

Compliments of Jodee Harris

essential living

306



Epic Games for
**Family
Gatherings**

Homegrown
and Homemade

Garden Salsa



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Get ready for the ultimate summer vacation! Pack your bags and bring an extra change of clothes because we're headed to America's Wettest Lake Getaways. From boat rides and jet skis to cannonball competitions and the unavoidable belly flops, nobody is safe from getting splashed! After all that, if you still need some activities to get your extra energy out, leave the football at home because we have the most epic games to play at your next family gathering. They're sure to get the whole family into competition mode!

Back on the home front, get ready to make big changes without all the effort. Learn tips and tricks to make even the smallest spaces feel like a grand ballroom (well, almost). We even have the perfect mini workouts to boost your energy throughout the day! With all your extra energy, you can whip up one of our delicious and secretly healthy desserts for everyone to enjoy, guilt-free!

— From the Publisher



**What's the best lakeside
vacation activity?**

Scan the QR code to cast your vote!

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YARD GAMES MADE DELIGHTFUL

ACTIVITIES FOR YOUR NEXT FAMILY GATHERING

Family gatherings are great for catching up with loved ones and creating new memories. While you can always count on delicious food and family lore when everyone is together, sometimes a sprinkle of entertainment can turn the get-together into an unforgettable time. Whether there are lots of little ones to keep entertained or you want to see who the most competitive family member is, games are guaranteed to level up your next family gathering.

Before you pack up the football, we're shaking things up from the normal game of toss. These games are sure to get everyone involved, even if it's just cheering from the sidelines. So, grab your family and get ready for some friendly competition!

AXE THROWING

Having an axe throwing competition will surely add some thrill to your family game night. Kid-friendly kits can be found online and are typically made of foam axes and a sticky hook and loop target or play axes designed to stick to a bristle target. However, if you're looking to raise the stakes with older participants, you can have a real axe throwing range set up in no time. Small hatchets are perfect for throwing, and you can use pine or cottonwood to make a sturdy target.

No matter what kind of axe you're throwing, you can create your own rules and scoring or follow the official guidelines found on worldaxethrowingleague.com. Of course, don't be afraid to raise the stakes with a friendly bet. Nothing brings out the competition like putting laundry duty on the line!



BUMPER BALLS

With a set of inflatable bumper balls, there's no question you'll have the coolest house on the block. Although just trying to walk in a giant bumper ball can be entertaining enough, kids and adults will get a kick out of trying to play a game of soccer while navigating a human hamster ball. Games like king of the hill,

sharks and minnows and even catch all become a hysterical challenge as players do their best not to topple over.

Although you can purchase bumper balls, it may be better to rent them from an event center if you won't make regular use of them.



SPIKEBALL™

As seen on Shark Tank, Spikeball is a fun mashup of volleyball and four square. Played by two teams of two, participants line up around the net, standing across from an opponent; then a ball is served from one team to the other.

Once the ball is served, players can move anywhere around the net to set up their teammate for a point or to prevent the ball from hitting the ground. Play continues until the ball hits the rim of the net or the ground.



THE YARD GAME OLYMPICS



Imagine all the classic yard games combined into one giant competition and you've just planned the Yard Game Olympics.

Okay, it may need a bit more planning than that. When thinking through what games to have, make sure there is at least one game for each of the various ages and skillsets in the family. It's also okay if the games only need a few players and not the full team — after all, athletes don't compete in every Olympic event. Also make sure to assign a scorekeeper and referee for the moments that are too close to call!

Set up games like cornhole, Jenga, bean bag tic-tac-toe, croquet, an egg and spoon race and horseshoes for a day of nostalgia and fun!

In addition to the game supplies, you'll also want a scoreboard and, of course, gold medals for the winning team. Who knows, it may be the start of a new tradition!



SQUIRT GUN RACE

The kids will love this one! For each team, string an empty watering can through a piece of clothesline and attach to trees or poles (be sure they are the same length for each team). Each player gets a squirt gun to spray at the watering can. The first team to get the can to the other side wins!

Be prepared for the water gun fight that is sure to follow with a bucket of water balloons!

SCAVENGER HUNT

Depending on the age of your family members, a scavenger hunt can be as simple as searching for items on a list or as complex as figuring out clues and finding items in secret locations. You can also customize the hunt to find family-related items.

If you want to make it more difficult for older kids, you can write clues that send each team to random areas of your house and lawn, where they must find hidden items. Scavenger hunts are a fun way to challenge everyone in the household and form bonds and memories that last a lifetime.



Grow Your Own BACKYARD SALSA



Have fresh and delicious salsa all summer long with your own salsa garden! From planting the ingredients to making the salsa, we've got you covered with everything you need to know for growing your salsa garden.

