



FOR YOUR HAPPINESS & HEALTH

Emailed new to cool people on the 1st of every January thru December
...then on repeat a few times during the month for good measure.

JUNE 2018

For individuals with disabilities and everyone in their sphere.
Human services rocks.



GET FREE STUFF!
This month's giveaways



Congrats May Flex Raffle Winners; Happy Kite Flying!

**Bryn Mawr Residence, Rhonda Orlando, Markina King, Sylvia Worley
Karen Standridge, Alisha Glover, Laurie Price, Michelle Briggs**

Yup, you heard right. The effort you put into your health and happiness deserves a "you're

sizzling hot” shout from the rooftops. And PRESENTS.

Click [here](#) to email us by 6/27/18 to get entered into the raffle for a brand new Weber grill delivered right to your doorstep. (Anyone reading this can participate; we’re an equal opportunity prize giver.) Winner(s) will be notified by 7/1/18. **In your email message, tell us your full name and what healthy topping you will add to your just-grilled burger.** Get inspired by scrolling down to the Cook section below and by watching this video...



Summer is here:
your new jeans
can be, too!



Demonstrate your improving health over a 9-month period—as in, your [BMI](#) progress on a monthly basis to show steady movement toward, or holding steady at, a normal BMI (and don’t try to fool us, because we’re some smart cookies when it comes to this stuff)—and we’ll help you buy your dream pair of cool-looking jeans.

(Anyone reading this can participate; we’re an equal opportunity wardrobe enhancer.)

[Get in touch](#) to learn what you need to do to demonstrate your improving health and redefine the word “hip.”

Click for the [official rules](#) regarding giveaways and awards, like free blue jeans.



CELEBRATE THIS MONTH!

June is one of our favorite months among *My25ers*. Talk about all sorts of ways to tackle your improving health; this month has it! And there are countless reasons to be positive as you experience the 30 days of June. Remember: We feel and do better when we



approach each day with the best possible attitude. So [get inspired here](#) and lift someone's spirits—and your own! While you're at it, embrace the calendar this month...



Month of...

Fresh Fruits & Vegetables, Dairy, LGBT Pride, Men's Health, Hunger Awareness, and PTSD Awareness

Holidays/Celebrations/Traditions...

National Garden Week (first full week), Frozen Yogurt Day (4th), Veggie Burger Day (5th), World Environment Day (5th), National Hunger Day (6th), National Cancer Survivors Day (7th), National Best Friends Day (8th), National Flag Week (starts 10th), National Flag Day (14th), Fly a Kite Day (15th), Autistic Pride Day (18th), National Pink Day (23rd), Helen Keller's Bday (27th)

And more...



Weddings (all month long)

Tissues, your job! Fiber, our job! See what we mean [here](#). Then there are [2018 wedding trends](#) we thought you'd want to know about. My25's founders have a wedding in their household this June—woohoo—with the festivities taking place on a ranch against a backdrop of majestic Colorado mountains.



Graduations (all month long)

Hats off to the graduate; get gift, food, and decorating ideas [here](#). And [click](#) for a healthier grad party.

National Herbs & Spices Day (10th)

Herbs & spices are a great, usually low-calorie, way to flavor vegetables to amp up the taste. Take a spice tour [here](#). And plant your own indoor herb garden; [we show you how](#).



National Corn on the Cob Day (11th)

We help you get all jazzy like with corn on the cob. [Click](#).



World Blood Donor Day (14th)

Thanking those who donate blood and all volunteers who help in this effort for the health of others throughout the world. Athens, Greece is this year's official host city for World Blood Donor Day. [Learn more](#) and step up to the plate. Everyone can help.



Father's Day (17th)

[Great ideas](#) for showing DAD how important he is.



National Eat-Your-Veggies-Day (17th)

If there were a national day we were responsible for coming up with here at My25, this would be it. Learn how to [make veggies taste good](#), so you want to eat the likes of broccoli and peas.



Juneteenth (19th)

Juneteenth commemorates the freeing of the last slaves in the Confederate South on June 19, 1865. On this day, we honor the struggle for freedom, equality, and justice. More info [here](#).



Summer Solstice & First Day of Summer (21st)

[Seven things to know](#) about the longest day of the year and the official start of summer.



Deaf/Blind Awareness Week (starts 24th)

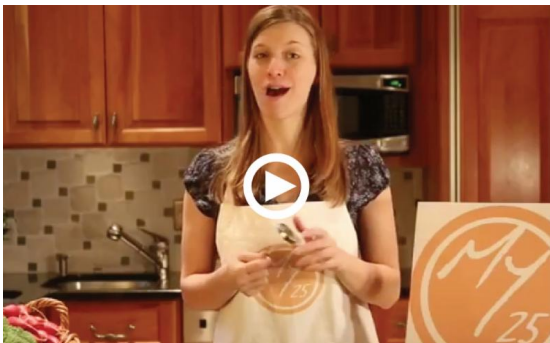
Helping to advance the rights of individuals with deafness-blindness; [learn more](#) about it and also read about [Helen Keller](#).



