

Let's get moving into SPRING!

Spring is finally here and the weather is starting to warm up. It's time to start to go outside and enjoy the fresh air and beautiful scenery. Now is the time to start an exercise program to enrich your life and health.

Exercise is an important part of a healthy lifestyle. It's not only beneficial to your physical health but also improves the mental health as well.



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Physical Benefits of Exercise

Maintain or lose weight: Exercise will help to build muscle mass. By increasing muscle mass, the body will also increase in its metabolism. With an increased metabolism, the body will burn more calories which can help with weight loss.

Illness and chronic disease: Exercise can help improve digestion, blood pressure and bone density. It can also help strengthen the immune system.

Increase your balance and flexibility: Exercise can help with strength and coordination, which can reduce falls.

Mental Health Benefits of Exercise

Improve sleep: Activity can reduce the time it takes to fall asleep and sleep more soundly.

Enhance your mood: Exercise causes the body to release endorphins. Endorphins can help reduce anxiety, depression, and sadness.

Lift your brain function: Exercise can aid in brain function such as: memory, multitasking, and creativity.

Exercise Tips for Success

- 1- Find an activity that you enjoy that requires physical activity. (Walking the dog, golfing, biking, etc.)
- 2- Find an exercise class that you can afford and like enough to continue with. Senior centers, YMCAs, and local gyms all have exercise classes with the senior individual in mind.
- 3- Find a buddy to exercise with.
- 4- Ask your health insurance company if they have gym member discounts.
- 5- Just have fun and keep going. This is not a completion but a lifestyle change. Take an exercise regimen at your own pace and comfort zone.

Peanut Butter Energy Bites

Yields-16 balls

Recipe by: Tasty



Ingredients

- $\frac{2}{3}$ cup creamy peanut butter
- 1 cup old fashion oat, plus extra for rolling
- 1 $\frac{1}{2}$ tablespoons honey
- $\frac{1}{4}$ cup mini chocolate chips, plus extra for rolling
- $\frac{1}{4}$ cup flax seed, optional

Preparation

1. Mix all ingredients in a bowl until well-combined.
2. Cover with plastic wrap and chill in the refrigerator for at least 30 minutes.
3. Once done chilling, roll into approximately 1 inch (2.5 cm) balls. (Cover hands in a light layer of butter or oil to facilitate rolling and avoid getting sticky hands.)
4. Lay out a thin layer of oats and chocolate chips on a cutting board or work surface and roll the balls in the mixture. Finish off by rolling each ball between your hands to pack in the oats and chocolate chips.

Strawberry Smoothie

Servings-2

Recipe by: Ashley Fehr



Ingredients

- 1 cup low fat milk (or juice)
- $\frac{1}{2}$ cup strawberry Greek yogurt
- 1 frozen banana cut in chunks
- 1 $\frac{1}{2}$ cups fresh or frozen strawberries

Instructions

1. Place ingredients in blender in the order written.
2. Puree until smooth, add a bit more milk or water if smoothie is too thick to blend. Taste and add a bit of honey if desired to sweeten.



Good news about everything that's good to eat!

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