PLANNING A SALSA GARDEN

Before you can make backyard salsa, you'll need to grow some ingredients first! Salsa vegetables need rich soil, plenty of moisture and at least six hours of sunlight daily to produce a bountiful harvest. They grow great in raised beds or containers with proper drainage. For a quick and easy start, purchase a soil

mix made for the style of garden you're planting.

If using raised beds, a 4'x4' plot should be sufficient for growing everything you need. For easy planning, divide the garden into one-foot sections. Talk to your local nursery to learn when to start planting your garden.



WHAT TO PLANT

From sweet to savory, smooth to chunky and hot to mild, the possibilities are endless with a few basic ingredients. Choose your favorite varieties of each vegetable or plant a mixture to switch things up.

TOMATOES — Roma and San Marzano are great for salsa. Plant 2-3 plants along the north side of the garden with a cage or trellis.

PEPPERS — Choose a variety of hot and sweet, placing one plant per square foot with a cage or trellis in front of the tomatoes.

ONIONS — Plant up to nine in a section.

GARLIC — Plant six bulbs per section in the fall and nine bulbs in the spring.

SCALLIONS — 16 plants per section.

BASIL — Two plants per section.

PARSLEY — Two plants per section.

CILANTRO — Nine seeds per section.

Hot peppers vary in heat levels; sample how hot they are to decide on the amount to use. You can also remove the seeds to reduce the heat.



FIRE-ROASTED GARDEN SALSA

PREP TIME: 15 minutes

BAKE TIME: 15 minutes

YIELD: 6 servings

INGREDIENTS

- 6 San Marzano tomatoes, quartered
- 1 large onion, quartered
- 1½ tbsp. olive oil
- 1 large bell pepper, quartered
- Red chili peppers, to taste
- 1 head garlic
- 1 c. cilantro
- 1 tbsp. ground cumin
- Salt, to taste
- Sugar, to taste

INSTRUCTIONS

1. Turn grill on to medium heat. Drizzle tomatoes, onions and peppers with olive oil.
2. Arrange tomatoes and jalapeños skin side up on a large baking sheet along with the onion slices. Cook for about 5 minutes or until the tomato and pepper skins have blistered and blackened on top. Flip over and cook another 5 minutes.
3. Remove from grill and transfer to a bowl to let cool.
4. Place all ingredients in a food processor and purée to desired consistency. Taste and season with more salt or sugar if needed. Refrigerate until serving.



GARDEN-FRESH PICO DE GALLO

PREP TIME: 10 minutes | **YIELD:** 6 servings

INGREDIENTS

- 7 Roma tomatoes, diced and seeded
- 1 c. white onion, diced
- Jalapeño, to taste, seeded and finely diced
- ½ c. cilantro, minced
- 1 tsp. salt
- Pinch of black pepper

INSTRUCTIONS

1. Add everything to a bowl and refrigerate for at least 20 minutes.
2. Grab your favorite chips and dig in!



Tips and Tricks to **Decorate a Small Room**

Do you have a room in your home that's small and seemingly difficult to decorate? Does it feel cluttered, no matter how you organize it?