EAT BETTER!



The key driver behind better health for most everyone is food. We always say...
Meals Not Medication.



Tip: Meat Safety 101

Because we can't emphasize it enough... making sure the meat you are cooking has reached a safe temperature is important to avoid unwanted illness.

Click for [more information](#).

Tip: Talk to Consumers About Responsible Food Choices

This resource, back by popular demand! You have to get up close and personal. Get our tried-and-true suggestions [here](#).



COOK!



Fiberize

Fiberize. Guilty! ...we made up this word. Take favorite foods and very simply add healthy fiber. Over the past few months we fiberized frozen pizza, hot dogs, ice cream, nachos, chili, canned chicken soup, a party platter, toast, and waffles. And we've gotten high fives from near and far because of it!

Foods high in fiber include vegetables, fruits, beans, nuts, and whole wheat breads and pastas. Fiber fills you up so you're less likely to snack on empty calories. Plus, fiber has cancer and heart disease prevention benefits. No wonder we're Fiber Nerds.

Click to [fiberize](#).

Grill

[Yum! Fantastic Grilling Recipes](#). 50, count 'em! And then there's foil..

[Chicken Grilled in Foil](#)



[Honey Lime Tilapia Grilled in Foil](#)



[Sausage & Peppers Grilled in Foil](#)



We've Got Your Back

For when you simply want to push ahead as far as cooking and preparing healthier meals on a daily basis, we've got your back—big time...

[Quick, cheap, tasty recipes perfect for the season](#)

[Our big ol' recipe box](#)

[Weekly menu plans with grocery lists](#)

[Our popular PhotoStep Recipes](#)
(step-by-step recipes with photos and text, ranging from the very basic to more complex)



BE SAFE & SMART

We really don't like when people talk about doing this and that in the kitchen and we have no idea what all the fancy chit chat is about. So we're gonna keep learning. And we'll share; let's get smart together.



[Get your grill on!](#)

Flavoring and safety tips.



SOCIALIZE



Grab your family and/or friends and head to your local farmer's market. This is a feast for the senses and a chance to bring home the freshest produce on the planet. Check out the video to the left for tips on how to buy at a farmer's market. We help you find where your local farmer's market is. [Click.](#)



PROSPER



Joy, Courage & Empowerment!

Start planning now!

July 17-21 marks the celebration of Special Olympics first 50 years. Special Olympics changes attitudes and empowers individuals with intellectual disabilities to showcase their talents and realize their potential. It's a more inclusive, welcoming world because of Special Olympics.

[Events Schedule in Chicago](#)

[Sign Up to Volunteer](#)

[Book Accommodations](#)

[Let us know](#) about your **individual experiences** volunteering and/or working. We want to hear. We want to share. By the way, we're known for sending thanks-for-sharing gifts. [Email](#) us, people.

Organizations ... [share](#) your vocational services supports and we'll post the specifics in bold technicolor.



SING HAPPY BIRTHDAY



[Email us](#) your name, birthday (month and day), and the town and state you live in. We'll post it all right here, so everyone from coast to coast can shower you with good wishes all month long. You soooooo deserve it.



FLEX



That's right...flex your healthy muscle and build this bandwagon. [Share](#) the sign up page for My25 Flex (this super-duper Newsletter, delivered each month). It's easier to get healthy when your friends and family are on the same page as far as eating better and embracing happiness. By the way, we think you're a super hero for spreading good health!



WE KNOW HEALTH & HAPPINESS



Did you know that eating the right foods in the right amounts is the number one reason behind good health for most anyone? We believe in moderation—not deprivation—and The Dietary Guidelines for Americans. Pizza and French fries are fair game every once in awhile; which is why *My25* isn't a diet, but a forever habit. [Click](#) to get *My25*'s everyday basics for eating better. (Pssst...we also fill you in on how we came up with our name: "*My25*.")

Now bragging...we have a track record of success helping individuals with disabilities improve their eating habits and overall health within 6 to 18 months—and then stick with it. Hand to heart. We even help associated family members, caregivers, case managers, Qs, DSPs, and allied professionals improve their own health along the way; holy smokes, health insurance premiums down for this bunch.

The *My25* team is made up of experienced and respected nutrition, preventive health, culinary, human services industry, and technology professionals...we're all self-proclaimed Fiber Nerds—who love what we do and helping YOU get healthier and happier.

hello@my25.com [Privacy Policy](#) [Terms & Conditions](#) www.my25.com www.my25flex.com www.my25bullseye.com

Providers, MCOs, ACOs, State DHS, and State Provider Association Groups: We'd like to talk. [Get in touch](#).

Information that we provide—including any suggestions, tips and content (ours or that of third parties) shared through *My25*—should **never** take the place of advice provided by a health care professional and/or caregiver. Always check with your health care professional and caregiver before trying new activities, routines, recipes, foods, or eating habits.

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Get our [official rules](#) regarding contests, giveaways, prizes and awards.

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Fiber Nerds Hard At Work

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