



Doesn't this warmer weather and longer daylight hours excite you after the long, dark and difficult winter? It puts a "spring" in my step! It makes me want to get outside and feel the sunshine and breathe the fresh air! It also makes me want to try new things! Spring is about growing and stretching yourself—about being a bit more adventurous in the name of good health!

How about trying a **new** activity? My new one is yoga and I love it! (Now if I could do it outdoors on a beach while watching the waves that would be even more awesome!) It puts me in tune with my body and helps me to work muscles I forgot existed! Maybe you can think of new ways to incorporate activity into your day. It might be doing a familiar activity in a different place or unique way. Or it might be trying something entirely new—Bosu ball classes, Tai Chi, dancing, swimming or water aerobics, kickboxing?? If you haven't found an activity you enjoy, maybe you need to try more! Some of these are offered right here on campus for very low fees (and what a great way to meet NEW friends!)

<http://www.recservices.iastate.edu/groupfitness/>

If you need someone to help you plan an exercise program and make you accountable, you can also look into a student trainer for reduced fees: <http://www.recservices.iastate.edu/training/>

How about trying out **Wednesday Walks on campus during April**? See attached flyer!

And how about trying **new** foods? We sometimes get in the rut of eating the same things over and over. Familiar foods can bring comfort but since our bodies need 40 different nutrients, so variety is important!

Perhaps stretch yourself during spring to try one new food or one new recipe each week! How about a new fruit or vegetable? It seems there are always new ones showing up in the produce department! Sometimes they release new varieties of familiar fruits. Have you tried the Piñata or Ambrosia apples? (Tasty!) Or maybe something a bit more exotic? Kiwi, pluot (hybrid of plum and apricot), mango, tomatillo, Asian pear, or jicama? There is more to life than delicious apples and baby carrots!! Check out this website for new ideas and recipes and pictures!

<http://www.fruitsandveggiesmatter.gov/month/index.html> You can also find out how many to consume daily for good health! They are packed with nutrients, fiber and phytochemicals that fight disease and aging so we need to make sure we eat them and get all of those health benefits!!

And then there are the "**power foods**"! Although there are truly no magic bullets for nutrition or weight loss, these are foods that offer many health benefits. They are identified by using the concept of "**nutrient density**" where the foods with the most nutrients and the least calories, rise to the top. One also has to take into account phytochemical content--plant compounds with health benefits. Many of these foods can improve your health, regardless if you are eating the "perfect" diet. I discovered a wonderful new book (purchased at Hy-Vee in Ames) called "**101 Foods That Could Save Your Life**" by David Grotto, RD, LDN.(website under construction at www.101foodsthatcouldsaveyourlife.com) It shares many of these "**power foods**", why we should eat them, research reports, tips on including them in your diet and recipes. (I can't wait to try the Black Bean Soup with Lime and Cumin recipe-with 10 powerhouse foods!) Many of these foods are fruits and vegetables but other food groups appear as well: beans, almonds,ginger, flaxseed, millet, hazelnuts, tea, yogurt, soy, sunlower seeds, quinoa (another new food to try!), oats and two of my favorites chocolate and coffee! The whole emphasis in this book is on what you can eat for health and not on what you shouldn't be eating. Check out the power food list and recipes above.

Also, attached are the Wellness Works monthly newsletter

We still have some seats for “What Can I Do To Prevent Cancer?” Lunch-and-learn next Wednesday April 9 at noon in Room 9 of Curtiss Hall. Let me know

if you would like to attend.

As always I am here to help you with healthy eating—please contact me to set up a meeting! That would be something “new” to do this spring as well!

Enjoy the warm spring weather!!

Sally

Sally barclay, MS RD LD

Nutrition Clinic for Employee Wellness

Iowa State University

36 MacKay Hall

Ames, IA 50011

(515) 294-9625

barclay@iastate.edu