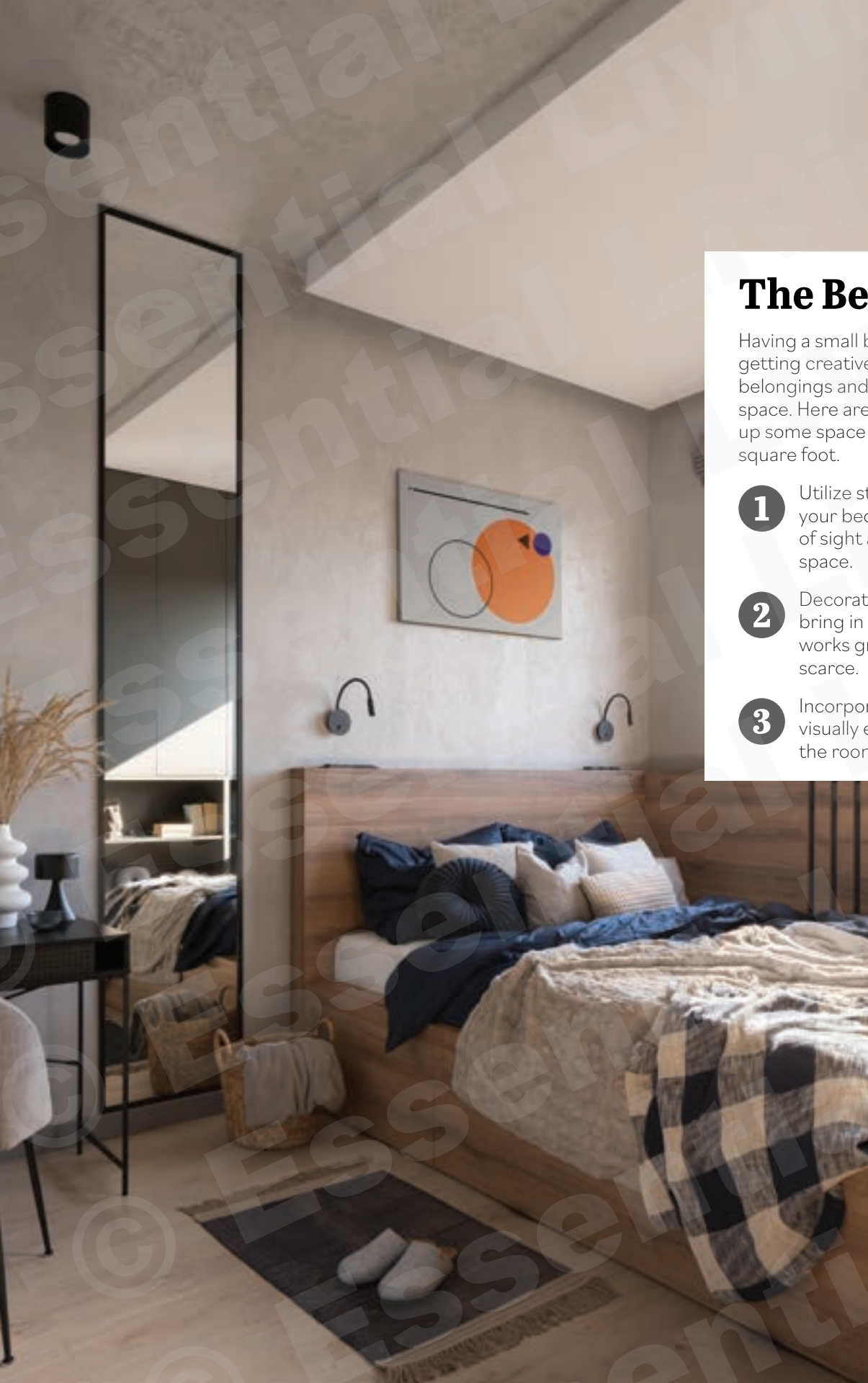
Well, we have some tips to add space to small rooms without a major renovation. So, read along as we go over how you can expertly decorate a small bedroom, living room or kitchen.

How to Decorate Any Small Room

No matter which room you're dealing with, there are some essential tips and tricks to keep in mind while decorating.

- 1** Before jumping into decorating, one of the best places to start is by getting rid of old items you no longer need. This will help to declutter and free up space.
- 2** Next, add more layered lighting, like floor lamps and task lamps, multipurpose furniture and area rugs to help define spaces.
- 3** Finally, hang sheer curtains higher than the window frames, which can help to create an open and airy feeling.

However, when it comes to decorating a small space, there are different factors to consider depending on the room.



The Bedroom

Having a small bedroom means getting creative while storing your belongings and decorating the space. Here are some ways to free up some space and maximize every square foot.

- 1** Utilize storage space under your bed to keep items out of sight and take up less floor space.
- 2** Decorate with houseplants to bring in color. Faux greenery works great too if sunlight is scarce.
- 3** Incorporate large mirrors to visually enhance and enlarge the room.



The Living Room

Small living rooms can be just as functional as larger living rooms when styled right.

- 1 Use light and neutral wall colors to open the space. Add pops of color with decor or throw pillows and blankets.
- 2 Maximize vertical space by adding tall shelves. Not only does this direct the eyes upward, but it also provides more storage. Just be sure to keep the shelves tidy and not cluttered.
- 3 Create a focal point with a gallery wall above the sofa. This anchors the space and distracts from the size of the room.



The Kitchen

Here's how you can turn your small kitchen into a space you love.

- 1 Hang pots, pans and large utensils above your counter or island within arm's reach to save cabinet space.
- 2 Use backless stools to add seating and make it easy to tuck them away under the counter.
- 3 Choose an eye-catching backsplash to add a fun pop of personality that will open up the space.

Even if your small room isn't ideal, you don't need to knock down walls to add more space. With a little decluttering, organizing and some tricks to distract the eye, you can make any space feel larger than it is!

LAKE GETAWAYS

TO WHET YOUR APPETITE

Close your eyes and envision sitting on the sun-kissed deck of a boat as it glides through the water of a mountain lake on a hot summer day. You can enjoy a break from the sun with a refreshing dip in the cool water or take things up a notch with a high-speed adventure on water skis.

