Spring Cleaning for Your Refrigerator

Clean eating is a cool concept that's perfect for Spring as many fresh fruits and vegetables come into season. Now is the time to start practicing a better diet through clean eating! Here's the challenge: totally avoiding all processed foods is unrealistic, but minimizing the amount of processed foods is definitely attainable.

So how do we work towards this attainability??

Start Building a Whole Foods List:

When you shop, focus on looking for whole foods instead of processed foods. What would be a good whole food to reach for?

- Grass-fed or free-range meat or animal products;
- Intact and fresh fruits and vegetables (look at your produce section first and foremost!);
- Unsalted and unroasted nuts

Decrease the Amount of Refined Sugar:

There are better ways to satisfy your sweet-tooth and cut down on empty calories than with processed junk food.

- Natural sugars in fruits like oranges is a fantastic substitute;
- Cooking your own meals from scratch using whole foods gives you a better idea of what you're putting in your body

### Clean Eating Helps with your Health and Activity:

Eating whole foods leads to better health overall with some very positive results!

- Easier to maintain your weight;
- Ensures the best amount of essential nutrients;
- Keeps your digestive tract regular and feeling good;
- If you feel good, you're more likely to take care of yourself in other ways!

For April and May, here are your in-season fruits and vegetables:

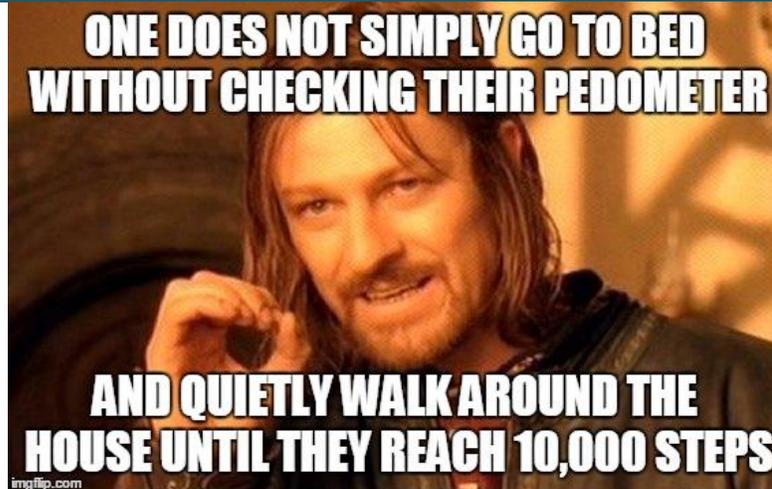Avocado   Leeks   Spinach
        Asparagus   Peas
Artichokes   Limes   Cherries
        Lettuce   Guavas
Green Onions   Broccoli   Cucumbers
        Lemons   Mandarin Oranges
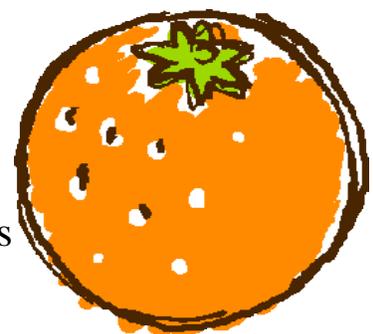
Walk Before You Run

Walking is a **simple and easy way to improve your health** without the hassle of exercise equipment or going to a gym. It doesn't require any special skills and it is FREE.

Walking can also **lower blood pressure, encourages weight loss, increases muscle strength, and improves your balance and coordination**. It helps with preventing and managing various conditions, including heart disease, high blood pressure and Type-2 Diabetes.

ONE DOES NOT SIMPLY GO TO BED WITHOUT CHECKING THEIR PEDOMETER AND QUIETLY WALK AROUND THE HOUSE UNTIL THEY REACH 10,000 STEPS

There are all types of rewards to walking too! Not just physical health!

Social rewards

Walking with another person or group can be a great way to keep with your commitment and be socially connected. If you decide to walk with a group, be careful to stay with your pace, distance and goal. Groups can make us feel we have to "keep up" causing burnout or injury.

Keeping Sanity

Improve your mood, boosts endorphins. Time spent walking can help you get your thoughts together or think about absolutely nothing. Make it 100% your time without outside pressures.

All you need is comfortable clothes, 20 to 30 minutes, a good mindset, and a record! And don't forget to celebrate achievements!

Increase your life expectancy

For example, a recent study of 400,000 people found that just 15 minutes a day of moderate exercise (which includes brisk walking) can have significant health benefits, adding up to three years to life expectancy. Every additional 15 minutes of daily exercise reduced all-cause death rates by a further 4 percent.

Remember: it's not true that exercise has to hurt to be beneficial!

http://www.cuesa.org/eat-seasonally/charts/fruit
http://www.dummies.com/how-to/content/eating-clean-for-dummies-cheat-sheet.html
http://www.eatingwell.com/nutrition_health/nutrition_news_information/10_ways_to_eat_clean
https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF8#q=health+benefits+of+walking
Runner's World Magazine May 2016 (pp. 78-82)
http://www.cdc.gov/physicalactivity/walking/
http://www.c3health.org/wp-content/uploads/2009/09/C3-report-on-walking-v-1-20120911.pdf

If you have any questions, concerns, or future topic suggestions, just let me know!

- Ann Keidatz, RN BSN