

Earth Day is April 22!  
Pass On A Better  
Earth.

*“We do not inherit  
the earth from our  
ancestors, we  
borrow it from our  
children.”*

*-Native American Proverb*



## B. GREEN

Spring is a fantastic time of year to start gardening. Flower and vegetable gardens can be a source of activity and bring a sense of accomplishment. Flower gardens attract insects that can pollinate other plants therefore providing valuable assistance in the lifecycle. Of course growing your own vegetables can save money. Check with your local garden center as to what steps to take to obtain the best results.



## B. ACTIVE

What a great month to start outdoor activities. The temperature is getting warm and it stays light a little longer. If you have been inactive all winter ease back into being active. As we age, warming up and cooling down become more important. Warming up gets the body and the mind ready for action and a proper cool down can eliminate or reduce muscle soreness.

## B. NUTRITIOUS

You are in a popular chain restaurant, and only have the following four items to choose from. Which one has the **least** amount of calories?

- Quesada Burger
- Low Fat Asian Chicken Salad
- Low Fat Chicken Quesada
- A half order of Chicken Caesar Salad?

If you answered the burger you would be right. This is why it is so important to understand what we eat and to prepare most of your own food. Most people would assume that the salads are low in calories but that is not always the case.

## B. QUIZZED

### Answer True or False

1. Your waist size can predict your risk for some diseases?
2. Thin equals healthy?
3. Seventy percent of all chronic disease and illness is genetic?

*(Answers on page 2)*



## Mark My Words

### Question:

I heard that you can workout too hard. Is there any truth to that?  
Cindy F.

### Answer:

The answer can be yes. I had a client that trained approximately eleven times a week. Each weekday morning they did 30-40 minutes of cardio-vascular work at a high intensity. That means they were outside their target heart rate zone.

They hit the gym for 30 minutes of heavy weight training four times a week in the evening. On the weekends they played full court basketball for two hours each day.

I suggested taking one day off each weekend and switching to a lower intensity style of weight training. We also reduced the intensity of the cardio-vascular workouts and added Yoga. In two months time this client gained a pound of muscle, lost 4 pounds of fat and dropped a pant size.

So yes, sometimes people can over train!



## B. WISE

**April is Alcohol Awareness Month.** In challenging times many people turn to unhealthy ways to manage stress. In place of a drink to 'calm your nerves" try going for a walk, heading to the gym or volunteering to help someone less fortunate. If you think you or someone you care about needs help contact your healthcare professional.

## B. HEALTHY

### Honey Pineapple Chicken

#### Ingredients

- 3 lbs. boneless skinless chicken breast halves
- 2 tablespoons canola oil
- 1 can (8 oz.) unsweetened crushed pineapple, including juices
- 1 cup packed brown sugar
- 1/2 cup honey
- 1/3 cup lemon juice
- 1/4 cup butter, melted
- 2 tablespoons prepared mustard
- 2 teaspoons soy sauce

#### Directions

In a large skillet, brown chicken in oil in batches on both sides; transfer to a 5-qt. slow cooker. Combine the remaining ingredients; pour over chicken.

Cover and cook on low for 3-4 hours or until a meat thermometer reads 170°. Strain pan juices, reserving pineapple. Serve pineapple with the chicken.

Makes about 12 servings. *Side note: You can decrease the amount of brown sugar by half and slightly increase the amount of honey. I would serve this along with broccoli, your favorite vegetable or brown rice.*



## B. ANSWERED

- 1. True-** Increased waist size indicates abdominal fat which raises your chances for heart disease, cancer and diabetes.
- 2. False-** Just as many thin people have chronic disease and illness.
- 3. False-** Actually according to WELCOA (Wellness Council of America) seventy percent of all chronic disease and illness can be attributed to lifestyle choices



If you have a question you would like answered please contact me at [mkrug@benecon.com](mailto:mkrug@benecon.com).