Luckily, America is home to a number of large and beautiful lakes, welcoming visitors to try out invigorating experiences like water skiing, fishing, kayaking and boating. No matter where you are in the country, there is probably a glistening lake not too far away. So, let's splash into some of America's wettest lakes that you will want to plunge into during the dog days of summer.



As the largest natural lake in Colorado, Grand Lake is an ideal summer destination for those who are looking to escape the heat with a day in some chilly water. Nestled in the mountains with an elevation of 8,369 feet, Grand Lake doesn't only provide some relief from the heat but also offers jaw-dropping views of nearby peaks and forests that are nothing short of majestic.

Whether you choose to sail, paddle board or float away the day, you're guaranteed a refreshing reprieve from the relentless summer sun. Locals and visitors also love to fish for salmon and trout at Grand Lake.

After a day relaxing on the water, the town of Grand Lake has a great selection of restaurants and cozy bars to grab a bite to eat. For a complete summer experience at Grand Lake, plan a trip during the 4th of July Extravaganza or Grand Lake Regatta Week.

Lake George, New York



The Adirondack Region of New York is home to many mountain lakes, so it might feel like it's difficult to choose one. However, at 32 miles long and home to nearly 186 islands, Lake George, known as the "Queen of the American Lakes," stands out as one of the best lake getaways in New York.

Lake George is a paradise for lake lovers with almost limitless opportunities for adventure. Go on a parasailing excursion, book a fishing expedition or spend the day sunbathing on the boat. You'll find everything you need to enjoy the ultimate lake life all within the area. However, those hoping for a bit more thrill can take a short drive to nearby towns for an unforgettable whitewater rafting experience.

Lake George goes far beyond the water — it also encompasses 13 different communities, each with unique offerings. From adorable boutiques to the most popular waterfront restaurants, there is something to suit everyone in the Lake George Area. The region also boasts nine golf courses, multiple cycling trails and even a few dude ranches for those who need a little break from lake life.

