



# Summer Wellness Guide



# Freshen Up Your Plate

Load up on fresh fruits and vegetables, wholesome protein, and super-powered spices to feel great this summer.

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# The Benefits of Buying Local & In-Season This Summer

## **MORE NUTRIENT-PACKED**

When it's freshly pulled from the ground or picked directly from the plant, your produce is more alive and retains more nutrients.

## **BETTER FLAVOR**

When traveling a few hours or less from a local farm, your produce is fresher and you can taste the difference.

## **IT'S EARTH-FRIENDLY**

Delivering local produce to your neighborhood burns less fossil fuel, which is kinder to Mother Nature. Don't pay airfare for your apples!

## **SUPPORT YOUR NEIGHBORS**

Buying directly from local farmers supports the economy in YOUR community and creates jobs for local residents.



# Spices to Boost Well-Being

## CUMIN

Immunity booster – fights indigestion

## GARLIC

Antiviral ally – promotes a healthy heart

## GINGER

Anti-nausea protector – soothes stomach aches

## ROSEMARY

Antioxidant hero – boosts memory

## TURMERIC

Inflammatory fighter – lowers cholesterol

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# Get Active Outdoors

One of the main concepts we focus on here at IIN is primary food – everything that nourishes you off the plate, including career, relationships, physical activity, and spirituality. Summer is the perfect time to nurture your relationships and get active, so head outside with your family and friends and have some summer fun!

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# Outdoor Activities

- Hike or take a nature walk at your local arboretum. You may even want to try forest bathing!
- Check out a local farm where you can pick seasonal fruits.
- This is the perfect time of year to harvest strawberries and blueberries!
- Rollerblade or ride a bike to get moving while enjoying the fresh air.
- Have a picnic. Remember to include some fresh, seasonal fruits in your meal!
- Swim at a pool, beach, lake, or river. Don't forget the sunscreen!
- Get together with friends for a game of kickball or soccer.

# Tips for Summer Travel

- Carry healthy snacks: fruit, nuts, and seeds.
- Bring a reusable water bottle.
- Pack or wear sneakers to stay active.
- Choose easy-care clothes that can be dressed up or down.
- Lighten your load by packing multi-use items – use shea butter to keep skin soft and heal burns, and essential oils for aromatherapy and relaxation.



# Summer Skincare

Natural sunlight wins hands down as the best source of vitamin D, but you also need to protect yourself against harsh daytime rays.

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# Get Smart About Sunscreen

Besides being uncomfortable, each sunburn you get increases your risk of developing skin cancers, like basal cell carcinoma and melanoma. Wearing at least SPF 15 sunscreen and reapplying often, along with wearing protective clothing – like sunglasses and long-sleeve sun-protective shirts – can help prevent both sunburn and its dangerous long-term effects.

## INGREDIENTS IN SUNSCREEN TO AVOID

- Oxybenzone
- Octyl methoxycinnamate
- Vitamin A (retinyl palmitate)

## INGREDIENTS TO LOOK FOR

- Zinc oxide
- Titanium dioxide

### *Tips:*

*Wear a hat to shield your face and sunglasses to protect your eyes from UV radiation.*

*Check the UV index before going outside to help plan your activities at times that prevent prolonged sun exposure.*

*Opt for long-sleeved shirts and pants made from cool, breathable materials, like cotton and linen, to reduce your risk of sunburn.*



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# Sunburn Remedies

## ALOE VERA

Its antioxidant and anti-inflammatory properties soothe and cool burned skin. Fresh from the plant is best, if possible. Throw a leaf in the fridge for an extra blast of cold on hot skin!

## APPLE CIDER VINEGAR

ACV helps balance the pH of sunburned skin, reduces blistering, and promotes healing.

## COLD SHOWER

This will help to relieve the pain. As soon as you get out of the shower pat dry and moisturize to trap the water in your skin.

# Bug Bite and Sting Remedies

## BANANA PEEL

Place the inside of a banana or plantain peel on a bite for about an hour to take away the sting and itch.

## BAKING SODA

Apply a paste of baking soda and water to the bite.

## ONION

Place a fresh onion slice on the affected area until itching subsides.



# Find Your Freedom

Warm weather, blue skies, and longer days remind you that the world is full of possibilities that are yours for the taking. Use that creative boost to kick-start the life and career of your dreams!

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# Create an Abundance Mindset

The right career can feed your bank account and your self-esteem. This summer, take stock of your professional progress and reevaluate your goals. Follow these steps to maximize your earning potential.

## REFLECT

Is your work fulfilling? What do you like about your job and what could improve?

## SPEAK UP

Talk to your supervisor about your goals and ways to advance. They'll appreciate your initiative, and you might discover opportunities you didn't know about!

## GROW AND LEARN

It can be challenging to let go of attitudes toward wealth that were instilled by your family or community, but you can!

## SET A NUMBER

Create a realistic but ambitious income goal for what you want to earn in the coming year. Then break it down into quarterly, monthly, and even weekly goals.

## CONSIDER A SWITCH

Make a list of the things you love doing most. Ask yourself how these activities or hobbies can translate into a career you'll love.



# Supercharge Your Productivity

Use this checklist to plan your schedule and write a daily to-do list. Revisiting it throughout the day will help you stay focused, motivated, and on track.

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# Productivity Checklist

- Create specific, measurable goals with clear end results.
- Schedule important work for the hours you feel most energized.
- Prioritize what's important and postpone what can wait.
- Delegate tasks – you can't and shouldn't try to do everything.
- Reward yourself – it'll keep you happy and motivated.
- Schedule yoga, massage, meditation, and self-care regularly.
- Save easy or boring work for lower-energy periods.
- Break down big tasks into smaller, more manageable tasks.
- Batch tasks: Allot time periods for what you need to do.
- Take breaks or go for a walk when you're feeling stuck or drained.



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