



July is National Grilling Month.

Read the **Top 10 Tips for Healthy Grilling and Barbecuing** from the American Heart Association: <https://www.heart.org/en/healthy-living/healthy-eating/add-color/top-ten-tips-for-healthy-grilling-and-barbecuing>

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Access all upcoming activities, webinars and workouts at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>.

Are you looking for new ways to add movement to your day?

Check out our **At-Home Workout List:**  
[https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn\\_at\\_home\\_workouts.pdf](https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn_at_home_workouts.pdf)

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## Success Story Spotlight



An employee from the **Department of Intellectual and Developmental Disabilities** shared their weight loss success story.

"I decided I was tired of being overweight and unhealthy. I joined a weight loss plan and a gym. At the gym, I focused on cardio at first. Now, I incorporate weights and strength training into my routine as well. I try and get to the gym four to five days a week. I have lost more than 100 pounds and have kept it off!

I stay motivated by keeping my old driver's license in my wallet and an old picture in my bedroom. I have come so far and don't want to go back to the person that I was. That person was unhealthy and unhappy.

I've learned that we are all going to slip up sometimes and it's okay. If I have a slip up, I just get right back on track. I no longer use the excuse that since I didn't follow my plan for one meal, I should just throw in the towel. The next meal, I am right back to eating healthy.

I don't think I would have made it this far without my support system. I am worth the effort, and I am stronger than I think."

Thanks for sharing your inspirational story with us!

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## Recipe Spotlight



### July 4 is National Caesar Salad Day!

Celebrate this food holiday plus National Grilling Month with **Grilled Chicken Caesar Wraps**. This recipe is high in protein and a good source of fiber. It's sure to be a hit at your summer gatherings!

<https://www.tn.gov/wfhtn/resources/recipes/entrees/grilled-chicken-caesar-wrap.html>



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