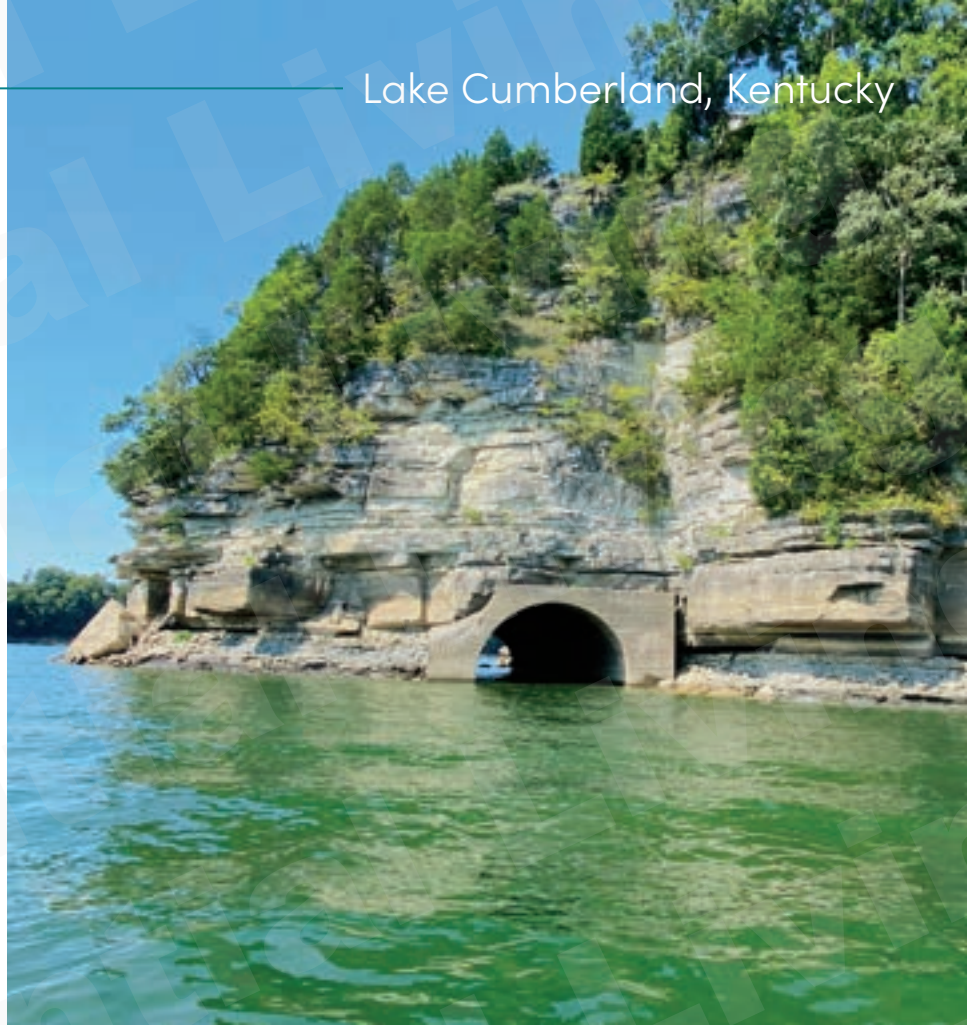


Situated in Kentucky, Lake Cumberland is known as the Houseboat Capital of the World, making it the perfect destination for anyone looking to spend as much time as possible on the water. Of course, as one of the counties that Lake Cumberland runs through, Russell County has the largest fleet of rental houseboats in the country! If you prefer some more solid footing, however, there are cabins, cottages and hotel rooms available too.

In addition to houseboats, visitors can also rent fishing boats, pontoon boats and ski boats to explore the 50,250 acres that make up Lake Cumberland.

If you're into fishing, the water is home to largemouth, smallmouth, white and Kentucky bass, along with crappie, rockfish and walleye. Fishing gear is also available to rent on-site.

There is also an 18-hole mini golf course, hiking trails, playgrounds and more around the lake for a fun-filled family vacation.



“The Personal Watercraft Hub of the World.”



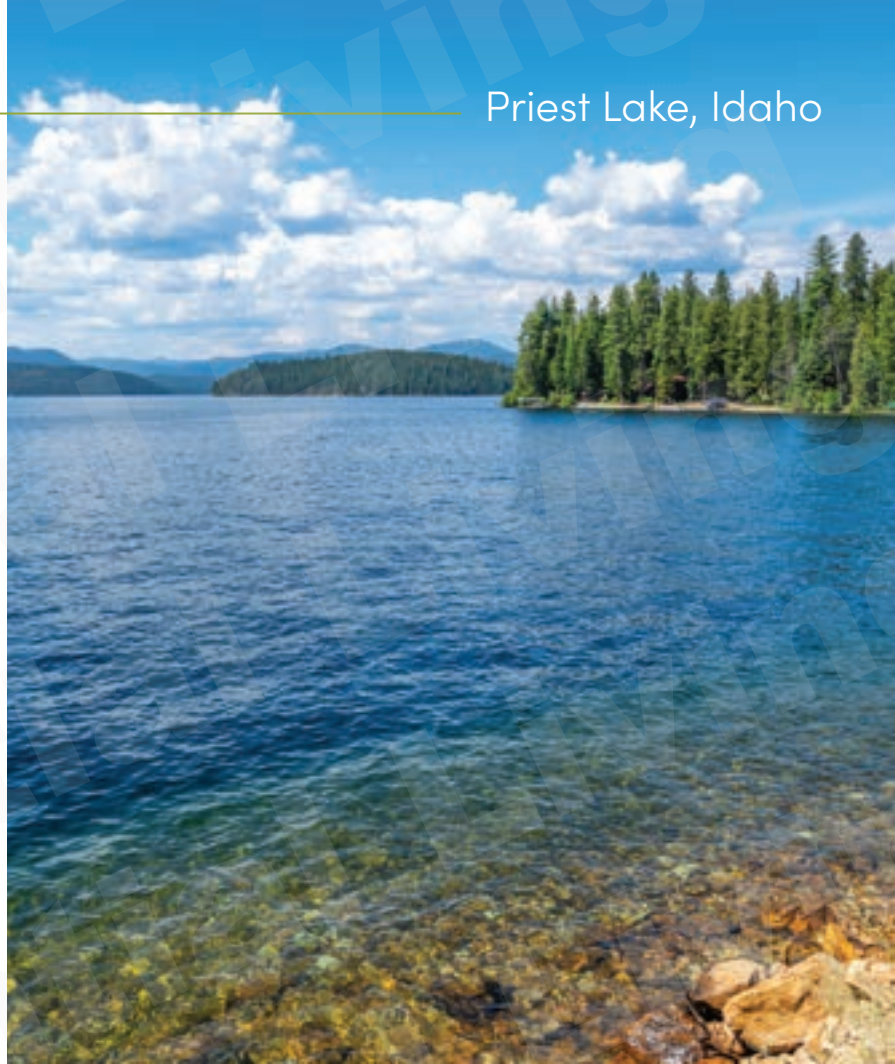
Named by Men’s Journal as “America’s Best Lake Town for Water Sports,” Lake Havasu City doesn’t mess around when it comes to having fun on the lake. Aside from the no-wake zones, you won’t find any speed limits in the 60 miles of open waterways that make up the lake. This is probably the main reason it’s also considered the “The Personal Watercraft (PWC aka ‘jet ski’) Hub of the World.” However, if you prefer leaving high-speed water sports to the pros, make sure to catch the Jet Ski World Finals held at the lake.

