

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body.

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Walking With Joy

Walking is one of the best forms of exercise, but sometimes we forget it can also be one of the most enjoyable. There are many ways to get more pleasure out of your daily walk. Some of the ideas listed below may be more appealing than others, depending on your personality and stage in life. Try ones which appeal to you and you may find yourself looking forward to walking with real delight.

- ◆ Mix it up by taking different routes for your walks. You'll become more familiar with a larger section of your community, avoid boredom, and increase your safety by not following the same route.
- ◆ Imagine you are a tour guide showing off your community. How will you describe the sights you see along your walking routes?



- ◆ Become more connected to your community. As you walk, you may notice an area that could use a little improvement. Use your walk to help you think through a good solution, and how you can get the ball rolling to make it happen.
- ◆ If you like to feel a sense of accomplishment, pick up litter as you walk. Carry along a plastic bag and use it to hold trash you see on your path.
- ◆ Many worthwhile causes sponsor walks as a way to raise awareness and funds. Set a goal to participate in one or more of these during the year. You'll meet many other people who enjoy walking and help others too.
- ◆ Reconnect to nature by walking outdoors whenever possible. Identify the trees, shrubs and flowers you see in yards, gardens and other landscapes along the way. Notice the fragrances you smell, the colors you see, the leaves you feel.
- ◆ Watch gardens and plants change with the seasons. Be inspired to plant in your own garden.



- ◆ Use walking time to work through thorny problems. Let creativity flow, accepting any solution that comes to mind, no matter how impractical. Even though you may have to get more realistic to arrive at something feasible, this approach can open up your mind to new possibilities.
- ◆ Reflect on your blessings, especially the very small everyday kind of things we tend to take for granted.
- ◆ Practice meditation while you walk. Read a quote or religious text before setting out and use your walk as a time to focus solely on the words and their meaning to you.
- ◆ Plan a fun activity while you walk, something you would enjoy doing. Then when you return from your walk, do it!



- ◆ Walk with a friend or family member. Make it a regular thing, or set up a special time to reconnect and enjoy each other's company.
- ◆ Think about something you can do to brighten someone else's day. This could be as simple as stopping by a neighbor's house to chat for a bit on your way home.
- ◆ For those who like to strive for goals, challenge yourself to walk five minutes longer, or to increase your steps by 10% each week.
- ◆ Break up the pace by skipping along for a short time. If you are self-conscious take a child with you.
- ◆ Let your feet do the walking, and let them take you to places you might otherwise drive like the library, post office, bank, movie theatre, school, place of worship, playground or park.
- ◆ Make music while you walk by whistling, humming or even singing a happy tune.

Menu of the Month

With March we happily celebrate the coming of spring. Spring's warmer temperatures mean shedding heavy coats in favor of jackets and sweaters. Likewise, we can change meals from hearty comfort foods to lighter-tasting fare like spring **Green Beans with Fresh Herbs and Walnuts**. This flavorful side dish would pair nicely with simple grilled chicken breasts or fish fillets, a salad of mixed spring greens and a whole wheat roll. Enjoy an end-of-the-season sweet, juicy pear for dessert and you've got a meal perfect for welcoming spring.

Green Beans with Fresh Herbs and Walnuts

¼ cup fat-free, reduced-sodium chicken or vegetable broth	2 tablespoons minced parsley
4 ½ cups fresh green beans, washed, trimmed and cut into 2-inch pieces	½ teaspoon Dijon mustard
1 tablespoon olive oil	1 tablespoon ground toasted walnuts (see note)
1 tablespoon minced chives	Freshly ground pepper to taste

In medium-large skillet, place broth and green beans. Cook over medium heat, stirring often, until beans are just tender. Using slotted spoon, remove to large bowl, leaving any remaining broth in pan. Add olive oil, chives and parsley to pan and sauté over medium heat for 1 minute. Stir in mustard. Return green beans to pan. Cook for 1 minute to coat beans. Stir in walnuts and pepper and serve immediately.

Makes 8 servings. Nutrition information per serving: 39 calories, 2g fat, 5g carbohydrate, 1g protein, 2g dietary fiber, 95mg sodium.

Note: To toast walnuts, place about 1 ½ tablespoons walnut pieces in dry skillet. Toast over medium heat for about 5 minutes until walnuts are fragrant. Stir frequently to prevent burning the nuts. Cool nuts slightly before grinding in hand grinder or blender. Toasted nuts may also be very finely chopped instead of ground.

Recipe adapted from American Institute for Cancer Research Newsletter, spring 2007 issue.

More Matters

Yes, more does matter, especially when we're talking about eating fruits and vegetables. Surveys continue to show that very few of us eat enough of these nutrient-packed powerhouses. This is truly a shame because we are missing not just some important nutrients but also wonderful flavors, textures and colors.

As you read through this list of tips, hopefully you'll find one or two that will help you and your family eat more fruits and vegetables.

- Top oatmeal or other breakfast cereal with dried apricots, cranberries, cherries or raisins. When berries are in season, use them instead.
- Top pancakes and waffles with fresh, frozen or canned fruit.
- Make a breakfast, lunch or snack wrap by thinly spreading peanut butter on a small flour tortilla. Wrap a peeled banana, sliced apple or dried fruit in the tortilla.

- Carry an apple or pear in your briefcase to work for a mid-morning snack.
- Make an easy, healthy snack mix by combining unsweetened cereal (like wheat squares or oat circles) with nuts and dried fruit.
- Add sliced cucumber, sweet green or red peppers, zucchini to your sandwich in place of, or with, lettuce and tomato.
- Add colorful veggies like sliced red, yellow or green peppers, red onion, broccoli, mushrooms, spinach to frozen pizza before baking.

Words to Consider

"Always remember that the future comes one day at a time." --Dean Acheson