



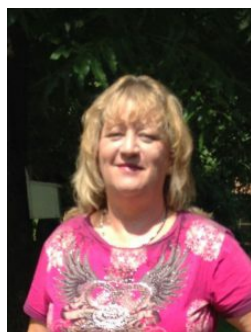
Summer Fun and Fitness

Summer is in full swing and everyone's doing their best to adapt to a new routine. Although 2020 has brought its' share of challenges, this month is a good reminder that there are sunny days ahead. While we stay positive and focus on the good in our lives, August is also the perfect time to evaluate our healthy habits. Read below for some fun ideas to keep your body moving and your nutrition on track!

Keep fit: Only 10 Minutes a Day

Keeping your body moving is an important part of long term health. Click on the links below to find great low-impact workouts you can do from home.

- [1. 10 minute, low impact workout](#)
- [2. Quick stretch and standing yoga](#)



Donor Tribute

Dianna Gibson-Veenstra
"Dianna was a very vibrant and youthful woman. She loved nature and people. She was very giving and happy.

She also loved to dance, sing, and



Smoothies are an easy way to have a nutritious snack! Plus- they will keep you cool on a hot summer day.

Try one of these delicious recipes:

Tropical Vitamin C

- 1 orange, peeled
 - 2 kiwifruit
 - 1 small pear
 - 4 to 6 ounces of filtered water
- (Add 2 cups of Kale for an extra punch of Vitamin C)

**Combine all ingredients in a blender and blend on medium until smooth*

Black-and-Blue

- (This recipe is a great source of Vitamin D!)
- 2 cups blackberries

praise and worship God. She had many church homes and friends, and attended the women's Aglow international bible study group. The ladies from that group will miss her very much, as will her 3 children, 4 grand children and many, friends and relatives.
May she Rest In Peace knowing she may have helped someone or even many with her physical donation."

2 cups blueberries
1 cup low-fat or fat-free plain yogurt, 1 cup low-fat or fat-free milk
1 teaspoon vanilla extract
2 cups ice
**Combine all ingredients in a blender and blend on medium until smooth*

Summer Fun!

With so much on our minds lately it's important to try and focus on finding a little bit of joy and laughter in everyday. Read a book, listen to you favorite music or talk to a loved one on the phone.

For more positive ways to spend your time at home, check out the article below!

[Fun Virtual Outings for the Whole Family](#)



Share Memories



Donor Tribute Page

We encourage all of our Pledges or ones who have donated a loved one to science, to visit our Donor Tribute Page. Share a memory as to why you decided to Pledge Yourself or a Loved One.

[Donor Tributes](#)



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