

Judy's Cauliflower & Leek Vichyssoise -

INGREDIENTS:

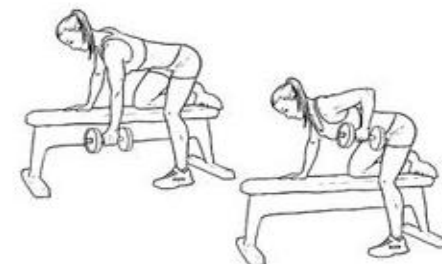
- 2 tbsp unsalted butter or olive oil
- 1 onion, chopped
- 2 large leeks, white and light green parts sliced
- Thinly sliced chives and freshly ground pepper to taste
- Makes 6-8 servings.
- 1 cauliflower cut into florets (about 8 cups)
- 6 cups vegetable or chicken stock
- 1/3 cup whipping cream (optional)

PREPARATION:

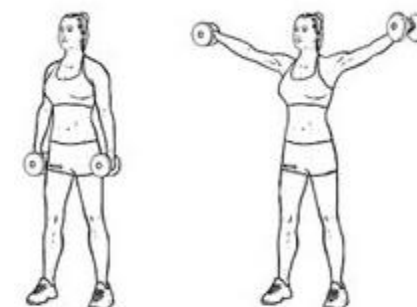
Method:

In large pan, heat butter or olive oil over medium heat.
 Add onion and leeks. Cook, stirring until soft (about 10 minutes) do not brown.
 Add cauliflower, stock and salt to taste. Bring to a boil, cover and lower heat to simmer. Cook until cauliflower is soft.
 Puree mixture in blender until smooth. Transfer to large mixing bowl.
 Cool soup, stirring occasionally, to room temperature. Stir in cream (or not!)
 Transfer to airtight container and refrigerate until cold. Garnish with chives and pepper.

For Toned Arms :



One Arm Dumbbell Row
2 sets / 10 reps



Dumbbell Lateral Raise
(Power Partial)
2 sets / 10 reps



Standing Overhead Dumbbell Press
2 sets / 10 reps










Top 10 Sources of Veggie Protein:

Where do you get your protein?

<http://www.cutorcopv.com/top-10-sources-of-veggie-protein/>



Creating Community
Changing Lives

 Spinach 49% protein	 Kale 45% protein	 Broccoli 45% protein
 Cauliflower 40% protein	 Mushrooms 38% protein	 Parsley 34% protein
 Cucumbers 24% protein	 Green Pepper 22% protein	 Cabbage 22% protein

Protein in Meat:

 Tomatoes 18% protein	 Beef 25.8% protein	 Chicken 23% protein	 Eggs 12% protein
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Get a Good Nights Sleep

Getting a good night's sleep is one of the most crucial things you can do for your body. Getting about 7 hours of sleep a night can make a profound difference to your brain & your heart.

Get on a schedule. Your body clock runs best when you're on a regular sleep schedule, like a baby. Aim to get up at the same time every day -- whether you have a full day of work or a full day of cartoons. On the weekends, try to rise within 1 hour of the time you get up during the week

Change your temperature. The ideal setting for sleep is a cool, dark room. If you're having trouble sleeping, try removing a layer of clothing (like socks) or lowering the thermostat.

At night, eat foods that contain melatonin, a substance that helps regulate the body clock. That means oats, sweet corn, or rice. Or try a complex carbohydrate that has serotonin, like vegetables or whole-grain pasta. You can also go with the classic remedy: skim milk. Of course, you know to avoid stimulants like caffeine and exercise near bedtime. Try to avoid eating within 3 hours of going to bed.

Use your bedroom only for sleep and intimacy. It is best to take work materials, computers, and televisions out of your sleeping environment.

<http://www.realage.com/the-you-docs/you-the-owners-manual/get-a-good-nights-sleep-insomnia-help?src=edit&chan=sleep-hygiene-how-to-sleep-better-center&con=rr-tout&click=et1>

Minimizing Your Risk – UV Exposure

- * Use a broad spectrum sunscreen with an SPF of at least 15
- * Look for claims on the label indicating that the product has staying power (e.g., water resistant, waterproof)
- * For best results, be sure to follow the instructions on the product label.
- * Reapply sunscreen 20 minutes after you go out, so that the product stabilizes on your skin giving you maximum protection.
- * If you are sweating heavily or swimming, reapply sunscreen frequently to get the best protection.
- * If possible, avoid being in the sun between 11 am & 4 pm
- * Look for shade, stay under a tree, or use an umbrella.
- * During outdoor activities, wear sunglasses.
- * When the UV index is three or higher, you should also wear protective clothing and a large brimmed hat.
- * Remember to apply sunscreen to all exposed areas of skin

Health Canada - www.hc-sc.gc.ca

10 Hiking Trails 'n Strolls

Grab a backpack, a map, and some H2O, 'cause here's a list of some of the best Hiking Trails and Strolls in and around Toronto that you need to hit before summers out!

- 1. High Park.** As Toronto's largest public park, High Park has many hiking trails to keep you busy all day.
- 2. Milkman's Lane.** This well-used path connects Rosedale to the Don Valley via a twisting path through the forest. Take a short ramble through nature, and if you're up to it, continue on to the Brickworks.
- 3. Sun Valley.** Located in the Crothers Woods area of the Lower Don Valley watershed, a meadow-like path will take you to a new place where the hustle and bustle of Toronto will feel like a mere memory. Cross over bridges, walk through forests and take in nature.
- 4. Cedar Trail.** Get enveloped in this trail filled with meadows, small creeks, and wetlands. There are a couple of steep areas, but the beauty of the valley lands make the hike well worthwhile.
- 5. Scarborough Bluffs...** Offer a unique view of Lake Ontario while standing atop eroding sand cliffs. The top vantage point is an ideal spot to take in a sunrise or sunset.
- 6. Don River Trail.** Although not a difficult hike in steepness, the length of this trail increases its difficulty. The 13.8 km hike winds through Toronto parks offering glimpses of the city's history.
- 7. Leslie Street Spit (Thompson Park).** The park stands as the largest existing natural habitat on the Toronto waterfront. Standing amongst the wildflowers, coastal marshes and forests, it will be surprising to think you're just minutes from downtown.
- 8. Mast Trail,** enter the trail at the Glen Rouge Trailhead located at 7540 Kingston Road. It is 2.2 Km in length, and used to be an old logging route. Along this trail you will see the Rouge River, forest and meadow areas and plenty of wildlife. **Use caution along river banks and in steep areas.**
- 9. East Don River Trail.** This lengthy 11-km trail follows the river with a range of railway lines and heavily wooded areas. The walk actually begins by following German Mills Creek, a tributary of the East Don.
- 10. Hockley Valley Trails.** 13.7 km in length, this heavily wooded terrain is the most challenging of our hikes. The Steep and sometimes rolling terrain is for the down 'n dirty, uphill both ways kind of hiker.

And remember, summer's supposed to be fun! Don't overdo things if the heat is making you sluggish. There's nothing wrong with lying in the shade with a good book and a cool drink – in fact, isn't that what you dreamed of all winter?

Source: <http://www.notable.ca/13-toronto-hiking-trails-to-hit-before-summers-over/>