

Things happening in OUR community...

• Initiative Activities:

- **The Zen Ten** - Mon., Aug. 7th - Fri., Sept. 8th: Participate in 10 zen activities over the 5-week period. This could include mediation, yoga, tai chi, walking prayer - anything that links the body, breathe, and the mind. An "activity" is defined as 60 mins. You can do shorter intervals, but you would only count it as 1 activity once you hit the 60-minute mark. We recommend keeping track of your effort
 - FREE weekly yoga classes at the Eustis Office (1806 S. Bay St.) in the Felix Ramirez Room (suite #2B) on Wednesdays beginning Aug. 9th until Sept. 6th from 6:30pm - 7:30pm
 - Habitat will pay up to 2 yoga classes at Euphoria yoga in Leesburg during the 5 weeks (must keep receipt as it will be a reimbursement - it is \$10 per class). To get the class schedule visit: <https://euphoriayogaleesburg.com/>. They added a 6:30am class on Mondays that begins Aug. 7th.
 - Tai Chi on Youtube: <https://www.youtube.com/watch?v=y2RAEnWreoE>
 - Yoga on Youtube: <https://www.youtube.com/@yogawithadriene>
 - Mediation on Youtube: <https://www.youtube.com/watch?v=HRuge26F8SU>

- **Fruits & Veggies Challenge** - Mon., Aug. 7th - Fri., Sept. 8th -

Your goal is to reach 5+ servings of fruits or vegetables per day and eat a wide variety...eat the rainbow! Use the attached worksheet to keep a food journal (or anything that works for you). The fruits and vegetables can be dried, canned, frozen or fresh - but do your best to not consume any version that has ADDED sugar (ie. syrup in canned fruit). Potatoes count, but they cannot be fried!

- please report your servings every Monday with Melissa: Melissa@habitatLS.org
- raw leafy greens = 1 cup
- dried or juiced = 1/4 cup
- everything else = 1/2 cup (or fist sized... think medium sized apple)
- When you participate in any Healthy Habits opportunity, your name will be entered into a drawing, (participate 4 times and get your name put in 4 times) – once a quarter we will draw for a \$100 gift card (or we can pull multiple winners at a lower \$ value).



Happy Habi-Versary

Darlene - 10 years

Cindy S. - 5 years

Laurie - 1 year

Welcome to the Team

Hannah - Development Coordinator

For more questions please contact Melanie: x141 or Melanie@habitatLS.org

Staff Spotlight:

Carlos



Since 2008, Carlos has been serving Habitat's mission. Retaining people, talent, and knowledge is a key goal that Carlos strives to achieve in his role as

Volunteer Services Manager. In our latest blog feature Carlos tells us, **"We aim to do what is right for the volunteers and the community. Neighbors and partners see what we do at Habitat, whether they see the employees, or the volunteers working hard, and they appreciate what they do, and the families we partner with are appreciative of whatever Habitat can do for them. This feels good every way you look at it."**

Read more on our website!

<https://habitatls.org/staff-spotlight-carlos-beron>

My Food and Beverage Diary

Date: _____

Monday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Tuesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Wednesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Thursday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Friday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Saturday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Sunday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Notes:

Learn more at https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html