If jet skiing isn’t your thing, you can slow things down on one of the floating tiki bars or rent out a cabana boat that comes complete with grills, coolers and, of course, leather sofas. Rubba Duck Safaris and the Havasu Landing Ferry also offer fun ways to explore the lake.

Resting right beneath the Canadian border sits the crown jewel of Idaho, Priest Lake. Though there may only be 800 residents most of the year, once summertime hits, this sleepy town welcomes 20,000 visitors to its 19-mile-long lake.

This stunning lake is perfect for a lazy day paddling on the water while enjoying all the huckleberry-flavored treats one could imagine. The surrounding Selkirk Mountains will give you plenty of entertainment as you play I spy with all the wildlife along the 80 miles of shoreline.

Hill's Resort doesn't just offer lakeside cabins, but you'll also find plenty of activities to dry off with, including beach volleyball, tennis, pickleball and playgrounds. Just don't be surprised when the locals start a pickup pickleball tournament with you. Fishing boats, kayaks, canoes and golf carts can also be rented right at the resort.



Whatever lake floats
your boat, nothing
beats a summer day
spent on or in the water.



Have Your Cake and Eat It Too!

As dessert is often overloaded with cane sugar, “healthy” and “dessert” aren’t words that typically go together. While one could either give up desserts entirely or admit defeat to the sugary treats, we knew there had to be a way to have our cake and eat it too.

Using nutrient-rich ingredients, these recipes are loaded with goodness your body needs while satisfying the cravings of your sweet tooth! What more could you ask for?

Our **chocolate mousse** is so indulgent that you’d never guess it’s missing the classic ingredients of heavy cream and sugar! So, what’s the secret ingredient for this recipe? TOFU! Yes, you read that right. The vegetarian fan favorite is the key to creamy chocolate mousse that tastes as good as it looks. This recipe also features almond butter and bananas for added protein, potassium and deliciousness.

If you’re not a chocolate person, you’re going to love our **olive oil lemon cake**. This light dessert is so easy to make and great for parties and gatherings. The vegan cashew frosting will become your new go-to anytime a recipe needs frosting! Loaded with fiber, protein and healthy fats, you would never believe something so good for you could be so tasty.

Our **black bean brownie** recipe takes a usually rich dessert and packs it with protein (believe us, you’d never know it was there if we didn’t tell you). Plus, there’s no added sugar! We swapped cane sugar for natural sweeteners like honey and maple syrup. For some extra flavor, we added in walnuts — which also happen to be great for your gut health. As an added bonus, these brownies are dairy- and grain-free, making them 100% paleo.

So go ahead, have seconds!

Chocolate Mousse

Can you believe this mousse is made with tofu?!

INGREDIENTS

- 1½ c. silken tofu
- ⅔ c. maple syrup
- ⅓ c. unsweetened cocoa powder
- ¼ c. almond butter, plus more for topping
- 2 tsp. espresso powder
- ½ tsp. salt
- 1 banana, sliced for topping
- ¼ c. cacao nibs, for topping
- 2 tbsp. unsweetened coconut shreds, toasted for topping

INSTRUCTIONS

1. Add the silken tofu to a blender or food processor.
2. Blend until smooth, about 2 minutes.
3. Add the maple syrup, cocoa powder and almond butter.
4. Pour in the espresso powder and pinch of salt, then blend.
5. Use a spatula to scrape down the edges as need be.
6. Disperse evenly amongst three glasses, then top with almond butter, sliced banana, cacao nibs and toasted coconut shreds.
7. Serve immediately or refrigerate for up to 5 days.



PREP TIME: 20 MINUTES

COOK TIME: 0 MINUTES

YIELD AMOUNT: 3 SERVINGS

Lemon Olive Oil Cake

Not a fan of chocolate? We have you covered with this light and delicious cake!



INGREDIENTS

For the Batter

- 2 c. all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 3 eggs, room temperature
- 2 tbsp. lemon zest
- 1 c. honey
- 1 c. olive oil
- ¼ c. unsalted butter, melted
- ¼ c. milk
- ¼ c. plain Greek yogurt
- ¼ c. lemon juice

For the Frosting

- 1 c. raw cashews, soaked in hot water for 1 hour
- ¼ c. water, reserved from cashews
- 2 tbsp. maple syrup
- 2 tbsp. coconut oil, melted
- 1 tbsp. honey
- 1½ tsp. vanilla extract
- ¼ tsp. salt

PREP TIME: 20 MINUTES

COOK TIME: 75 MINUTES

YIELD AMOUNT: 8 SERVINGS

INSTRUCTIONS

For the Batter

1. Preheat the oven to 375° F and grease a 9" bundt cake pan.
2. Whisk together the flour, baking powder, baking soda and salt in a medium-sized bowl.
3. Add the eggs, lemon zest and honey.
4. Whisk to combine, then add the olive oil and butter.
5. Use an electric mixer to thoroughly combine before adding the milk, Greek yogurt and lemon juice.
6. Beat again for 1 minute on low.
7. Use a spatula to pour the batter into the prepared cake pan.
8. Cover with aluminum foil and place in the oven.

