



FUEL

APRIL

...YOUR BODY AND YOUR MIND

WHOLE FOOD PLANT-BASED EATING

This Spring, we are committed to focusing on plant-based foods and how to integrate more plant-based meals and minimally processed foods into our diet. The more we incorporate whole foods into our diet, the more control we have over our own health and well-being. Plant-based nutrition is not only good for our bodies, but it's good for the earth, too.

On average, plant-based meals require 50% less water to produce than meals which rely on animals and animal byproducts. Byproducts are things that come from animals, but aren't meat, like eggs, cheese, or whey protein. Plant-based cooking doesn't have to be difficult either! You don't need to spend a lot of money creating "lookalike" burgers or sandwiches that resemble meat, because these whole foods on their own are delicious! Take some time this month to discover for yourself what some of your favorite whole foods are. What is your favorite vegetable, nut, fruit, bean, grain? Would that combo make a great salad? Try it out!

This month we celebrate Earth Day, so why not set aside some time this week to cultivate your green thumb? Spring is the perfect time to grow some basil, all you need is a small pot, some dirt and seeds, and a little bit of water. Within a few weeks, you could be chopping into your new favorite salad!



ACTIVITY CORNER

START AN OUTDOOR GARDEN

A GARDENING SESSION IS A PERFECT OPPORTUNITY TO STAY ACTIVE.

Spring has sprung! What better time to incorporate a spring activity into our routines that also helps us get healthier. Starting your own garden is an amazing way to incorporate healthy vegetables into your meals. Start by picking a sunny spot in your backyard with some good soil. Choose some vegetables and fruits that thrive in your climate and within the season you are starting this activity. Some good options to start with are tomatoes, peppers, and lettuce.

Not only will starting a garden provide you with fresh ingredients, but gardening is also a good activity that will even become an exercise for you. All the physical activity that gardening requires such as raking, hoeing, digging, and planting, involves various muscle groups, giving you a full body workout! Doing all of this will also speed up your heart rate to give you a cardiovascular workout. Gardening will help you burn a significant number of calories as well as expose you to some good quality vitamin D from the sun, considering this is an outside activity. Gardening is also very therapeutic and can reduce your stress levels, as you are focused on the one task in front of you.

As you can see, this activity is healthy from all angles, providing you with healthy outcomes and simply by being a fun and interesting activity!

