

National Garden Month

Every April, communities, organizations and individuals nationwide celebrate gardening, which is a fun way to get exercise, enjoy the outdoors, beautify the community and grow nutritious foods.

Benefits of Gardening

Physical activity! Gardening provides all three types of exercise: endurance, flexibility and strength. The author of "Fitness the Dynamic Gardening Way" suggests gardening in a structured routine. Rake for a while, then dig holes, then prune. Also, increase your range of motion; exaggerate the raking or digging motion. You can burn up to 500 calories! [Web MD](#)

Nutritious fresh food! Homegrown fruits and vegetables can taste much better than those available in markets. They contain natural sources of vitamins, minerals and fiber and may reduce disease risk. Gardening can encourage both adults and children to try new produce. Garden with your kids to get them excited about the plants on their plate. In addition to fresh fruits and vegetables, choose low-fat/fat-free dairy products, lean proteins and whole grains to maintain an overall balanced diet. [University of Nebraska](#)

Community connections! A community garden is any piece of land gardened by a group of people. Community gardens stimulate social interactions, reduce crime, conserve resources, beautify the community and can reduce family food budgets. Find your local community garden at www.communitygarden.org.



Recipe of the Month

Frittata Muffins

Ingredients:

- 4 Egg whites
- 4 whole Eggs
- ½ cup plain Greek Yogurt
- 1 cup Spinach
- ½ cup Mushrooms, chopped
- Salt and Pepper to taste

Directions:

1. Preheat oven to 350 F.
2. Lightly spray a muffin pan with cooking spray.
3. Beat egg whites, eggs and yogurt until fluffy.
4. Add spinach, mushrooms, salt and pepper and mix well.
5. Pour mixture into pan and bake 15–20 minutes or until toothpick comes out clean.

Recipe: [Tone It Up!](#)



Move of the Month

Hamstring Curls

On your hands and knees, curl your leg by bending to 90 degrees. Keep your thigh parallel to the ground and abs tight.

While in the curled position kick your leg up. Repeat 15 times for each side. Lock a dumbbell behind your knee to make it more challenging and really work the gluteus! [Tone It Up!](#)



Image: www.fitbie.msn.com

