



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Motivating Your Child to Exercise

by Matthew Dougherty, MD, Esse Health Pediatrician

As we near summer, many parents fondly remember summers past spent playing outside. Unfortunately, for many children, an active summer spent playing outdoors is no longer as common. While the benefits of exercise are well known and include stronger and healthier bones and muscles, lower body fat, decreased risk of diabetes, lower blood pressure and higher levels of self-esteem, there is increasing evidence that children are becoming less active and spending more time in sedentary activities.



Click [here](#) for tips on getting your child to exercise.

Click [here](#) for more information about Dr. Matthew Dougherty.

Healthy and Tasty Summer Recipe

Grilled Lemon Pepper Halibut & Veggie Packets

Ingredients

1 pound halibut (or other white fish), cut into four portions
2 tsp dried basil
Juice of ½ a lemon
½ tsp pepper
1 tsp seasoned salt (optional)
2 zucchini or summer squash, cut into circles or strips
1 bell pepper (any color), cut into 1-inch pieces
2 tbsp olive oil



Photo from BettyCrocker.com

1. Heat grill. Cut four large pieces of heavy duty foil and spray one side with cooking spray. Plate 1 fish portion on each piece of foil. Arrange vegetables around fish.
2. Sprinkle fish and veggies with basil, lemon juice, pepper and seasoned salt. Drizzle with oil.
3. Fold foil over fish and vegetables so edges meet. Seal edges, making a tight ½ inch fold. Allow some space in the foil packet for expansion when heated.
4. Grill packets over medium heat for 15-20 minutes or until fish flakes with a fork. Serve immediately.

Approximate nutrition information per serving (1 packet): 190 calories; 8g fat; 1.5g saturated fat; 60mg cholesterol; 390 mg sodium; 6g carbohydrate; 2g fiber; 3g sugar; 23g protein.

This recipe has been adapted by [Mindy Musselman, RD, LD](#), from www.bettycrocker.com.

Walking for Heart Health

2012 AHA St. Louis Heart Walk

On Saturday, May 19th, Esse Health employees, family members and patients had a blast at the AHA Metro St. Louis Heart Walk at Busch Stadium! Watch the slideshow to the right for photos of us taking steps to raise awareness of heart disease and stroke.

Thanks to all who joined us!

Providing health care to patients at 31 convenient locations across the St. Louis Metro area.

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