

July 2017

# Asset HealthTalk



Keeping your health and wellbeing in the know

## Outdoors Are In

July is Park and Recreation Month. Outdoor play and exploration is a fun and valuable part of a healthy lifestyle for every stage of life. It can support mental wellbeing, physical health and can even fortify relationships. This summer, see if you can coordinate an adventure to a U.S. national park to amplify your experience.

Did you know there are more than 400 different U.S. national parks?

### Mapping Out U.S. National Parks on a Budget

Admissions to most U.S. national parks range from \$3 to \$30 (generally for vehicle entry). Here are a few money-saving tips for your summer adventure:

**Visit on free days.** Roughly 117 national parks charge an entrance fee. However, for 10 days throughout 2017, these parks offer free admission – some of which include weekends.

Here is a look at the remaining 2017 fee-free dates:

Aug. 25: The National Park Service's Birthday

Sept. 30: National Public Lands Day

Nov. 11-12: Veterans Day Weekend

**Walk in.** Walking admissions, rather than tour or vehicle admissions, can be much less expensive. See this as an opportunity to get some extra steps in for the day!

**Opt for camping rather than hotel lodging.** Camping overnight may require a little additional preparation, but can help you trim costs from your total trip bill. Just make sure to plan ahead as many parks book up quickly.

**Scour nearby lodging websites and social media for park discounts.** Many accommodations near national parks offer admission deals and often promote them online. Look at some of these sites in advance. If you were planning on hotel lodging and the pricing fits your budget, you might strike a good discount on park admissions, too!

**Check out a national monument.** There are around 80 national monuments and access to most of them is free. See if there is a national monument near you!

**Purchase an annual park pass.** If you and your family are thinking about visiting a few different national parks this year, you can save money by purchasing an annual park pass. An annual pass costs less than paying for each park entry separately – especially if you are planning group trips.

**Be prepared.** You can save a little extra money by bringing your own reusable water bottles for refills, as well as packing snacks and lunches. Protect yourself from the elements and save extra cash by remembering to pack your sunscreen, bug spray, hats and sunglasses.

"National Parks on a Budget," Matt Villano, [travelchannel.com](http://travelchannel.com), accessed on June 8, 2017.



# GRILL UP A PERFECT PIZZA PIE

Did you know you can cook pizza on your grill? It's the closest way to get that delicious wood-fired flavor at home without a wood-fired oven. 'Tis the season when farmers markets are loaded with an abundance of produce and grilled pizzas are a fantastic way to use your fresh market finds.

Grilling pizza isn't just for pros. The process is less about cooking and more about timing. You need to have everything ready when it's go time because the dough cooks quickly and you add the toppings after putting the pizza on the grill. It may take some trial and error before you get it right since grill temperatures vary, but it's worth it once you consistently start cranking out the perfect pie.

## WHAT YOU NEED

1 pound pizza dough (store-bought or homemade) at room temperature, sauce, cheese, toppings, olive oil, and flour

## EQUIPMENT

Grill, brush (for applying oil), metal tongs, metal spatula.

## TOPPING IDEAS

**Sauces:** tomato, pesto, flavored olive oil, barbecue

**Produce:** onions, bell peppers, squash, tomatoes, potatoes, broccoli, corn, asparagus, chilies, garlic, arugula, peaches, fresh herbs

**Cheese:** mozzarella, goat cheese, cheddar, provolone, fontina, parmesan, pecorino, ricotta

**Meat:** pepperoni, browned sausage, precooked chicken

## DIRECTIONS

1. Heat your grill. You'll want very high direct heat (500 F to 600 F).
2. Load up a tray with all your fixings and keep it close to the grill – sauce, cheese and toppings.
3. Stretch or roll the dough into a thin circle on a well-floured surface. Brush the top with oil. (You may find it's more manageable to make several personal size pizzas.)
4. Place the oiled side of the dough on the grill then brush the top with olive oil. Let it cook for two to three minutes with the lid on. Use tongs to check the dough occasionally. You want grill marks, but not crisp dough. Once it's ready, flip it over using metal tongs or a spatula.
5. Quickly top the pizza. Don't go overboard or it won't cook well.
6. Put the lid on and cook the pizza for another two to five minutes, checking it occasionally. If the toppings need more time, but it's getting burnt, turn down the heat or move the pizza to a cooler part of the grill. You'll know it's done when the edges are crisp and the cheese is melted.
7. Let it cool for a few minutes, then cut into slices and enjoy!



"How to Make the Best Grilled Pizza," Faith Durand, thekitchn.com, June 28, 2015.



## Save Money and Gain Peace of Mind With Your EAP

Change. Loss. Legal issues. Family crisis. Child care. Elder care. Relationships. Emotional issues. Finances. Substance abuse. Pet care. Life is stressful at times, and achieving work-life balance can be a challenge. Did you know most companies offer no-cost, confidential counseling and consultation services that are available 24 hours a day, seven days a week? It's referred to as an Employee Assistance Program (EAP).

### EAP Life Services Are:

- **Funded by your employer** – participants pay no out-of-pocket fees, copay, deductible or coinsurance costs
- **Confidential** – by federal and state law
- **Accessible** – 24/7 via toll-free telephone number and internet
- **Voluntary** – participants choose to refer themselves
- **Available** – to all employees, dependents, and typically other household members

An EAP supports your health and wellness. If your company provides access to an EAP, you have a resource available to enhance your wellbeing. Contact your Human Resources or Benefits Department to find out if your employer offers an EAP.