9. Bake for 1 hour, then uncover and bake for another 15 minutes.
10. Allow to cool for at least 20 minutes before removing from the pan.

For the Frosting

1. After soaking the cashews in warm water for at least 1 hour, add the cashews to a blender with ¼ c. of the reserved water.
2. Blend, then add the maple syrup, coconut oil, honey, vanilla extract and salt.
3. Pulse to combine until smooth.
4. Store in the refrigerator for at least 1 hour.
5. Remove 15 minutes before the cake is ready to be frosted.

Black Bean Brownies

After trying these protein-packed brownies, you'll never look at those double dark chocolate, fudge brownies the same way again.



PREP TIME: 15 MINUTES
COOK TIME: 45 MINUTES
YIELD AMOUNT: 12 SERVINGS

INGREDIENTS

- 1 15-oz. can black beans, drained and rinsed
- 2 eggs, room temperature
- 4 pitted dates
- $\frac{1}{4}$ c. cocoa powder
- 1 tsp. espresso powder
- $\frac{1}{4}$ c. honey
- $\frac{1}{4}$ c. maple syrup
- 1 tsp. vanilla extract
- $\frac{3}{4}$ c. dark chocolate chips, $\frac{1}{2}$ c. melted and $\frac{1}{4}$ c. saved
- $\frac{1}{3}$ c. coconut oil, melted
- $\frac{1}{3}$ c. gluten-free baking flour
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- $\frac{3}{4}$ c. walnuts, crushed

INSTRUCTIONS

1. Preheat the oven to 350° F and grease a 9" by 9" baking dish.
2. Add the black beans to a blender and purée with the dates, eggs, cocoa powder, espresso powder, honey, maple syrup and vanilla extract.
3. Purée until smooth, about 2 minutes.
4. Add $\frac{1}{2}$ c. of melted dark chocolate and the melted coconut oil, then blend.
5. Scrape down and blend again.
6. In a small bowl, combine the gluten-free flour, baking powder and salt.
7. Pour into the blender and pulse to incorporate .
8. Mix in the rest of the dark chocolate chips and walnuts, but do not blend.
9. Pour the brownie batter into the prepared pan.
10. Bake for 45 minutes, then cool for 15 minutes.

MINI WORKOUTS TO BOOST YOUR ENERGY THROUGHOUT THE DAY

If you've felt exhausted in the middle of your two o'clock meeting, you're not alone. Whether you didn't get enough sleep or you're having a long day at work, pushing through exhaustion can be tough. However, there are several ways to boost your energy throughout the day, no matter your location — either back at the office or holding down the fort at home.

One way to re-energize is by getting in a small workout. Whether it's a brief walk or a 10-minute circuit, mini workouts are proven to boost your mood and overall health. So, if you don't have time for a 30–45-minute workout, here are some mini exercises to try.

POWERWALK

Walking is the easiest way to get moving during the day.

To get the most out of your steps, increase your speed to get more strides per minute, but always keep one foot on the ground. Elbows should be bent to 90 degrees with your hands making a relaxed fist. Keep your arms close to your sides and make sure they only make a forward swinging motion.

QUICK YOGA STRETCHES

Yoga can help recharge you and give you a mental break from daily tasks. Some yoga stretches can also help ease back pain from extended periods of sitting.

COBRA POSE



LOCUST POSE



SPINAL TWIST



STANDING FORWARD FOLD



RESISTANCE BAND WORKOUT

Resistance bands are affordable, portable and let you get in a solid workout anywhere.

SEATED ROW

Sit on the floor with your legs extended. Loop a resistance band with handles around the soles of your feet and hold one end in each hand. Pull the band toward your waistline, while squeezing the shoulder blades. Return to the starting position and repeat.

LATERAL BAND WALK

Place a mini loop band right above your knees and stand with your feet hip-width apart. Squat down and take a step to the left. Keep taking small steps to the left and then repeat on the right side.

STANDING LEG ABDUCTION

Place a mini loop band right above your ankles. Stand straight with your hands on your hips and push one leg out to the side until it is at a 45-degree angle with the floor. Lower your foot down. Repeat.

OFFICE WORKOUT

You can complete these workout moves using office equipment, so you can re-energize whenever you need to.

