALTH

Any aerobic activity tends to make you happier, and swimming is no exception. “It can decrease your stress, decrease your depressive tendencies and positively impact mental health,” says John Noble, Ph.D., associate professor of health and kinesiology at the University of Nebraska at Omaha. Studies have shown that being in warm water is especially helpful in elevating mood and lowering anxiety in people who have fibromyalgia.

Sources: https://www.cdc.gov/healthywater/swimming/swimmers/health_benefits_water_exercise.html
<https://app.secure.griffith.edu.au/news/2013/08/13/swimming-a-smart-move-for-children>
<https://www.acefitness.org/acefit/fitness-fact-article/77/get-into-the-swim-of-things/>

take the PLUNGE with these routines

BEGINNER

(30 min., 550 yards)

- 100 yards freestyle
- 50 yards backstroke
- Kickboard set: 150 yards choice kick (fly, free, breast) or streamline kicking on your back. Rest 30 sec. after each 25 yards
- 50 yards freestyle, 50 yards all-out choice sprint. Rest for 90 sec. after freestyle, and then 60 sec. after each all-out choice sprint lap.
- Cooldown: 50 yards kick choice followed by 100 yards freestyle swim, resting for 30 sec. in between each 25 yards

INTERMEDIATE

(45 min., 1200 yards)

- 200 yards freestyle
- 4x50 yards individual medley (IM) order set (75% pace). Maximize streamlines and distance per stroke.
- Kickboard set: 4x75 yards kick. The first and third 25 yards are 100% max-effort choice kick, the middle 25 yards are easy flutter kick. Rest 25 sec. after each 75 yards.
- 2x100 yards freestyle at 100% effort, 2x50 yards choice at 60% effort. Rest for 60 sec. after 100 yards, and then 60 sec. after each 50 yards.
- Cooldown: 200 yards freestyle or backstroke (rotate as desired).

ADVANCED

(60 min., 2,100 yards)

- 200 yards freestyle, 200 yards IM kick, 100 yards choice at 70% max effort)
- 8x50 yards IM order set (75% max effort).
- Kickboard set: 3x(75/25 yards) kick. 75 yards are max-effort kick, 25 yards are 50% effort (choice kick). No rest in between 75 and 25. Rest 30 sec. after each 100 yards.
- 4x100 freestyle. First and third at 70% effort, second and fourth 100 yards at 100% effort. Rest 30 sec. after each 100 yards.
- 8x25 IM order (75% max effort)
- Cooldown: 300 yards freestyle or backstroke (rotate as desired)

KEEP YOUR ARMS, SHOULDERS AND NECK MUSCLES ALIGNED WITH THE REST OF YOUR BODY.

TOP MARKS

SWIMMING MAY MAKE CHILDREN SMARTER. A GRIFFITH UNIVERSITY STUDY FOUND THAT KIDS WHO STARTED SWIMMING AT AN EARLY AGE PERFORMED BETTER IN CERTAIN COGNITIVE TESTS THAN THOSE WHO DIDN'T SWIM.



EXTREME RX

AMBER PHARMACY TREATS PATIENTS WITH COMPLEX, CHRONIC CONDITIONS, INCLUDING CANCER, MULTIPLE SCLEROSIS AND HIV/AIDS.



75% OF ALL DRUGS NOW GOING THROUGH FDA APPROVALS THAT WILL BE SOLD ONLY AT SPECIALTY PHARMACIES

3% OF PATIENTS USE SPECIALTY PHARMACIES

Source: Statistics provided by Michael Agostino, R.Ph., President of Hy-Vee-owned Amber Pharmacy

WHEN LIFE AND DEATH HANG IN THE BALANCE, DOCTORS TURN TO AN ARSENAL OF MEDICINAL WEAPONS. THE LATEST HIGH-TECH DRUGS REQUIRE A NEW BREED OF PHARMACY TO MAKE CERTAIN PATIENTS GET EXACTLY WHAT THEY NEED, WHEN THEY NEED IT.

WORDS Steve Cooper PHOTOS Tobin Bennett

Through the fall of 2015, Iowan Michael Malatek had a growing sense that something was dreadfully wrong. Then he was diagnosed with myeloma, a vicious cancer.

Early on in Michael's difficult journey, his doctor began ordering drugs from a specialty pharmacy, which only handles medications for major diseases. Michael's drugs came from Amber Pharmacy—a wholly owned subsidiary of Hy-Vee.

Like most Amber patients, Michael orders his medications by phone and they are shipped to his door. He is grateful for the time his pharmacy representative gives him on the phone, whether the topic is a technical question about the drugs or he's having a difficult day and would just like to talk to someone.

