"Spring into Wellness"
Try some of our favorite tips and tricks to “Spring” back into wellness.

Get Back on Track. Make a list of healthy actions you want to accomplish and create a schedule in which to complete them.

Get Moving! Get out and exercise before starting your day. In the spring the sun rises earlier each day, so take advantage of this and go for a run, walk the dog, or bike ride! Exercising before work can begin your day on a high note with clarity and energy!

Make a better breakfast. Breakfast is the foundation to a great start of a day. The best breakfast for anyone is a breakfast that will be eaten. Some of us may appreciate untraditional breakfasts foods—that’s OK! Try leftovers, a quesadilla, or cheese and crackers, brown rice, beans, avocado and salsa, or an egg salad sandwich with sliced tomato. Add your “favs” to instant oatmeal; look for varieties without added sugar and just add boiling water. Stir in dried cranberries and almonds + a dash of cinnamon.

Revitalize your daily fruits and vegetable. Spring is a great season to add new fruits and vegetables to your diet. Visit a farmers’ markets for seasonal fruits and vegetables like cherries, raspberries, nectarines, plums, beets, rhubarb, cucumbers, peas, peppers, and more. A list of Rockland County Farmers’ Markets is on the next page!

Replace Sugar-sweetened Beverages with Water. Enjoying the warmer weather outside we tend to get thirsty and we reach for a cold drink. A daily summer favorite, Iced Tea may contain over 300 calories per 23 oz. serving. A better choice for you and your health is to drink less sodas, sugar sweetened iced teas and energy drinks. However, some of us are not “enticed” by plain water or seltzer. Try a simple recipe for a healthier thirst quencher - add a few slices of cucumber or lemon and mint sprigs/leaves to a pitcher of water. Place pitcher in a refrigerator for 1 hour. Pour yourself a cool refreshing drink.

Get Your Z’s - Sleep affects almost every tissue in our bodies. It affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health according to the National Institutes of Health Newsletter April 2013. Try to get 6-8 hours of sleep each night. Getting proper rest might help you in making better food decisions while preparing you for the demands of the next day.

https://www.corporatewellnessmagazine.com/article/seven-tips-promoting-healthy-spring

How Can I Keep Hydrated During the Summer?
Getting enough water every day is important for your health.

✓ Carry a water bottle for easy access when you are at work or running errands.
✓ Keep a pitcher of water in your fridge.
✓ Add a wedge of lime, lemon, or a piece of your favorite fruit to your water.
✓ Unless your participating in vigorous physical activity for 45 minutes or more sport and energy drinks usually are not necessary for hydration.
✓ Choose foods that have a high-water content. The following foods contain almost 90% water: cantaloupe, strawberries, watermelon, lettuce, cabbage, celery, spinach, and cooked squash.
✓ Make it a point to set reminders on your phone, work calendar or post a note where you will see it – a simple statement Time to drink your water!

https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need
Nutrient spotlight - POTASSIUM – why do we need potassium? Potassium helps maintain normal blood pressure, it is necessary for normal muscle contraction, function of your heat, kidney, and nerve impulses. How much potassium does one need? National Academies of Sciences, Engineering and Medicine guidelines were updated in 2017 and state males 19 and older should consume 3,400 milligrams (mg) of potassium per day and females of that same age group, 2,600 mg daily. Vegetables and fruits are excellent sources of potassium. One baked potato with skin can have about 850 mg of potassium. One cup of dice cantaloupe can have over 450 mg of potassium. Both potatoes and cantaloupe are usually available at grocery stores and farmers’ market.

NYS Executive Orders 202.17 and 202.18 require face coverings in public spaces during COVID-19 Outbreak

Market times, vendors and availability are subject to change due to weather, transportation issues or market conditions as determined by the market manager, farmer, or vendor.

If you or someone you know needs food call or visit the following resources –

www.Rocklandhunger.org
http://www.hudson211.org/cms/ or call 211

Haverstraw Farmers’ Market
Sundays, 9:00 am - 1:00 pm
June 21st through October 25th
Location: Outside Village Hall, Maple Ave., Haverstraw
Bus Routes: TOR #91; Coach USA #11A

Monsey Farm Stand
Sundays, 10:00 am - 3:00 pm
June 21st through October 25th
Location: Front lawn of 40 Robert Pitt Drive, Monsey
Bus Route: TOR 59, Loop # 1 and 2
*FMNP accepted

