



## ShopRite of Warwick LIVE RIGHT CALENDAR OF EVENTS JULY 2009

Jan Turlick, Live Right Consultant  
For More Information, call 845-987-1242

Do you have nutrition questions, need menu ideas, or just want tips for helping the family eat better? Jan is here to help you meet your health and wellness goals. Ask for Jan at the courtesy counter and we would be more than happy to help you.

### July 2, Thursday

#### Healthy Grilling Demonstration 11:00 – 1:00 pm

Grilling is not only easy, it's a great way to entertain in the summer, makes food taste great and offers plenty of health benefits. So let's fire up the grill and sample healthy grilling options.

### July 3, Friday

#### Summer Produce Picks Sample 11:00 – 1:00

Spruce up your meal tonight with this tasty & nutritious side dish. Learn how eating more fruits and vegetables can improve your overall health.

### July 4, Saturday

#### Summer Salad Sample 10:00 – 12:00

Stop by the Live Right table and taste today's refreshing salad idea for your holiday cookout.

### July 6, Monday

#### Body Fat Assessments 10:00 – 1:00

Stop by the Live Right kiosk and find out your body composition. Learn why losing body fat is more important than simple weight loss and will help you to set realistic weight loss goals.





**July 7, Tuesday**

**Healthy Lifestyles-**

**From the Label to the Table 10:00 – 12:00**

Information Session. Let's talk about how understanding the nutritional facts on food labels can help with making better choices for a healthy diet.

**July 10, Friday**

**Seafood Made Simple 11:00 – 1:00**

Fish is a high in protein, low fat food that provides a range of health benefits. Come sample a tasty seafood dish that you can bring to your dinner table.

**July 11, Saturday**

**Live Right Kids!**

**Fun Fruit Kabobs Demonstration 10:00 – 12:00**

Your child will enjoy making this quick and easy healthy snack with Jan today.

**July 13, Monday**

**Whole Grain Goodness Sample 11:00 – 1:00**

Whole grain dishes offer an exciting alternative to green or mayo-based salads, they are light and easy to make, and they're loaded with nutrition. Plus some grains cook in much less time than rice or potatoes, making them the perfect choice when you're short on time. Come sample this month's new menu idea.

**July 14, Tuesday**

**Healthy Lifestyles-**

**Summer Fitness Safety 10:00 – 12:00**

Your workouts don't have to suffer during the hot summer months. Stop by and see Jan for free information and safety guidelines for summer exercise.

**July 17, Friday**

**Live Right Summer Challenge!!!**

**Registration 9:00 – 2:00**

Get inspired and motivated to be in your best shape ever! A team competition (biggest losers style) that is full of exercise, good nutrition with bonus points for special activities. **This FREE 8-week challenge begins 8/1/09 ending 9/26/09.**

**Advance registration is required. Please see Jan at the Live Right kiosk for program details.**

**July 18, Saturday**

**Live Right Summer Challenge**

**Registration 9:00-12:00**





**July 27, Monday**

**Live Right Summer Challenge  
Registration 10:00 – 2:00**

**July 28, Tuesday**

**Healthy Lifestyles-  
Think About Your Drink 10:00 – 12:00**

See how the nutritional value of your meal will be impacted by the choice of beverage served. An informational display plus healthy beverage samples.

**July 29, Wednesday**

**Live Right Kids!  
Scavenger Hunt 10:00 – 10:30 pm**

Kids ages 5 – 8 will enjoy this detective game as they search the store, filling their baskets with the answers to nutrition clues and riddles. Teaching children healthy choices based on the Food Pyramid Guide. This event will start promptly at 10:00 am at the Live Right kiosk.

**July 30, Thursday**

**Healthy Lifestyles-  
Healthy Snacks for Summer Road Trips.**

We'll share healthy snack ideas for road trips with your family to keep your travelers satisfied so that they can go the distance.

**Check the Live Right section on the ShopRite website each month for events, demo's and health and wellness programs.**

**Eating Healthy Has Become Easier at ShopRite of Warwick!**