"They've [the Amber staff] been nice about checking in on me every month to see if I need anything. It's the same woman who usually calls, and when I am talking to her I'm the number one person to her," Michael says.

Don't confuse your local Hy-Vee Pharmacy with Amber, which Hy-Vee purchased in 2014. Amber is one of many specialty pharmacy (SP) companies, which handle and deliver only the newest, most effective medications for cancer, multiple sclerosis and other life-altering diseases.

The SP business has grown into a nationwide system over the last 20 years. Though it handles transactions for about 3 percent of all pharmacy patients, the bills now account for almost 40 percent of all medication costs in the U.S.

MICAILA RUIZ, Amber Chief Pharmacy Officer

A PHONE CALL AWAY

Should you or a loved one get that first call from Amber Pharmacy after a diagnosis, you can have confidence in the staff's skills, says Doctor of Pharmacy Micaila Ruiz, Amber Chief Pharmacy Officer. Here's what you can expect:

- Extensive clinical expertise in oncology, inflammatory conditions, multiple sclerosis and most chronic, complex medical conditions
- You'll receive help understanding the diagnosis and treatment
- An enrollment specialist will explain insurance coverage and help find sources for financial assistance if needed
- You will learn how easy it is to have medications shipped directly to you, or how they can conveniently be picked up at your local Hy-Vee Pharmacy

GOOD WORK APPLAUDED

Hy-Vee's Amber Pharmacy ranked among the highest nationally in the area of patient satisfaction with pharmacy employees in 2016. Approximately 3,000 patients were polled by Zitter Health Insights of New Jersey. Amber's pharmacists, nurses, pharmacy technicians and billing department each scored 100 percent.

3 POINTS SET AMBER PHARMACY APART

- 1 GIVING PATIENTS THE TIME AND INFORMATION THEY NEED.** Amber's clinical pharmacists take the time to thoroughly explain the disease and medication to a patient.
- 2 UNDERSTANDING INSURANCE POLICIES.** Amber Pharmacy staff members are trained to help patients understand the sometimes bureaucratic language of health-care policies.
- 3 ADAPTING TO NEW MEDICATIONS.** Many new medications used to treat specialty conditions are in development. Amber Pharmacy monitors the "pipeline" to ensure we are on the forefront and have the clinical expertise needed to dispense new medications as soon as they are available.

SPECIALTY VS. RETAIL

Your local Hy-Vee store is home to a retail Hy-Vee Pharmacy. No mystery there. But how does your regular pharmacy compare to Amber Pharmacy and other specialty pharmacies?

"Businesses like Amber are the ones handling medications that require services above and beyond those available at a retail pharmacy," says Jo Ann Hyres, Senior Vice President of Sales and Marketing at Amber.

A pharmacy is in the specialty category if it offers:

- Special handling. This may be needed for such concerns as maintaining specific temperatures.
 - Uncommon meds. Some specialty drugs require injections, although many can now be taken orally.
 - Financial help. Because costs are usually much higher than for retail medications, there has to be an experienced financial team to help manage insurance benefits or help you with other financial assistance.
 - Close monitoring. Guarding against potential side effects is often required with these meds.
- "Amber is licensed to operate in all 50 states," Jo Ann says. "It was a pioneer in this industry in 1998 and is continuing to grow under Hy-Vee ownership."

"We help approximately 20,000 patients a month. For the most part, we are on a first-name basis with most of them."

MICHAEL AGOSTINO, PRESIDENT OF HY-VEE-OWNED AMBER PHARMACY

FOODS

THAT

FUEL

SUGARY CARBS AND CAFFEINE MAY BE TEMPTING GRABS WHEN YOUR ENERGY WANES. BUT THERE'S A SMARTER APPROACH: EAT FOODS RICH IN COMPLEX CARBOHYDRATES WITH LEAN PROTEIN AND HEALTHY FATS. "THESE CARBS GIVE YOU LASTING ENERGY SO YOUR BLOOD SUGAR WON'T SPIKE," HY-VEE DIETITIAN JENA PAPE SAYS. YOU'LL STAY ALERT AND ACTIVE THROUGHOUT THE DAY, WITHOUT PEAKS AND DIPS.

