

Peach Blossom Direct Primary Care



newsletter

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Step Into Better Health

Tips for reaching 10,000 steps a day

Walking more each day boosts your heart health, energy, and mood—and you don't need 10,000 steps all at once to feel the benefits!

✓ Start Small, Build Gradually

If you're starting out, try adding 2,000–2,500 steps daily—just a 10–15 minute brisk walk.

💡 Simple Ways to Add Steps:

✓ Take stairs instead of elevators

✓ Park farther away

✓ Walk during calls or breaks

✓ Try walking meetings

✓ Walk before or after meals

📱 Track Your Steps

Use a pedometer, phone app, or tracker to monitor progress and stay motivated.

👥 Make It Social & Fun

Join step challenges with friends, family, or coworkers—friendly competition helps!

⚡ Walk with Purpose

Walking faster—100 steps per minute—boosts benefits. Try picking up the pace part of the time.

🎯 Set Goals That Fit You

If 10,000 feels like too much, even 7,000 steps a day can improve your health—especially for older adults or those managing chronic illness.

Why Protein Matters More Than Calories

- For years, weight loss advice focused almost entirely on one thing: calories in versus calories out. While calories do matter, they're only part of the picture. What those calories are made of can make a huge difference in how you feel, how your body functions, and whether the weight you lose is fat or muscle.
- Protein is one of the most important nutrients for overall health. Unlike carbohydrates and fats, protein provides the building blocks your body needs to repair tissues, support your immune system, produce hormones, and maintain healthy muscles.

Protein Helps You Lose Fat—Not Muscle

- When people lose weight without eating enough protein, they often lose muscle along with fat. Muscle is important because it helps maintain strength, balance, and independence as we age. It also burns more calories at rest than fat tissue, helping support a healthy metabolism.
- Getting enough protein during weight loss helps preserve lean muscle while encouraging your body to use stored fat for energy.

Protein Keeps You Fuller Longer

- Ever notice you're hungry an hour after eating a bagel or bowl of cereal? Meals that are mostly carbohydrates digest quickly and often leave you hungry soon afterward.
- Protein takes longer to digest and helps you feel satisfied, making it easier to avoid unnecessary snacking and overeating.

Think Beyond the Calories

Consider these two 300-calorie snacks:

A sugary pastry or Greek yogurt with fresh berries and almonds

Both contain about the same number of calories, but they affect your body very differently. The yogurt provides protein and healthy nutrients that help keep you full and support muscle health, while the pastry is more likely to cause a quick rise—and then drop—in blood sugar, leaving you hungry again.

How Much Protein Do You Need?

Most adults benefit from including a source of protein with every meal. Good options include:

Chicken or turkey	Fish	Eggs	Greek yogurt	Cottage cheese
Beans and lentils	Tofu or edamame	Lean beef	Protein shakes	

Your ideal protein intake depends on your age, activity level, medical conditions, and health goals. If you're trying to lose weight or build muscle, your needs are often higher than the minimum daily recommendation.

The Bottom Line

Rather than focusing only on eating fewer calories, focus on eating enough protein to nourish your body. Choosing protein-rich foods can help you stay full, preserve muscle, support a healthy metabolism, and make weight loss more sustainable.

High-Protein Summer Greek Chicken Salad

🍴 Servings: 4

🥚 Protein: ~36g per serving

Ingredients

2 cups grilled chicken breast, diced
1 can (15 oz) chickpeas, rinsed & drained
1 English cucumber, diced
1 cup cherry tomatoes, halved
1 bell pepper, diced
½ red onion, thinly sliced
½ cup feta cheese, crumbled
¼ cup fresh parsley, chopped
Optional: Kalamata olives

Directions

-Whisk together all dressing ingredients.
-Combine chicken, chickpeas, vegetables, feta, and parsley in a large bowl.
-Pour dressing over salad and toss well.
-Chill for 15–30 minutes before serving.
-Enjoy on its own or over mixed greens for an extra serving of vegetables.

Nutrition (Per Serving)

390 Calories • 36g Protein • 8g Fiber

♥ Peach Blossom Health Tip:

Eating 25–35 grams of protein per meal helps support muscle health, keeps you feeling fuller longer, and may reduce cravings. Pairing protein with fiber-rich vegetables is a simple way to keep your energy steady all afternoon!

Lemon Herb Dressing

3 Tbsp extra virgin olive oil
Juice of 1 lemon
1 tsp Dijon mustard
1 garlic clove, minced
1 tsp dried oregano
Salt & pepper to taste



All information on this newsletter is for educational purposes ONLY. Talk to YOUR healthcare professional for diagnosis and treatment options.