

# HEALTHY TIPS



YMCA OF GREATER FORT WAYNE

347 W. Berry St., Fort Wayne, IN 46802

MAY 2018

[www.fwymca.org](http://www.fwymca.org)

The YMCA of Greater Fort Wayne is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## HEALTHY LIVING BENEFITS OF GARDENING

Now that the weather is warming up, it's time to grab those rakes, plant some seeds, and watch your garden blossom.



Gardening can occur in your yard, on your roof, on top of your windowsill, or even in your community. It can serve as a family activity, social activity or be used as a meditation therapy. Gardening has many benefits, even beyond eating homegrown produce and herbs.

If performed outside, gardening can increase vitamin D activity from sunlight exposure. A study reported that 30 minutes of gardening can boost your mood, and potentially decrease stress hormone levels.

It can also be a form of aerobic activity: pulling weeds, using tools, and bending and turning can promote moderate physical activity.

Additionally, gardening can combat loneliness. Look around in your community for a community garden or even better start one! Community gardens are opportunities to socialize, build relationships, get exercise, and harvest fresh produce without having to create a garden at home.

Want to really make a difference? Plant an extra row of produce in your garden and share with a local food bank!

There are many ways to incorporate gardening with your family, friends and/or your co-workers and there is no better time to start than this spring!

Source: YMCA Healthy Family Home

## TIP OF THE MONTH GO OUTSIDE AND PLAY

Spending time in nature has been shown to reduce stress, anxiety and depression. Plus, it may help restore the ability to pay attention when you're feeling mentally drained.

Source: PHP Health News; Summer 2017

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### WHAT'S HAPPENING AT THE Y?

#### PARENT'S NIGHT OUT

Need an evening out? Let the Y provide dinner and entertain the kids while you have an evening out. There will be swimming, rock wall climbing, playing in the gym and getting messy with an art project. For more information about fees, times and dates please contact your local YMCA branch or visit us at [fwymca.org](http://fwymca.org).

#### WELLNESS FOR LIFE

This is a free 7-week coaching program designed to support you in your pursuit of healthy living. You will meet with a Wellness Coach three times during the program and your coach will help guide you to set goals, provide support, offer resources and tools, and help you along your wellness journey at the Y. Register and set up your first appointment at the Membership Desk. Free; member only program.

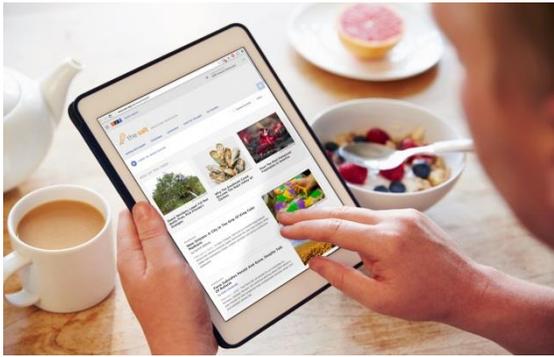
Visit our website at [www.fwymca.org](http://www.fwymca.org) to find out what else is happening this month!

#### ENJOY THIS ISSUE?

Share this newsletter with anyone who you think may find it useful.

#### QUESTIONS, COMMENTS, IDEAS?

Contact us at [hereforyou@fwymca.org](mailto:hereforyou@fwymca.org)



## LIVE HEALTHY

# EVALUATING RESOURCES

We are bombarded with nutrition information on the internet every day. So how do you tell if a source is reliable or not? Start by asking a few questions about the source, think carefully and check the information against other reliable sources. Most important thing to keep in the back of your mind--do not believe everything you hear and/or read!

When you visit a website, you'll want to ask the following questions:

- Who runs the site and why have they created it?
- What do they want from you? Do they want your personal information? What will they do with it?
- Who is paying for the site? Does the site's information favor the sponsor?
- Is the information reviewed by experts? Where did the information come from?
- Does the site make unbelievable claims? Is it up-to-date?

Here are a few recommended websites for finding and evaluating reliable nutrition information:

[www.Medlineplus.gov](http://www.Medlineplus.gov) - includes a 16-minute online tutorial on "Evaluating Internet Health Information" along with additional information.

[www.Nutritionfacts.org](http://www.Nutritionfacts.org) - site run by Dr. Greger, author of How Not to Die book--his group reviews the thousands of nutrition studies done each year and summarizes the findings in short videos.

[www.Fda.gov](http://www.Fda.gov) - health fraud scams and other information.

[www.Ods.od.nih.gov](http://www.Ods.od.nih.gov) - information on dietary supplements.

[www.Eatright.org](http://www.Eatright.org) - site of the Academy of Nutrition and Dietetics.

[www.Nccih.nih.gov](http://www.Nccih.nih.gov) - National Center for Complementary and Integrative Health.

[www.Nutrition.gov](http://www.Nutrition.gov)

Food for thought: Reliable websites tend to end in .org, .edu or .gov.

In good health!

Kyla Zehr, MA, RD  
Parkview Health Community  
Outreach Dietitian



## HEALTHY RECIPE

# CHICKEN & QUINOA-STUFFED BELL PEPPERS

### INGREDIENTS:

- 1 cup low-sodium chicken broth, divided
- 1/3 cup quinoa, rinsed
- 4 green bell peppers, halved lengthwise and seeded
- 2 cups jarred or boxed unsalted tomato sauce, divided
- 1 tsp dried oregano
- 2 tsp olive oil, divided
- 1 lb ground chicken or turkey
- 1 tsp each dried basil, thyme and rosemary
- 1/2 tsp each smoked paprika, sea salt, ground black pepper and red pepper flakes
- 1 large yellow onion, finely chopped
- 1 stalk celery, finely chopped
- 3 cloves garlic, minced
- 1 10-oz pkg frozen chopped spinach, thawed & squeezed dry
- 1 tbsp balsamic vinegar



### DIRECTIONS:

- 1) Preheat oven to 350°F. In a small pot, bring ¾ cup broth to a boil. Add quinoa, return to a boil, cover and reduce heat to medium-low. Simmer until liquid is absorbed, 10 to 12 minutes. Remove from heat, let stand 5 minutes and fluff with a fork. Fill a separate large pot with water and bring to a boil; cook green peppers until tender-crisp, 3 to 5 minutes.
- 2) Meanwhile, in a 13 x 9-inch baking dish, whisk together 1 cup tomato sauce, remaining ¼ cup broth and oregano. Arrange peppers over sauce, skin side down. Set aside.
- 3) In a large deep skillet, heat ½ tsp oil on medium-high. Add chicken, basil, thyme, rosemary, paprika, salt, black pepper and pepper flakes and cook, breaking up chicken with a spoon, until no longer pink, 4 to 5 minutes. Transfer chicken mixture to a plate and set aside.
- 4) In same skillet still on medium-high, heat remaining 1½ tsp oil. Add onion, celery and garlic and cook, stirring, until softened, 3 to 4 minutes. Stir in chicken mixture, quinoa, spinach and remaining 1 cup tomato sauce and vinegar until well combined and heated through. Spoon into peppers, dividing evenly. Cover with foil and bake just until tender, 25 to 30 minutes. To serve, top peppers with sauce from baking dish.

Serving Size: 2 stuffed pepper halves  
Calories: 345  
Carbohydrate: 31 g  
Cholesterol: 98 mg  
Fat: 14 g  
Fiber: 8 g  
Protein: 29 g  
Saturated Fat: 3 g  
Sodium: 408 mg  
Sugar: 10 g  
Polyunsaturated Fat: 3 g  
Source: Clean Eating Magazine