WORDS Kristi Chew PHOTOS Tobin Bennett

"CARBOHYDRATES ARE THE BODY'S PREFERRED SOURCE OF ENERGY," SAYS JENA PAPE, RD, LD, A HY-VEE DIETITIAN IN OAKDALE, MN. WHEN YOU FUEL WITH COMPLEX CARBS, SHE EXPLAINS, FATS AND PROTEINS ARE FREE TO DO THEIR JOBS BUILDING MUSCLE, REPAIRING CELLS AND STORING ENERGY.

Total Time 20 minutes
Serves 6

1 recipe Carrot-Top Gremolata, below
1 lb. thin carrots with tops, peeled and trimmed (rinse and reserve the tops)
1 lb. asparagus, trimmed
Hy-Vee nonstick olive oil cooking spray
Hy-Vee coarse salt and freshly ground pepper

1. PREPARE charcoal or gas grill with greased grill rack for direct cooking over medium heat. Prepare Carrot-Top Gremolata.
2. HALVE carrots lengthwise. Lightly coat carrots and asparagus with cooking spray. Grill vegetables 5 to 8 minutes or until are lightly browned and tender, turning once. Season with salt and pepper.

3. SERVE sprinkled with Carrot-Top Gremolata.

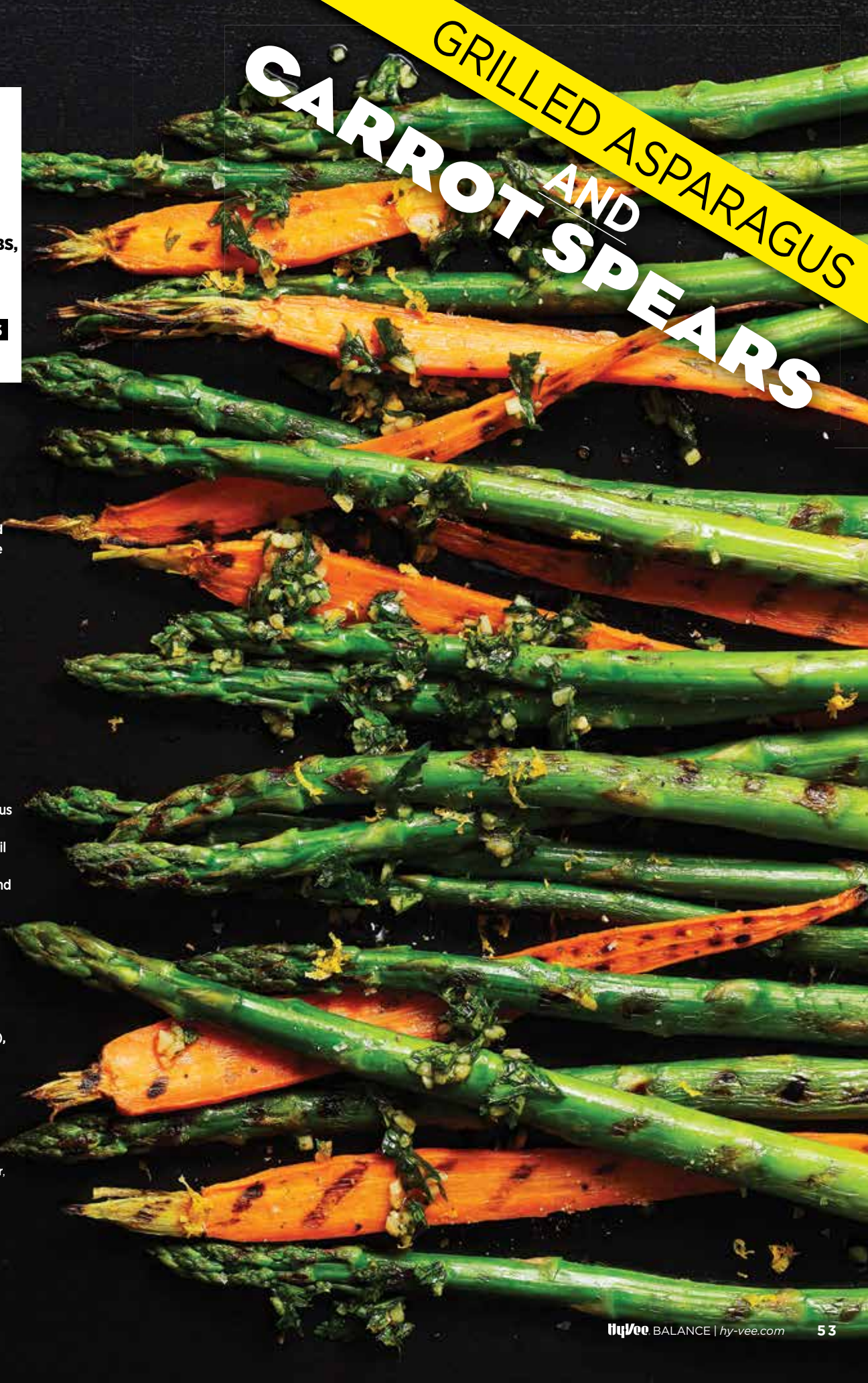
CARROT-TOP GREMOLATA:

In a small bowl, mix together 3 Tbsp. minced fresh carrot top (or 3 Tbsp. minced fresh parsley), 1 Tbsp. Hy-Vee Select olive oil, 2 tsp. minced garlic and 2 tsp. lemon zest.

