

## The Fruit of Happiness

(CARLSBAD, CA) – Feel like you're going bananas eating the same fruits over and over? Are you begging for a few new fruits in your daily line-up, pretty please with a cherry on top?

The wait is over. Summer is here, and it's time for a variety of new seasonal fruits. Heart-healthy honeydew and mouth-watering mangoes are ready to please your palate. Are you hungry, yet?

Jazzercise Founder and CEO Judi Sheppard Missett regularly includes a healthy serving of fruits in her diet, as a means to power through workouts and stave off sweet-tooth cravings. Missett suggests these guidelines to select the best summer seasonal fruits.

- **Berries** – Strawberries, blueberries, raspberries, and blackberries thrive in summer. They make for a perfect summertime dessert because they pack a tasty punch of both Vitamin C and fiber. In recent studies, the antioxidants of these berries have even been shown to lower the risk of cancer and heart disease. Just be sure to wash fresh berries within the first few days of purchase and store them in a covered container in the refrigerator.
- **Mangoes** – One-half of a mango has more than 100% of the recommended daily intake of Vitamin A. This powerhouse fruit also contains more than one day's requirement of Vitamin C and almost one-half day's requirement of Vitamin E. When choosing the perfect mango from your local produce section, look for smooth, unblemished skin. Store mangoes at room temperature for 2-5 days to fully ripen.
- **Pineapples** – Pineapples are loaded with vitamins and minerals, including Vitamin C and potassium. Scent is the best indicator when selecting a pineapple. A mild, sweet aroma means the fruit is ripe. And since pineapples do not ripen after they are picked, take your time choosing a good one at the store.
- **Peaches and Nectarines** – These fruits have beta-carotene, Vitamin C, and fiber. The fruits continue to ripen after picking. You can expedite the ripening process by storing the fruit in a brown paper bag at room temperature. The ripe fruit will be soft to the touch and give off a sweet scent.
- **Melons** – Cantaloupe, honeydew, and watermelon offer beta-carotene and Vitamin C. In fact, cantaloupe has more than 100% of the recommended daily intake of both of these antioxidants. Golden-colored cantaloupes are at the peak of ripeness. If you can only find a green one, then let it sit in room temperature for a couple of days to fully ripen. Both cantaloupe and honeydew will give off a mildly sweet scent when they are ready for consumption.

So, this summer, when an ice cream sundae is calling your name, why not reach for succulent summer fruit instead? Not only will you avoid excess fat and cholesterol, but you will also nourish your body with vitamins, minerals, and antioxidants for a long, healthy life.

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance-fitness program with more than 7,500 instructors teaching 32,000 classes weekly in the U.S. and around the globe. Since 1969, millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. For more information on Jazzercise go to [jazzercise.com](http://jazzercise.com) or call (800)FIT-IS-IT or (760)476-1750.

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