



Spring into Exercise

Walking Works

Are you looking for a fun, inexpensive exercise that can be done almost anywhere? Consider walking.

Whether you want to lose weight, manage your health or just feel better about yourself, walking is the answer. It is one of the safest, most inexpensive forms of exercise around. Walking conditions your heart and lungs to use oxygen more efficiently. It also reduces the risk of developing some forms of cancer and osteoporosis. Walking fights the battle of the bulge by reducing fat and building muscle.



Exercise and Blood Pressure



Being physically active has many health benefits. It helps us sleep better, have more energy, manage our weight and strengthens the heart. A stronger heart pumps blood throughout the

body with less effort, lowering our blood pressure.

The American Heart Association advises a weekly goal of 150 minutes of moderate exercise, or 75 minutes of vigorous exercise. You can aim for 30 minutes most days of the week, or exercise in shorter intervals, such as 10 minutes 3 times daily. Any physical activity can count.

Becoming more active has been shown to lower blood pressure by approximately 4-9 points. It takes 1-3 months to see improvement in your blood pressure from an improved exercise habit. And remember – continue exercising to keep your blood pressure low!

Source: www.mayoclinic.org

Fava Beans with Red Onion and Mint

Healthful eating is never so easy as it is in the spring. With fresh fruits and vegetables flourishing, you only need minimal preparation to bring out maximum flavor. From salads to sides, entrées to desserts, here is a collection of our wholesome springtime favorites.



- 3 cups peeled shelled fresh fava beans (2 1/2 pounds in pod)
- 1 teaspoon plus 2 tablespoons olive oil, divided
- 2 medium red onions, chopped
- Fine sea salt
- Generous handful of mint, roughly chopped (about 1/2 cup)

Cook fava beans with 1 teaspoon oil in boiling unsalted water until tender, 6 to 8 minutes, then drain.

Cook onions in remaining 2 tablespoons oil in a medium skillet over medium heat, stirring, until just crisp-tender, about 4 minutes. Add beans and cook until just heated through, then season with sea salt and pepper. Toss in mint. Serve immediately.

Stay Safe During Spring Weather Hazards

From hail and mudslides to thunderstorms and tornadoes, severe weather takes many different forms in the spring months. By knowing the extent of hazardous weather, you will be able to prepare yourself and protect your family and property.

Having a storm readiness plan in place saves valuable time if severe weather strikes. Advance planning may even limit the damage caused by harsh weather. Take the opportunity now to choose the best shelter in your home, and make sure your family knows where it is. Choose a meeting place to gather after the storm to ensure that everyone is safe and accounted for.

While severe weather can strike at any time, the following types of weather hazards become more prevalent during spring:

1. **Floods.** Floods are among the most frequent and costly natural disasters in terms of human hardship and economic loss. Most flooding occurs when the volume of water in a river

or stream exceeds the capacity of the channel. In the spring, heavy rains and melting snow can greatly increase the risk of flooding. To assess your susceptibility to flooding, consult flood hazard maps for your community. If you live in a high-risk area, consider elevating your furnace, water heater and electric panel. Install "check valves" to prevent floodwater from backing up into the drains of your home and seal walls in your basement with waterproofing compounds.

2. **Mudslides.** Mudslides develop when water rapidly accumulates in the ground and results in a surge of water-saturated rock, earth and debris. As with floods, the most important precaution you can take is to determine your susceptibility to mudslides. Consult a geotechnical expert (a registered professional engineer with soils engineering expertise) for advice on reducing landslide problems and risks. Local authorities should be able to help you contact a geotechnical expert.

3. **Tornados and High Winds.** A tornado is a violently rotating column of air extending from the base of a thunderstorm down to the ground. While tornados have been reported in every state, in areas where tornados are frequent it's important to know the difference between a tornado watch and a tornado warning. A tornado watch is issued when weather conditions favor the formation of tornadoes—for example, during a severe thunderstorm. A tornado warning is issued when a tornado funnel is sighted or indicated by weather radar, and you should take shelter immediately.

For all weather hazards, maintain an emergency pack with a battery-powered flashlight, a radio, tools for emergency repair, food supplies, a first-aid kit, blankets and extra clothing. Store important identification and insurance documents in a fire- and water-proof safe. Be sure to fill your car's gas tank when severe weather is incoming. Planning ahead will help you be ready when severe weather hits.



For Generations