

Staying Ship Shape for the 4<sup>th</sup> of July  
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For many folks, the 4<sup>th</sup> of July is synonymous with steaks and brauts on the grill, potato salad and ice cream. Celebrating with picnic fare is just as traditional as watching the fireworks.

This year the 4<sup>th</sup> falls on a Friday, which means three solid days to eat high calorie foods and plenty of beverages around. The combination of party food and lack of a regular schedule of eating is a definite challenge for anyone trying to lose weight – or even maintain.

The Fit Families will be out celebrating along with everyone else. Keeping up a healthy lifestyle will be a challenge, but I think they can balance new healthy habits with some of the favorite traditions and stay on course. Here are some of their suggestions:

- On the grill: sizzle up steak *and* shrimp or other fish
- Eat breakfast daily
- Walk to the parade, or ride a bike
- Keep fruit cut up and handy for snacks
- Try a no TV challenge – keep everyone moving for the weekend
- Focus on the company, not the food

As we honor our country's heroes, remember they sacrificed their lives for ours. Respect your gift, and choose to live a healthy lifestyle.