

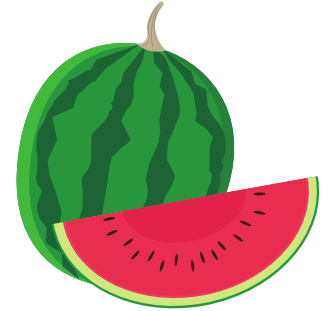


ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

6/20: Watermelon



Benefits of Watermelon

Loaded With Lycopene

Watermelon's cheery red color comes from lycopene, an antioxidant. Studies show it may help curb your risk of cancer and diabetes as part of a healthy lifestyle. Watermelon has more lycopene than any other fruit or vegetable - even tomatoes.

To load up on lycopene, choose a melon with bright red flesh rather than yellow or orange. The riper, the better. Also, seedless melons tend to have more lycopene than those with seeds.

Healthier Heart

Watermelon is rich in an amino acid called citrulline which may help move blood through your body and lower blood pressure. Your heart also enjoys the perks of all the lycopene watermelon contains. Studies show that it may lower the risk of heart attacks. Of course, your whole lifestyle affects your health. However, eating watermelon is a tasty way to maintain cardiovascular health.



Benefits Your Eyes

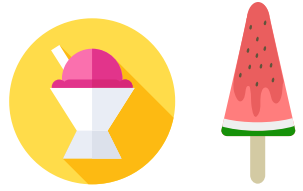
Just one medium slice of watermelon gives you contains 9-11% of the vitamin A you need each day. This nutrient is one of the keys to keeping your eyes healthy.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Satisfies Your Sweet Tooth

A cup of ice cream will set you back around 300 calories. You can enjoy the same amount of watermelon for just 45.6 calories. And unlike many other desserts, it is fat-free, cholesterol-free, and has no sodium. Plus, the water in it will help you stay fuller longer. To make an easy sorbet, puree some watermelon in your blender, add a squeeze of lime, and pop it in the freezer until it hardens.



Boosts Your Workout

Watermelon's high-water content, antioxidants, and amino acids may make for a better workout. Watermelon is high in potassium, a mineral that could cut down on cramps at the gym. You can sip watermelon juice after you sweat, too.

Won't Spike Your Blood Sugar

Trying to keep your blood glucose levels steady? You are in luck. Watermelon has a glycemic index (GI) value of 80, about the same as a bowl of cornflakes. But it's got few carbs. That means its glycemic load (how quickly it enters your bloodstream and how much glucose it can produce) is a mere 5. Enjoy a slice without any guilt.

Easy to Digest

If you have a digestive condition like Crohn's or colitis, the list of what not to eat during a flare can be long. However, you can put watermelon on your "yes" list. Its soft, fleshy fruit is easy for even an inflamed gut to digest.

How to Choose a Watermelon

There's just nothing that says summer quite like cutting into a perfectly ripe watermelon. When choosing your watermelon, pick one that's free of dents, nicks, or bruises. Look for a yellow, not white, spot on the bottom. This signals that it's ripe. A juicy, ready-to-eat watermelon will feel heavy for its size. When you thump it, it should sound hollow.



Fun Fact

National Watermelon Day is August 3, 2022, but there's no need to wait until then. Enjoy sweet slices all summer long. You'll get immune-boosting doses of vitamins A, B-6, and C, plus plenty of hydration.



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