

## FIT BITS!

**Eat your Vitamins!**  
Have you ever thought about what was in that teeny tiny vitamin? Well, did you know you could eat your "5-A-Day" fruits and vegetables and get some of the same vitamins and minerals that are in that little pill?

*Let's take a look:*

### Vitamin C –

Heals wounds and boosts the immune system.

**Bell peppers, cantaloupes, tomatoes, and citrus fruits.**

### Vitamin K –

For healthy kidneys.

**Cabbage, turnips and green leafy vegetables.**

### Vitamin B2 –

For healthy skin, hair and nails. **Broccoli**

### Potassium –

Prevents muscle weakness and cramps.

**Bananas, avocados and citrus fruits.**

### Selenium –

Helps prevent cancers, combats arthritis.

**Mushrooms, asparagus.**

### Manganese –

Keeps bones strong.

**Peas and strawberries.**

*You get the big picture!  
Eat "5-A-DAY" and  
make your own  
vitamin!*

**P.S. But keep taking those vitamins if your doctor ordered it!**

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## The Love of Gardening

Close your eyes and try to imagine paradise. If you are like most people, your imagination will guide you to lush green gardens, deep blue skies, and bright warm sunshine. (Not too many people think of a cold grey snowy day when they think of paradise.) So it is no surprise that when spring arrives, many people are rejuvenated by gardening. In fact, gardening has been shown to have some great health benefits.



Gardening is an ideal form of exercise because it combines the three forms of physical activity that contribute to fitness. Heavy work like digging and raking improves strength and endurance, while weeding and cultivating can improve flexibility. Gardening can also be enjoyed as a lifelong activity by people of all ages and all levels of fitness.



Tending a garden can also be relaxing. Being out in the sunshine, breathing in fresh air, and spending time enjoying nature has been shown to lower blood pressure and stress levels. Designing your garden is way to express yourself emotionally and artistically and gardening can stimulate all your senses—providing a rich palette of sights, sounds, textures and scents.

But let's not forget the best reason to garden—to stimulate your sense of taste! Studies reveal that gardeners eat more fruits and vegetables than non-gardeners. And if you have ever picked fresh strawberries, lettuce, or tomatoes to enjoy at your dinner table, you know why all gardeners love the harvest!



**RECIPE CORNER : This is a quick & easy treat to try out!**

## Tropical Pineapple Smoothie

**Pineapples are in season right now and sweeter than ever!** Good-quality pineapples are firm, large and have fresh-looking green tops. Pick a pineapple with skin that is as yellow as possible with no soft spots. Yellow pineapples were allowed to ripen longer and have a higher sugar content. Avoid pineapples with dry brown leaves, soft spots, watery bruises with an unpleasant smell or patches of mold.

### Ingredients:

1 cup fresh pineapple cut into chunks and frozen for one hour  
(semi-freezing the fruit makes the smoothie nice and thick)

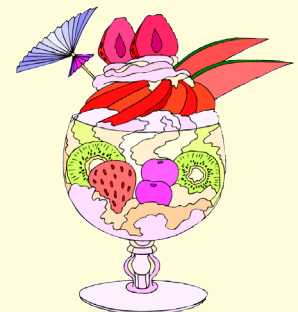
1 medium banana cut into chunks and frozen for one hour

1 1/2 cups fat free lite vanilla yogurt

1 cup crushed ice

½ cup skim milk

½ teaspoon coconut or rum extract



**Method:** Combine all ingredients in a blender and blend until thick and smooth. Makes two large smoothies or four smaller servings. Top with a dusting of ground nutmeg for an exotic touch and feel like you are away on vacation in the tropics!!! This smoothie is a great way to get in your fruit and dairy in just one serving and it tastes delicious!

## SEASONAL NOTES MARCH

March 21<sup>st</sup> – First Day of Spring  
March 29<sup>th</sup>, 1886 – Coca Cola was founded  
March Flower: Daffodil  
March Birthstone: Aquamarine  
Astrological Sign: Aries (3/21-4/19)  
March is National Nutrition Month and National Women's History Month. Try a new healthy treat and read a book or watch a movie about an important woman in history to celebrate.

## APRIL

April 1<sup>st</sup> – April Fool's Day  
April 9<sup>th</sup> – Palm Sunday  
April 13<sup>th</sup> – Passover begins at sundown  
April 14<sup>th</sup> – Good Friday  
April 15<sup>th</sup> – Income Taxes Due  
April 16<sup>th</sup> – Easter Sunday  
April 17<sup>th</sup> – Patriot's Day  
April 22<sup>nd</sup> – Earth Day

To celebrate Earth Day in April, plant some flower, herb or vegetable seeds and watch them grow throughout the season.  
Or, plan a volunteer clean-up project in your community. You will be outdoors in the fresh air doing something positive and sneaking in some exercise while you're at it!

## What's in Season??

Some of the healthiest and most nutritious foods come right from the earth. Have you ever wondered what fruits and vegetables are in season this time of year? When fruits and vegetables are in season, they are also less expensive and taste their absolute best!! Here is a guide to show you what is in season to boost your health this Spring PLUS put a couple extra dollars in your wallet!

## MARCH Peak Season

Artichokes, Cabbage, Carrots, Cauliflower, Collards, Fennel, Garlic, and Navel Oranges.

## March Newly in Season

Mushrooms, Peas (edible pods) and Spring Salad Mix.

## April Peak Season

Artichokes, Asparagus, Rhubarb, Mushrooms, Peas (edible pods) and Spring Salad mix.

## April Newly in Season

Avocado (Haas), Beans (Fava), Beets, Sweet Onions, Peas (English Shelling).

# Chats with Chip

by Chip Fitts -- Roving Reporter



Now that Spring is upon us, roving reporter Chip Fitts visited NEVIS in Hanson wanting to know...

## What are you looking forward to doing this spring?

"Going for a run outside without having to bundle up" – Katy Joly, NEVIS Admin. Assistant

"Smelling fresh cut grass and flowers in bloom". – Megan Sullivan, NEVIS Floor Supervisor

"Walking around the Village". – Bobby Poth, Apt 4 Resident

"I'm looking forward to going outside and digging holes and planting flowers".

– Jennifer Steinberg, House 2 Resident

"Relaxing on the deck with my friends". – Cheryl Bleakney, NEVIS Floor Supervisor

"It depends. I like flowers in the summertime". – Sue Lamoureux, NEVIS Day Worker

"I am looking forward to swimming in the fresh water".

– Kristin Fontoni, House 2 Resident

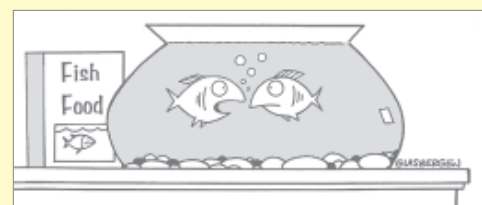
"Swimming outdoors in the water". – Karen LaSalle, House 2 Resident

"I'm looking forward to getting out in the fresh air and landscaping with the landscape crew from NEVIS". – Ginny Morrell, NEVIS Supervisor

"I am looking forward to warm weather, lots of walking, flowers growing, birds singing, no snow, sunny days and an end to winter. I can't wait for the summertime to go swimming in the Atlantic Ocean". – Allan Feldman, Red Cape Resident



"I'm going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake."



"If swimming is good for developing shoulders, arms and legs, why haven't we developed any shoulders, arms and legs?"

If you have any suggestions or feedback for this newsletter, contact Susannah Locketti at the Sollar Wellness Center x202.