

# Your Health Your Life

April - June, 2005

## Spring is in the air.....



Spring, the time of year when everything, after a long winter's nap, seems to come alive again. It's time to take out the shorts and bathing suits to see if they still fit. Maybe you've been in hibernation and the thought of wearing summer clothes is less than appealing. If so, now's the time to "come alive" and start that fitness and nutrition program you vowed to do on New Year's Eve.

It's never too late to start. If you haven't exercised in a long time, check with your doctor before starting and then start slowly. Here are some tips to get you on the right track:

## National Health Observances

### April:

National Public Health Week, 4th -10th  
National Minority Health Month  
National Cancer Control Month  
National Alcohol Awareness Month

### May:

Clean Air Month  
Skin Cancer Awareness Month  
Older Americans Health Month  
National Mental Health Month  
National Arthritis Month  
Women's Health Week, 8th - 14th

### June:

National Safety Month  
National Headache Awareness Week, 5th - 11th

## Celebrate Women's Health...

Why don't you try something new this year? If you usually have chicken for dinner, try baked fish or even go vegetarian. If rice comes across your table once a week, try cous-cous or a new vegetable. Remember, if you plan for it, even snacks and desserts can be healthy.

If you are planning on entertaining this month or maybe having a Super Bowl party, why not try this recipe from the book, "Keep the Beat: Heart Healthy Recipes" and serve it with baked, no salt tortilla chips:

### Fresh Salsa

6 roma tomatoes (or 3 large)  
1/2 med. onion, finely chopped  
1 clove garlic, finely minced

2 jalapeno peppers, finely chopped  
3 tbsp cilantro, chopped  
To Taste fresh lime juice  
1/8 tsp. salt  
1/8 tsp oregano, finely crushed  
1/8 tsp pepper  
1/2 avocado, diced

1. Combine all ingredients in a glass bowl.
2. Serve immediately or refrigerate and serve within 4 - 5 hours.





## Hearts and Flowers and...



### THINK GREEN for BETTER HEALTH !!!



The month of March usually has us thinking of GREEN - leprechauns and four-leaf clovers. It's the month where winter slowly changes into spring and the perfect time to start making changes to your personal health.

Whether or not you are Irish, keep thinking GREEN and celebrate National Nutrition Month by trying a new fruit or vegetable. Nutrition research suggests that the more green veggies you eat, the healthier you will be. The CDC (Centers for Disease Control) recommends making green vegetables an important part of your recommended 5 to 9 servings of vegetables and fruit a day.

What makes green veggies so healthy? One reason is that they are packed with nutrients and phytonutrients—substances found only in plants that may help fight disease and improve health.

The best “GREEN” sources of phytonutrients are:

- Kale
- Romaine Lettuce
- Broccoli
- Green Peas
- Spinach
- Leafy Greens (turnip, collard, mustard)
- Honeydew melon
- Kiwifruit

### Wellness Tip of the Quarter: Laughter, the Best Medicine

Laughter is a major stress reducer. It helps us enjoy the good times and make it through the tough times by: reducing stress, improving attitude, increasing work performance, and improving communication. Find the time to laugh by developing an eye for humor. Look at things around you and enjoy the humor; you'll reap benefits from doing so.