Per serving: 60 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 55 mg sodium, 9 g carbohydrates, 3 g fiber, 4 g sugar, 2 g protein

30
minutes
or less

CARROT AND ASPARAGUS
GRILLED SPEARS



Total Time 35 minutes
Serves 4

- 2 (15-oz.) cans chickpeas, drained and rinsed
- 1 Tbsp. Hy-Vee vegetable oil
- ½ tsp. freshly ground black pepper
- ½ tsp. ground cumin, plus more for garnish
- 2 Greek whole wheat pitas, halved
- 1 large avocado, peeled and pitted
- 1 Tbsp. lime juice
- ¼ red bell pepper, finely chopped
- ¼ green bell pepper, finely chopped
- ¼ small red onion, sliced
- ½ cup halved heirloom cherry tomatoes
- 1 Tbsp. Hy-Vee Select extra-virgin olive oil
- 1 Tbsp. finely chopped parsley, plus more for garnish

1. PREHEAT oven to 350°F.

2. COMBINE the chickpeas, vegetable oil, pepper and cumin in a bowl and toss to coat well. Transfer to a rimmed baking pan and bake 30 minutes or until golden brown, shaking the pan occasionally.

3. WRAP pitas in foil and place in oven to warm. Combine avocado and lime juice in a bowl and lightly mash with a fork.

4. STIR together bell peppers, red onion, cherry tomatoes, olive oil and 1 Tbsp. parsley in a bowl.

5. REMOVE pitas from oven and fill each with about 2 Tbsp. mashed avocado, ¼ cup bell pepper mixture and ¾ cup roasted chickpeas. Garnish with cumin and parsley and serve immediately.

Per serving: 410 calories, 18 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 660 mg sodium, 54 g carbohydrates, 13 g fiber, 6 g sugar, 13 g protein

ROASTED CHICKPEA-STUFFED PITAS

THIS DISH PROVIDES AMPLE COMPLEX CARBS FROM THE CHICKPEAS AND WHOLE GRAIN PITA ALONG WITH HEALTHY PROTEIN, CARBS AND FAT FROM THE AVOCADO. THE COMBINATION GIVES YOU THE RIGHT BALANCE FOR STAYING ENERGETIC, HY-VEE DIETITIAN JENA PAPE SAYS.

BLACKBERRY SEMIFREDDO BARS



Learn how to make **Blackberry Semifreddo Bars** at home. Visit [youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)

Total Time 40 minutes plus 5½ hours freeze time
Serves 9

- 1½ cup organic rolled oats
- 1 cup unsweetened shredded coconut
- ½ cup slivered almonds
- ½ tsp. Hy-Vee kosher salt
- ¾ cup dates, pitted
- 1 Tbsp. plus 1 tsp. vanilla extract, divided
- 4 Tbsp. Hy-Vee coconut oil
- 4 Tbsp. water
- 4 Hy-Vee pasteurized large egg whites, room temperature
- ¼ cup sugar
- 4 cups plain Hy-Vee Greek yogurt, divided
- 1 vanilla bean, halved and scraped

- 8 oz. fresh blackberries
- 3 Tbsp. cup Hy-Vee honey
- 1 Tbsp. lemon juice

1. LINE an 8×8-inch baking pan with parchment paper; let some parchment hang over the edges. Set aside.
2. COMBINE oats, coconut, almonds and salt in a food processor. Pulse 30 seconds.
3. ADD dates, 1 tsp. vanilla extract, and coconut oil. Add the water 1 Tbsp. at a time until dough forms.
4. PRESS crust into prepared pan and freeze 30 minutes.
5. WHIP egg whites with a handheld mixer or a stand mixer using a whip attachment on medium-high until soft peaks form. Gradually add sugar and beat on high until stiff peaks form. Set aside.