Nyack Farmers’ Market
Thursdays, 8:00 am - 2:00 pm
May 14th through December 17th
Location: Municipal Parking Lot, Main Street, Nyack
Bus Routes: TOR #59, #91, #92;
Coach USA #9 and 9A; Hudson Link HO7, HO5
*FMNP, SNAP (EBT)**, Fresh Connect Checks, debit, and credit cards accepted

Piermont Farmers’ Market
Sundays, 10:00 am - 3:00 pm
May 10th through November 15th
Location: Parelly Park, Piermont
Bus Route: Coach USA #9A

Spring Valley Farmers’ Market
Wednesdays, 8:00 am - 3:00 pm
June 17th through November 18th
Location: Corner of N. Main and W. Church Street, Spring Valley
Bus Routes: TOR #59, #91, #92, #94; LOOP #3; Coach USA #11A; Hudson Link HO3

* New York State Farmers’ Market Nutrition Program (FMNP)
** Supplemental Assistance Nutrition Program (SNAP), Electronic Benefits Transfer (EBT)

Are you eligible?
For WIC (Women, Infants & Children) and FMNP call 845-364-2577
For Senior checks call 845-364-2110
For SNAP call 845-364-3032
Be Safe in the Sun!

It is a good idea to check the sunscreen’s expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Sun Talk! Slip! Slop! Slap! ® and Wrap

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, “Slip! Slop! Slap! ® and Wrap” is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and skin around them [https://www.cancer.org/healthy/be-safe-in-sun/uv-protection.html](https://www.cancer.org/healthy/be-safe-in-sun/uv-protection.html)

Growing Something Good!

Spring is the perfect time to start a simple garden. Start with some herbs or some of your favorite vegetables. If you are new to gardening or just tight on time, our advice is to keep it simple and small. Leafy greens and red tomatoes are easy to grow and are packed with vitamins and potassium.

To learn more tips on how to add color to your plate by growing your own amazing garden visit: [https://www.heart.org/en/healthy-living/healthy-eating/add-color/planting-a-garden-is-easier-than-you-think---by-devin-alexander](https://www.heart.org/en/healthy-living/healthy-eating/add-color/planting-a-garden-is-easier-than-you-think---by-devin-alexander)

Practice kitchen control when at home!

For some of us being home with open access to the kitchen can be an invitation to eat, pick and snack more than we usually would do. Stick to dining hours like a school or college cafeteria rather than a 24-hour diner.

**Kitchen Is Open**

- Breakfast 8:30 - 9:30 AM
- Lunch 12:30 - 1:30 PM
- Snack 3:30 - 4:00 PM
- Dinner 6:30 – 7:30 PM

Look at the nutrition facts label and check the portion size you may be in for a surprise – be calorie wise.
RECIPE CORNER

Just Peachy Salsa

This salsa is sweet and tangy! It is a great topping for everything.

Ingredients:
- 2 cups diced peaches
- 3/4 cup diced cucumber
- 1/4 cup finely diced red onion
- 1/4 cup chopped cilantro
- 1 finely diced jalapeno, seeds removed
- 2 Tablespoons lime juice*
- Pepper - to taste

Instructions:
Combine all ingredients in a medium bowl. Stir to mix ingredients. Serve or chill and enjoy!
Refrigerate leftovers.

* If using fresh limes: 1 squeezed lime has about 2 Tablespoons of juice.

https://jsyfruitveggies.org/just-peachy-salsa/

Caught Being Healthy @ Work!
Whether you are working from home or working in an office, we are here to help you be healthier! Share with us your tips, recipes, workout breaks, or any other healthier news. Questions about workplace wellness – call 845-364-3612 or email kleinmam@co.rockland.ny.us Check out our Wellness Wednesday Tips on our Facebook and Twitter feed - Follow us on Facebook www.facebook.com/rockhealth and Twitter www.twitter.com/rockhealth.

Rockland County COVID-19 Information
- Rockland County Department of Health COVID-19 webpage: http://rcklnd.us/covid19
- Rockland County’s COVID-19 hotline at 845-238-1956 (Monday-Friday from 8:00 am-5:00 pm)

Stay Safe, Stop the Spread:
- The virus that causes COVID-19 is primarily spread between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
- Maintain good physical distance (at least 6 feet) to help prevent the spread of COVID-19.
- The virus is spreading easily between people.
- Cover your mouth and nose with a face mask or cloth face cover when you go out in public.

Practice Good Hygiene:
- Wash hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue or in your elbow.
- Clean often, with an EPA approved disinfectant frequently used surfaces such as:
  - Doorknobs
  - Phones
  - Remotes
  - Keyboards
  - Handles on refrigerators

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