



FOR YOUR HAPPINESS & HEALTH

Emailed to all the cool people in human services
on the 1st of January, April, July & October

ANNOUNCING: NOTE THE CHANGE IN SEND DATES ABOVE

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



GET FREE STUFF!
This month's giveaways



**Winners of the *My25* BBQ Grill Raffle
Diana Matsen (OR) & Christine Brendle (PA)**

Yup, you heard right. The effort you put into your health and happiness deserves a
"you've got summer nailed" shout from the rooftops. And PRESENTS.

Click [here](#) to email us by 7/27/19 to get entered into the raffle for a brand new picnic basket delivered right to your doorstep. (Anyone reading this can participate; we're an equal opportunity prize giver.) Winner(s) will be notified by 8/1/19. **In your email message, tell us your full name and what healthy items you'll pack up on your picnic.** Get inspired by scrolling down to the Cook section below and by watching this [video](#)...



Put the blue in
red, white and...
with your new
jeans!



Demonstrate your improving health over a 9-month period—as in, your [BMI](#) progress on a monthly basis to show steady movement toward 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!

July has us all warm and fuzzy as we embrace patriotism and the wonderful reality of living in America. Remember: We feel and do better when we approach each day with the best possible attitude. So [get inspired by patriotism](#) and lift someone's spirits—and your own! While you're at it, embrace the calendar this month...



Month of...

National Fragile X Awareness, Disability Pride, National Blueberry, Anti-Boredom, Hot Dog, Ice Cream, Picnic

Holidays/Celebrations/Traditions...

Internat'l Chicken Wing Day (1st), Internat'l Joke Day (1st),
Eat Beans Day (2nd), National Country Music Day (4th),
Fried Chicken Day (6th), Strawberry Sundae Day (7th),
National Ice Cream Day (15th), Disability Awareness Day (16th),
Fresh Spinach Day (16th), Peach Ice Cream Day (17th),
Lollipop Day (20th), Fragile X Awareness Day (22nd),
Tell An Old Joke Day (24th), Disability Independence Day (26th)

And more...



4th of July--Independence Day (4th)

Click for [Fiber-Filled Fireworks](#) and [Patriotic Popcorn](#). Read all about [Independence Day](#).



National Blueberry Day (8th)

Does anything say summer quite like fresh blueberries? You can get blueberry recipes for jam, pound cake, French toast, romaine salad (it's true), banana bread, dijon chicken (really!), and more [here](#).

Bastille Day (14th)

Believe it or not, many people in the U. S. celebrate the



French Independence Day known as Bastille (bass-steel) Day. Why? Because French food is luscious and patriotism is running through our veins in July! Learn [more](#). Click for [Frenchy-picnic recipes](#).



National Hot Dog Day (17th)

Fiberize your hot dog. Use whole wheat buns and add veggies, salsa and/or beans/chili as toppers. Healthy and tasty all bunched together.



National Ice Cream Day (21st)

Ice cream toppings that help you lose weight. Stop it! [Read on.](#)



International Day of Friendship (30th)

This is a United Nations day that promotes the role that friendship plays in fostering peace in many cultures. Check out [30 fun activities to do with friends](#).



EAT BETTER!



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

Tip: Keep Food at a Safe Temperature

Now that you're out and about with your



brand new picnic basket, it's important to remember that food needs to be kept at a safe temperature or you can be at risk for unwanted illness. [Learn](#) what this means.



Tip: Read Nutrition Labels

By reading the label on the package, you can figure how many grams of fiber are in the food you're buying. Remember: You're aiming for about 25 grams of fiber each day. Watch our [video](#) to learn how to read a nutrition facts label!



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](#).

Picnic Food!



Fruit Salad

Cut bite-sized pieces of cantaloupe and strawberries. Add in blueberries and, if you like...fresh, diced mint. Gently toss with a spritz of lime and lemon juices.



Tomato Cucumber Salad

Toss the following in a small amount of balsamic vinaigrette salad dressing: cherry tomatoes cut in half; olives with no pits and sliced; cucumbers cut into bite-sized pieces. Sprinkle with crumbled feta cheese.



Chocolate Filled Strawberries

Remove the stem from the strawberry and carve out a small hole without cutting the strawberry in half. Fill the hole with chocolate frosting. We used an empty egg carton to hold the filled strawberries and transport them to our picnic.

Good ol' Sandwich

Nothin' better. Pile on fresh, crisp summertime veggies. We used a low-cal Green Goddess dressing as the condiment here—use it in



moderation.

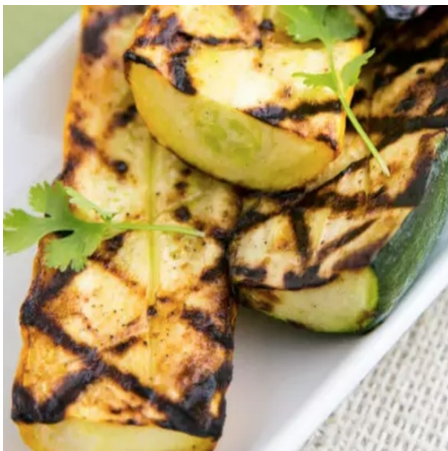
Blueberry Brownies

Dee—lish. Bake brownies according to package directions (buy your favorite brand of boxed brownies!). Right when the brownies come out of the oven, gently and carefully (it's hot!) press fresh blueberries into the top. Let cool, slice, and dream big.



Grilled Garlic Zucchini

Slice zucchini into strips that can be held as finger food. Make the spread by mixing together light olive, a dash of salt, and a dash of minced garlic from a jar. Evenly brush on the spread to each zucchini slice. Grill zucchini (seasoned side down) for about 4 minutes over low, indirect heat (meaning not right over flames). Flip over and grill skin side down for about another 4 minutes. Yum.



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.

Mechanical Soft

What does "mechanical soft" mean? A mechanical soft diet is often prescribed for someone who has dysphagia (diss-fay-szuh)—difficulty chewing and swallowing. A mechanical soft diet modifies the consistency and texture of foods, which allows for proper nutrition and reduces the risk of choking.

Get more information about:

- [Mechanical Soft Diets In General](#)
- [Food Substitutions for Mechanical Soft Diets](#)
- [The Finer Points of Mechanical Soft Diets](#)
- [Snack Foods for People with Dysphagia](#)
- [Fluid Richness for Individuals Needing to Add Pounds](#)



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



Six inspiring people with disabilities. Check out the [video](#) and decide how you're going to prosper in your own way today. You can do it!

[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



Chris Brown in Kansas (7/4), **Patricia Hornewer** in Arizona (7/25), **Yvonne Lunday** in Arizona (7/25), **Diana Matsen** in Oregon (8/25), and **Erin Viereck** in New Jersey (8/31) deserve balloons and cake. And your good wishes...[Get in touch](#), Chris, Patricia, Yvonne, Diana and Erin--and we'll send you party hats! Everyone else: [Email](#) us your name, birthday (month and day), and the 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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My25 is powered by Mainstay, Inc.

Fiber Nerds Hard At Work

1603 Orrington Avenue, 5th Floor, Evanston IL 60201

Snail Mail Address

1001 Green Bay Road #195 Winnetka IL 60093