6. ADD 1 cup each Greek yogurt into two bowls, add scraped vanilla seeds and 1 Tbsp. vanilla extract to one bowl and gently fold in half of the egg white mixture. Smooth over prepared crust and freeze 1 hour. Meanwhile, blend blackberries, honey and lemon juice in a food processor; strain through a wire-mesh strainer to remove seeds. Mix blackberry puree into remaining 2 cups of Greek yogurt until smooth. Gently fold in remaining egg white mixture and smooth over vanilla layer. Freeze for 4 hours or until firm.
7. SUBMERGE the bottom of pan in hot water for 2 minutes to loosen sides and bottom of semifreddo before cutting and serving.

Per serving: 380 calories, 16 g fat, 10 g saturated fat, 0 g trans fat, 0 mg cholesterol, 85 mg sodium, 44 g carbohydrates, 6 g fiber, 28 g sugar, 16 g protein

BLACKBERRIES ARE IDEAL DESSERT CARBS. THEY ALSO CONTAIN VITAMINS AND FIBER. MEDJOOL DATES IN THE CRUST LEND A CARAMELLIKE SWEETNESS.

TOP SHELF

Stock a *healthy* pantry

If it's in the pantry, it'll probably end up on your plate. Wise up and battle the bulge with a frontal attack on your kitchen shelves. Chuck or donate high-calorie, unhealthy foods and stock the nonperishables suggested by Hy-Vee Dietitian Amber Kastler. A well-planned pantry means you'll always have healthy ingredients on hand.

PHOTOS Tobin Bennett and Cameron Sadeghpour

* GRAINS

When given the option, always choose products that use whole wheat flour, which contains more fiber, less carbohydrates and several important vitamins not found in white flour.

- Brown rice
- Popcorn
- Quick oats
- Quinoa
- Tortilla corn chips
- Whole grain crackers
- Whole wheat pastry flour
- Whole wheat pasta

PURCHASE DRIED FRUIT WITHOUT ADDED SUGAR.

* FRUITS

These natural sweets are a rich source of fiber, potassium and other nutrients that contribute to a well-balanced diet. Fruits are low in fat and sodium and have been found to reduce the risk of stroke, cardiovascular disease and type 2 diabetes. Natural sugar makes dried fruit plenty sweet, so look for products without added sugars or sweeteners.

- Canned Fruit (with water or 100% juice)
- Dried Fruit (apples, apricots, cranberries, figs, mangos, peaches, pears, prunes, raisins, tomatoes)

* VEGETABLES

Veggies are an excellent source of antioxidants and vitamins that prevent sickness. These items are generally low in calories and fat, making them crucial for weight management. Select a colorful variety of preserved produce, choosing items that do not include additional additives like salt.

- Unsalted, canned vegetables (beets, cabbage, carrots, corn, green beans, peas, spinach)
- Garlic
- Onions
- Sweet Potatoes

Sources: <http://mynutrition.wsu.edu/nutrition-basics>
<http://healthyeating.sfgate.com/healthy-wholewheat-flour-vs-white-3305.html>
<https://www.fda.gov/food/ingredientspackaginglabeling/labelingnutrition/ucm063367.htm>

* PROTEINS

One of three major energy sources, proteins are essential in maintaining healthy organs, also repairing and producing cells and tissues. If you're hoping to lose weight, look for lean forms of protein that are low in fats and carbohydrates. For healthy diets, 10-35 percent of daily calories should come from protein.

- Almond or nut butters
- Canned salmon and tuna
- Dried or canned beans (black, chickpeas, garbanzo, kidney, lima and pinto)
- Unsalted nuts (almonds, cashews, pistachios, and walnuts)

1/2 CUP OF BEANS PROVIDES THE SAME AMOUNT AS ONE OUNCE OF CHICKEN, ACCORDING TO THE DIETARY GUIDELINES FOR AMERICANS.



OILS, SAUCES & SEASONINGS

When possible, avoid artificial flavorings, as they're often filled with unhealthy chemicals and preservatives. Enhance flavor in meals with these all-natural ingredients, low in calories, processed sugar and sodium. Certain herbs and spices, among those below have anti-inflammatory properties, high levels of antioxidants and other nutritional properties, which help protect against chronic diseases like cancer, diabetes and heart disease. Different types of vinegars work as natural preservatives and can eliminate pathogens, while unrefined oils, like extra-virgin olive are filled with heart healthy, monounsaturated fats and can reduce risk of stroke.

