Greetings,

Enjoying the long, lazy days of summer? Well here’s some healthy summer reading that can help make the season even better.

If you love feeding a crowd but want to keep the menu on the light side, check out 6 Secrets to Healthy Summer Entertaining. It’s full of unique tips from celebrity party planner, David Tutera, that are guaranteed to impress your friends.

Then everyone in the pool – for a cool, low-impact workout. In The 30-Minute Water Workout you’ll discover a refreshing and efficient exercise routine that even beginners can do.

For those with type 2 diabetes, dealing with the hot summer sun can be a real challenge. In this article from Diabetes Forecast, a publication of the American Diabetes Association, you’ll find 9 Skin Care Tips for Sun Safety that can help keep your sensitive skin protected.

And if chicken on the grill sounds like a plan, plan ahead with Superior Summer Chicken. With these simple techniques, you’ll have three new ways to make chicken breasts deliciously all summer long.

Enjoy the issue. More in two weeks.