



There are 1,440 Minutes in Each Day... Save 30 of Them for Physical Activity!

Adults need at least 30 minutes of moderate physical activity at least 5 times a week. Physical activity helps to protect against heart disease and stroke, high blood pressure, diabetes, obesity, back pain, and osteoporosis. It boosts your self-esteem and aids in stress management, and helps to postpone the development of disability in older adults.

Celebrate **National Employee Health and Fitness Day** on May 18th – the 3rd Wednesday of this month! National Employee Health and Fitness Day (NEHF) is a national health observance that promotes the benefits of physical activity and the role it has in improving overall health.

Benefits for Employers:

- Enhanced employee productivity
- Reduced employee absenteeism
- Develops employee leadership skills
- Improved health care costs management
- Decreased rates of illness and injuries

Benefits For Employees:

- Lower levels of stress
- Increased well-being, self-image and self-esteem
- Improved physical fitness
- Increased stamina
- Potential weight reduction



Find your Inner Green Thumb

Boost your physical and mental health! Gardening provides strength and cardio training, as well as increasing flexibility through a low impact workout. Carrying one gallon watering cans in each hand = 8 lb dumbbells; picking up that wheelbarrow and pushing it around = bicep workout. Gardening aids in developing hand-eye coordination, improves motor skills, increases your range of motion, and boosts your self-esteem (just take a bite out of those fragrant and juicy strawberries, courtesy of you!). Weeding and cultivating can burn around 200 calories/hr while more strenuous garden work, such as hauling rocks, an even burn as much as 600 calories/hr. Your garden sanctuary can also reduce stress built up throughout the day leading to a lower blood pressure – thus reducing the risk of heart disease.

Not only important for physical health, gardening provides fresh fruit and vegetables; freshly picked, they have the highest nutritional value. Growing them yourself encourages you to eat them and find new ways to prepare them for dinner. Garden fresh herbs are rich and flavorful and omit the need for salt in a meal. There are good choices for

Move of the Month Cobra

Target Area: Lower Back
Lie facedown on the floor with arms at sides, palms down. Keeping abs and glutestight, lift chest off floor and raise arms up and back toward hips, rotating thumbs up. At the same time, lift legs about 3 inches off floor. Hold for 3 counts and lower back to starting position.
Repeat for 8 to 10 reps



Six Ways to Get More Active in the Office:

1. Pick a further parking spot: Adding some distance to your parking spot forces you to walk farther at least twice a day. It's a great way to stretch your legs after work before you drive home. Want to add in more steps? Leave something you know you will need in the afternoon in your car (ie a folder) and grab it during your lunch break.
2. Deliver messages in person: Instead of sending your colleague an email or using the intercom, make a point to walk to their office and give the message in person. These little walks add up throughout the day.
3. Don't rely on an assistant: Most of the things assistants do – coffee runs, checking mail, making copies, running errands – are easy ways you can add physical activity to your day. Take advantage of these physical aspects of your job.
4. Take the stairs: A no brainer.
5. Every hour reminder: Set an hourly memo on your computer to get up and move – either by getting a glass of water, walking to the bathroom, or making a copy of papers.

Recipe of the Month

Greek Layered Dip

Ingredients

- 2 Whole wheat pita (pocket) breads (6 inch)
- Cooking spray
- 1 Container plain hummus
- 1 Container fat-free Greek plain yogurt
- 1 tablespoon Chopped fresh parsley
- 1 teaspoon Fresh lemon juice
- 1/8 teaspoon Pepper
- 1 Medium Roma tomato, seeded, chopped
- 1/3 cup Pitted kalamata olives, quartered
- 1/3 cup Finely chopped seeded cucumber
- 1/2 cup Crumbled feta cheese
- 1/4 cup Chopped green onions
- 1 teaspoon Olive oil
- 1/2 Medium cucumber, sliced

Preparation

1. Heat oven to 350°F. Split each pita bread horizontally to make 2 rounds. Cut each round into 6 wedges. Arrange on ungreased large cookie sheet, rough surface up. Spray with cooking spray (about 5 seconds).
2. Bake 8 to 10 minutes or until golden brown and crisp; cool.
3. Meanwhile, spread hummus on shallow serving platter or in pie plate. In small bowl, mix yogurt, parsley, lemon juice and pepper; spread evenly over hummus. Top with tomato, olives, chopped cucumber, feta cheese and onions. Drizzle with olive oil.



Courtesy of MealsMatter