- Dijon or stone-ground mustard
- Dried herbs and spices (cinnamon, coriander, cumin, ginger, onion and garlic powders, oregano, paprika, red pepper flakes and rosemary)
- Extra-virgin olive oil
- Honey
- Vinegars (apple cider, balsamic, red wine or rice)
- 100% pure maple syrup



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Sources: <http://www.webmd.com/food-recipes/protein>
<https://health.gov/dietaryguidelines/dga95/9dietgui.htm>
<https://www.ncbi.nlm.nih.gov/pubmed/10656352>
<https://www.ncbi.nlm.nih.gov/pubmed/25274026>

the perks of a pet

It's raining cats and dogs on Instagram, Twitter and your morning run. Pet ownership is as high as ever, and many Americans reap the benefits. Pets are unsung heroes of healthy habits (regular walks), and foolproof conversation starters.

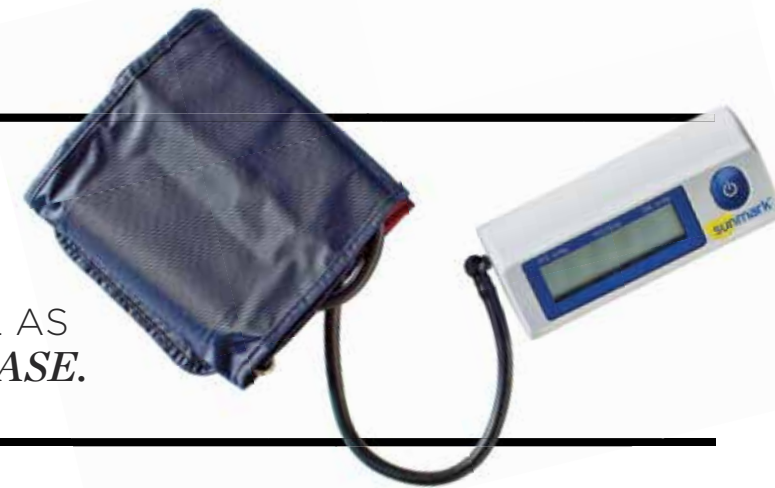
PHOTOS Cameron Sadeghpour

If your loyal, live-in companion is particularly furry, you're not alone. Collectively, Americans own over 78 million dogs and 86 million cats. These pets, especially dogs, provide opportunities for exercise and outdoor activity as well as a simple segue into socialization. Pet owners are more likely to engage in conversation and are often approached by others in public. Face it, it's nearly impossible to resist someone being lead by an adorable pug or giant Great Dane. Pets also offer owners social support on walks and runs, which can play an important role in starting a new healthy habit.



MEET DASH, A CHILLED-OUT AUSTRALIAN SHEPHERD WHO LOVES TO HANG OUT WITH HIS PHOTOGRAPHER OWNER ON HIKES AND IN THE STUDIO.

PETS DO MORE THAN PULL ON YOUR *HEARTSTRINGS*. SOME STUDIES SHOW PET OWNERSHIP MAY *LOWER BLOOD PRESSURE* AND *CHOLESTEROL* AS WELL AS *DECREASE YOUR RISK OF HEART DISEASE*.



CATS OFFER A HEALTHY DISTRACTION FROM BOREDOM, STRESS AND ANXIETY. PLUS, STUDIES SHOW CATS' LOW-MAINTENANCE COMPANIONSHIP MAY EVEN HELP OWNERS FIGHT DEPRESSION. TURNS OUT THERE'S A GOOD REASON CAT VIDEOS GO VIRAL.



MEET JERRY, A 4-YEAR-OLD TABBY CAT WORKING ON HIS WEIGHT.

// OLD DOG, NEW TRICKS //

Working like a dog has a whole new meaning. Some pets, including dogs, cats and other certified animals, literally go to work to help humans deal with major health setbacks. According to the Mayo Clinic, animal-assisted therapy supports people facing a range of health issues including cancer treatment, chronic heart failure, post-traumatic stress disorder and more. Therapy animals are proven to reduce patients' pain, anxiety, depression and fatigue, and even provide comfort and enjoyment to friends and family of patients. Don't pack your pampered poodle for your next hospital visit, though—therapy animals are highly trained to adhere to strict codes of behavior and sanitation.

At long-term care facilities, therapy animals can help to reinforce a patient's commitment to rehabilitative activities. A game of fetch translates to mobility and the use of hands. Meanwhile, patients can experience a more optimistic attitude and double down on getting better. Pet therapy is also employed in settings outside of medical care, such as at universities and community outreach centers.

food for thought



Hy-Vee's commitment to healthy families doesn't stop with humans. Stop in at your local store to check out its health-promoting pet products: treats formulated for dental care, specialty foods for pets of every age and more. Packed with vitamins and proteins, new refrigerated pet foods contain healthy high-quality meats and vegetables and specifically lock in the nutrients pets need to live long, active lives.