CHAIR DIPS Place your legs out in front of you and grab the edge of the chair (make sure it doesn't have wheels). Lift yourself down and back up and repeat.



DESK PUSHUP Place your hands on the desk, shoulder-width apart, with your legs out behind you. Push up with as much force as you can and repeat.



CALF RAISES While standing up, raise your heels off the ground until you're on your toes. Lower them back to the ground and repeat. You can hold onto a chair for support.



STAIRS Do a quick warm-up by running up and down the stairs for one minute. Next, take the stairs two at a time. Go as quickly as you can while still being safe. Repeat for four minutes.



HITTING YOUR GOALS

Any amount of movement is great for your mind, body and overall health. So, whether you need a boost of energy or just need a break from sitting, these mini workouts are great for any schedule and location!

Essential Living does not provide medical advice, diagnosis or treatment. Any information in this publication is not intended as a substitute for medical advice, and you should not take any action before consulting with a healthcare professional.

FLY HIGH CRAZY KITES

From beautiful works of art floating through the sky to meticulous movements to wow a crowd, kites are more than just a favorite pastime. Across the globe kites have been an important part of wars, space exploration, weather experiments and even inspired the invention of the airplane. Read on to learn more captivating kite facts!





○ — **75 FEET-** THE WINGSPAN OF THE LARGEST DELTA KITE

180 HOURS-
THE LONGEST
DURATION A KITE
HAS FLOWN

50 MILLION- THE NUMBER
OF KITES SOLD IN THE
UNITED STATES EVERY YEAR

○ — **12,471 FEET-** THE
HIGHEST ALTITUDE
A SINGLE KITE HAS
REACHED

IN 1970 JAPAN HAD TO BAN KITE FLYING BECAUSE TOO MANY PEOPLE WERE FLYING KITES INSTEAD OF WORKING.

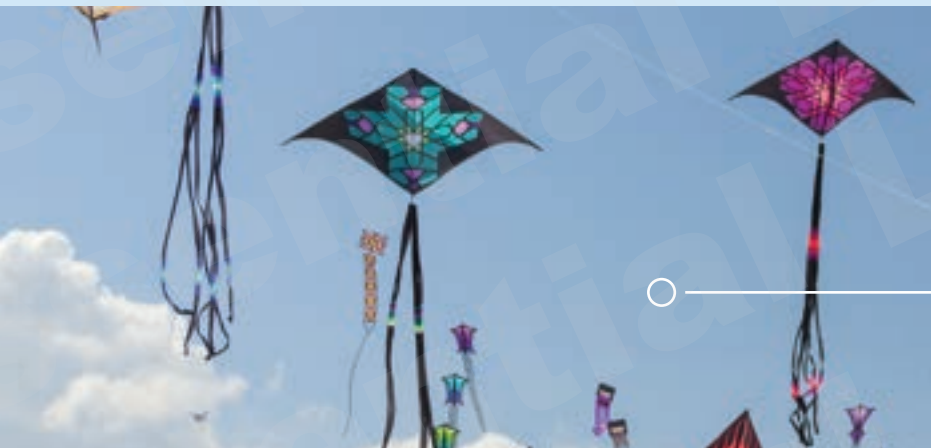
THE FIRST WRITTEN RECORD OF KITES **DATES BACK TO 200 BC IN CHINA.**

WEIFANG, CHINA, IS THE WORLD **CAPITAL OF KITES.**

SOME KITES ARE **DESIGNED FOR WINDLESS AND INDOOR ENVIRONMENTS.**



THERE ARE COUNTLESS TYPES OF KITES THAT COME IN ALL SHAPES, SIZES AND HAVE VARIOUS USES. **SOME OF THE MOST COMMON INCLUDE:**



DIAMOND

- The iconic kite
- The easiest kite to DIY

DELTA

- Features a wide triangle shape for a stable flight
- Great for beginners



SPORT/STUNT

- Can perform precise tricks and maneuvers
- Used in competitions like kite ballet and kite fighting

PARAFOIL

- Frameless design that is inflated by the wind
- Perfect for traveling



FLYING TIPS:

- 6-18 MPH winds are ideal for flying.
- Wear gloves to protect your hands from the sharp kite line.
- Kites can be surprisingly dangerous. Always be aware of your surroundings and fly in open areas, away from crowds, traffic and airports.
- Don't fly a kite in wet or stormy conditions.

PRIORITIZE YOUR BRAIN!

THE BEST TIME TO START A HEALTHY LIFESTYLE IS TODAY



Mental health is just as important as physical health. These two typically go hand in hand! Maintain your mental health by eating healthy, being active and staying social.



Jodee Harris

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Ready for a change? Let's talk!

Call now to talk about
where you are and
where you'd like to be!



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