



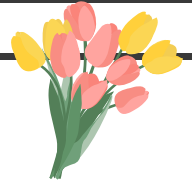
APRIL 2023

# JR2 LIVE HEALTHY

Q4 EMPLOYEE WELLNESS NEWSLETTER

## SPRING FORWARD

*By Miranda Wehmeyer RD LD*



Time change means that as Sheryl Crow might say, "I'm gonna soak up the sun". Your body converts that sunlight into vitamin D, & then vitamin D aids in the absorption of calcium & phosphorous. Nothing makes me want to be outside more than this weather. It is a great time to hike some new trails, play in the rain, or even go for your first outdoor run of the year! In this quarter's newsletter I am going to share with you some fantastic local events to enjoy the great outdoors & soak up as much of that "sunshine vitamin" as you can!



### This Month's Issue:

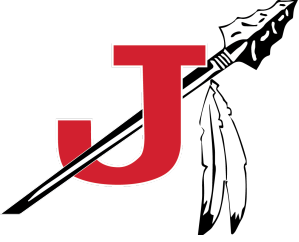
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### Local Outdoor Events:

- April 8- Cruisin' Uptown Jackson
- April 13-16- Dogwood Azalea Festival
- April 22- Milk Mustache Dash
- April 22- Friends of the Parks Day & Great Cape Clean Up
- April 22- 30th Southern Open 4- Person Scramble- Jaycee Municipal Golf Course
- April 29- Jackson In Bloom
- May 2- First Jackson Farmer's Market of the 2023 Season (2-6 pm)
- May 6- First Cape Riverfront Market of the 2023 Season (8-12 pm)
- May 12- Perryville Mayfest
- May 16- Adult Sand Volleyball League Begins- Arena Park Sand Courts
- May 19- National Bike to Work Day
- May 20- Glowball Tournament- Jaycee Municipal Golf Course
- May 20- Furry Friends 5K- Jackson
- May 27- Cape Splash Opening Day
- 5/29/23-8/18/23- River Walking begins at Cape Splash



According to the American Psychological Association spending time in nature is linked to both cognitive benefits & improvements in mood, mental health, & emotional well-being.



# JR2 LIVE HEALTHY

## SPRING CLEANING



According to the Cleveland Clinic Spring Cleaning is good for your health.

1. You feel accomplished.
2. It distresses you.
3. You feel more peaceful.
4. It improves your focus.
5. It reduces home hazards.
6. It gets you moving
7. It helps fend off depression.



Have you ever heard of the "ski slope" method?

If you feel overwhelmed by looking at a particular space full-on it is recommended to try this method. You start in one spot & then zig-zag through the room. This may sound a little chaotic but it provides you with a streamlined method of attack & helps to develop some momentum.

## SPEAKING OF CLEANING...

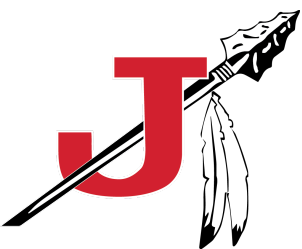
Lets talk about cleaning your plate.

Everyone has heard of the phrase "making a happy plate" or maybe you were told by your parents that you could not get up from the table unless your plate was clean, sound familiar?

Let's adjust our way of thinking about this topic.

1. **Listen to our bodies & not our eyes.** Always encouraging our kids to finish their plate could be encouraging them to overeat. We want to let them listen to their bodies to determine when they are satisfied and be in tune with their hunger & fullness cues.
2. **Limit pressure to eat.** Our appetite fluctuates on a day-to-day basis. As a parent, it is our job to provide nutritious food and our children's job to determine how much to eat.
3. **Start with small servings.** If we start with small servings we can prevent waste, although we can always save what is left on the plate for leftovers, providing small servings allows the child to ask for more if they are still hungry.

This thought process can also to apply to adults & our eating behaviors.



# JR2 LIVE HEALTHY

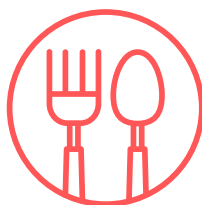
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## WHAT'S IN SEASON?

- Apricots
- Artichokes
- Asparagus
- Avocados
- Bananas
- Broccoli
- Cabbage
- Carrots
- Celery
- Collard Greens
- Garlic
- Kale
- Kiwi
- Lemons
- Lettuce
- Mushrooms
- Peas
- Rhubarb



## INDIAN FUEL- RECIPE IDEAS



(click on the title for the recipe)

[Guacamole-](#)

Perfect for May 5- Cinco de Mayo!

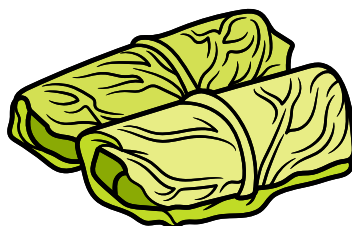
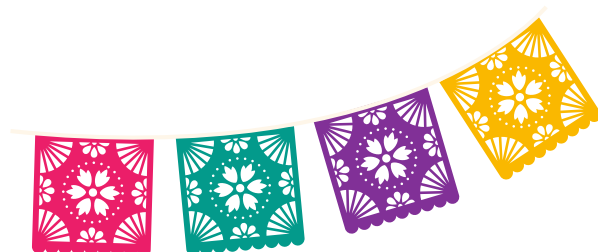
[Thai Chicken Curry with Coconut Milk](#)

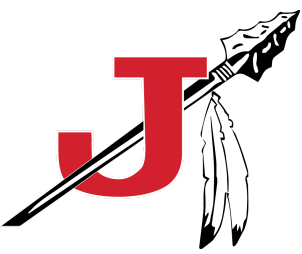
[Asian Lettuce Wraps](#)

[Easy Cabbage Rolls](#)

[Banana Bread](#)

[Spinach Artichoke Dip](#)





JR2 LIVE HEALTHY

# SPRING SPELL IT OUT WORKOUT

**SPELL YOUR NAME WORKOUT**

*Build your own personal workout from your name (or surname!)*



<b>A</b> 20 squats	<b>B</b> 35 jumping jacks		
<b>C</b> 20 arm circles	<b>D</b> 35 second plank	<b>E</b> 15 burpees	<b>F</b> 10 push-ups
<b>G</b> 1-minute wall sit	<b>H</b> 20 lunges	<b>I</b> 25 donkey kicks	<b>J</b> 20 crunches
<b>K</b> 20 burpees	<b>L</b> 1-minute plank	<b>M</b> 20 Russian twists	<b>N</b> 15 leg lifts
<b>O</b> 10 windshield wipers	<b>P</b> 15 squat jumps	<b>Q</b> 20 mountain climbers	<b>R</b> 20 burpees
<b>S</b> 15 donkey kicks	<b>T</b> 25 arm circles	<b>U</b> 30 jumping jacks	<b>V</b> 25 squats
<b>W</b> 15 lunges	<b>X</b> 15 crunches	<b>Y</b> 15 Russian twists	<b>Z</b> 15 windshield wipers