Shop the aisles of your local Hy-Vee for pet food, treats, accessories and toys!

Sources (this page and opposite): <http://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/pet-therapy/art-20046342?pg=2>
<https://www.cdc.gov/healthypets/health-benefits>



KICK OFF SUMMER WITH FRESH FLAVOR



serving suggestion



diitian's choice **TURKEY ZUCCHINI THAI NOODLE SALAD**

Nutrition Per Serving (2): 250 cal, 10g fat, 2g sat fat, 910mg sodium, 20g carbs, 5g fiber, 9g sugar, 20g protein

© 2017 Jennie-O Turkey Store, LLC

Jennie-O Marinated Tenderloin: select varieties 24 oz. \$6.99

INGREDIENTS

- 6 ounces JENNIE-O® All Natural Turkey Breast Tenderloin
- 3 large zucchini, spiraled into noodles
- 1 red bell pepper, thinly sliced
- 1 cup shredded carrots
- 1 cup purple cabbage, thinly sliced
- 1 cup cucumber, julienned
- ½ cup chopped green onions
- 2 tablespoons HOUSE OF TSANG® Bangkok Peanut Sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons olive oil
- chopped dry-roasted peanuts, if desired

DIRECTIONS

- STEP 1:** Cook turkey tenderloin as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer. Slice or chop.
- STEP 2:** Divide turkey, zucchini, bell pepper, carrots, cabbage, cucumber and green onions into each bowl.
- STEP 3:** In small bowl whisk together peanut sauce, vinegar and oil. Drizzle desired amount over each salad. Garnish with peanuts, if desired.



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Rx MEDICATION MANAGEMENT

HY-VEE PHARMACY

YOUR QUESTIONS ANSWERED

GET SMART ABOUT TAKING MEDICATIONS AND KEEPING TRACK OF YOUR PRESCRIPTIONS.

Your new prescription may pack a surprising punch. Don't hesitate to ask for help. Speak to your local Hy-Vee pharmacist about:

Side Effects Be conscious of common side effects including dizziness, nausea or headaches.

Interactions Mixing medications, supplements, herbs and even energy drinks may cause an adverse affect.

Adherence Taking your medicine as prescribed is very important to your health. Many conditions such as high blood pressure may not exhibit any symptoms, however, skipping or missing doses can be very dangerous and put you at risk for more serious health issues.

Hy-Vee Solutions Make Hy-Vee your "go-to" health resource. Manage your medications on the Hy-Vee mobile app and utilize the Hy-Vee Repeat Refill program which automatically fills maintenance prescriptions a few days before they are due so medications are ready for pick up when you need them.

Dispensers Did you take your pill this morning? Eliminate guesswork. Purchase a pill dispenser at Hy-Vee.

BY
THE
NUMBERS

3 out of 5

Americans have taken at least one prescription drug in the past 30 days.

Use the Hy-Vee app to manage medications from your smartphone. Your profile will show all scripts filled, organized into categories: active, on hold, inactive or one-time fills. Scan your vial label to find the prescription or search by prescriber.



FOR SAFE STORAGE, THE KEY IS TO KEEP MEDS IN A COOL, DRY PLACE AWAY FROM CHILDRENS' REACH. WHEN EXPIRED, DESTROY MEDS PROPERLY. SEE TIPS BELOW.

Don't stop taking a medicine on your own. Talk to your doctor.

Remove a drug from your medicine cabinet if:

It's expired. Chemical changes can make meds risky or less effective.

It's addictive. Painkillers like hydrocodone and oxycodone are opioids that should be taken short-term for pain management after an injury or surgery.

How to dispose:

Check your medication's label and follow any instructions provided for safe disposal. Do not flush drugs down the toilet or sink unless the label exclusively says they can be flushed.

For medications that do not have disposal instructions, call your local government to find out if specific methods are required by law. If not, take meds out of the container and mix them with an undesirable substance, such as used coffee grounds or cat litter. Seal the mixture in a sealable bag, can, or container and place in the garbage.

Visit hy-vee.com/health/healthnotes for an A-Z index of drug information that includes potential adverse reactions with foods and other drugs.

