



KEEP IT COOL DURING WARM WEATHER WORKOUTS



Time It Right: Get outside during the coolest parts of the day, like the morning or evening.



Stay Hydrated: Drink water before, during and after activities, even if you don't feel thirsty



Dress for Comfort: Wear lightweight, light-colored clothes made with moisture-wicking fabrics



Make it fun with warm-weather activities like: swimming, hiking and outdoor yoga.

TAKE THE CHALLENGE AT [HEART.ORG/MOVEMORE](https://www.heart.org/movemore)



Creamy Spinach Feta Dip

SERVES 6 (SERVING SIZE 3/4 CUP)

Ingredients

- 10.5 oz frozen, chopped, packaged spinach
- 1/2 cup fat-free yogurt
- 1/2 cup reduced-fat sour cream
- 1/2 cup fat-free feta cheese (crumbled)
- 1 tsp garlic (minced, from jar)
- 1/3 cup fresh, chopped parsley or dill OR 2 tsp dried parsley or dill
- 1/2 tsp black pepper
- 6 whole-wheat pitas (quartered)

Directions

- Cook spinach according to package directions and drain in colander (press with fork to drain completely).
- Combine all ingredients in a bowl and mix well. Refrigerate for 1 hour and serve with pita slices.

Nutritional Facts

Calories	63.6	Cholesterol	8.2 mg
Total Fat	2.7 g	Sodium	207.1 mg
Saturated Fat	1.5 g	Total Carbohydrate	5.5 g
Trans Fat	0.1 g	Dietary Fiber	1.5 g
Polyunsaturated Fat	0.1 g	Sugars	2.2 g
Monounsaturated Fat	0.7 g	Protein	5.5 g