Sources: <http://www.fda.gov/forconsumers/consumerupdates/ucm101653.htm>
http://www.hopkinsmedicine.org/healthlibrary/conditions/adult/womens_health/manage_your_medications_85,P01539

PHOTO Cameron Sadeghpour



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Beef As a First Food

STARTING STRONG FOR OPTIMAL GROWTH

Beef contains 10 essential nutrients including protein, zinc and iron, to fuel a child's early growth and development.¹ With its bundle of nutrients, beef as a complementary first food is associated with normal physical growth in infants.²

VITAL NUTRIENTS FOR A BUDDING BRAIN

Infants and toddlers need protein, iron and zinc—all nutrients that can be found in beef—to support brain health and optimal cognitive development.³

NURTURING IMMUNITY

Zinc and iron play an important role in an infant's developing immune system.⁴ Introduction of foods that are a good dietary source of iron and zinc, like beef, early in life supports the growth of healthful bacteria in the gut, which may help to enhance immune function.^{5, 6}

1. U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28 (Slightly revised). Version Current: May 2016. Internet: <http://www.ars.usda.gov/ba/bhnrc/ndl>
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TEN HYGIENE HABITS TO TEACH KIDS

FORMING HEALTHY HABITS IS AN IMPORTANT PART OF GROWING UP. TEACH KIDS THE WHY AND HOW OF GOOD HYGIENE AND GIVE THEM A KEY TO HEALTHY LIVING.

1 Handwashing can stop germs in their tracks and prevent the spread of many types of infection and disease. The Centers for Disease Control and Prevention (CDC) recommends scrubbing hands for at least 20 seconds with soap and water. Children should be able to hum the “Happy Birthday” song two times in that amount of time.

Nails Fingernails and toenails should be kept short. The undersides should be frequently cleaned to avoid buildup of dirt and bacteria. Discourage your children from chewing or biting nails to keep bacteria away from the mouth. Instead, show them how to use properly sanitized cuticle or nail trimmers to remove hangnails and excess skin. Be careful when trimming cuticles, as they are barriers to infection.

3 **Toilet** The bathroom is no place to kid around. A gram of feces contains over one trillion bacteria, according to the CDC. Teach your child to wipe with soft toilet tissue from front to back to reduce transfer of bacteria, and to properly wash hands with soap and water after each visit to the restroom.

Ears Use a soft cloth or cotton swab to clean the outside of your child’s ears. Cotton swabs are not doctor-recommended for cleaning inside the ear or canal. According to the Mayo Clinic, soften earwax by using an eyedropper to apply a few drops of baby or mineral oil into the canal. After a day or two use a rubber-bulb syringe to gently squirt in warm water and the wax should dislodge.

5 **Eyes** To avoid common eye infections like conjunctivitis (pink eye), stress the importance of not touching or rubbing eyes, which can spread and worsen infections. Routinely wash pillowcases, towels and other fabrics that make regular contact with your child’s face.

6 **Hair** Use warm water and a quarter-size amount of shampoo to gently massage both hair and scalp. Most children require shampooing only twice a week, according to the American Academy of Dermatology. Hair is not living, so it’s important to avoid washing it excessively with shampoo, which can cause hair to be coarse or damaged. Towel-dry or use a hair dryer on the lowest setting.

Feet Have kids regularly scrub their feet with warm water, a wash cloth or soft foot brush, and soap to eliminate bacteria, the main cause of foot odor. Rinse, blot-dry and apply a thin coat of skin lotion to feet, avoiding between toes, where moisture can be trapped and may cause fungal or other infections.



8 **Mouth** Children age 2 to 6 should only use a pea-size amount of fluoride toothpaste on their toothbrushes, according to the CDC. Encourage brushing after every meal. Talk to your child’s dentist about dental sealant. These thin plastic coatings can be applied to chewing surfaces of teeth to prevent cavities and decay.



9 **Skin** It’s the first line of defense from disease and infection. Keep skin clean, even the hidden parts. Use mild soap and warm water to wash, then rinse with fresh water and dry with a clean towel. Kids need to bathe or shower after sports or playing outside—especially on hot summer days—and when skin is dirty or smells bad. Daily baths or showers are OK as long as skin isn’t overdry.

10 **Laundry** Clean bedding and clothing is important for maintaining a healthy body. If your child has sensitive skin, choose a gentle, nonirritating product. How often do you wash sheets? *Tide.com* advises to wash sheets at least once every other week using the hottest water setting listed on the care label. After drying clothing, iron them to kill the last germs and dust mites. Keep kids’ clothes clean with stain-removal products such as pretreatments and by soaking in color-safe or whitening formulas.

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 - Qualified interpreters
 - Information written in other languages upon request

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, legalnotices@hy-vee.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-874-3972.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-874-3972.

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