



FUEL

...YOUR BODY AND YOUR MIND

MAY

RUN FOR FUN

Some people love to run, others not so much. However, running has a multitude of great health benefits, including the ability to make you happier! “Runners high” is a real thing; it’s the rush of happy hormones (endorphins, serotonin, dopamine) you get from exercising. Not sold? Why not try a “fun run,” like the Color Run, the Blacklight Run, Warrior Dash, 5K Foam Fest, Turkey Trot or the Rock N Roll Run? Many of these themed runs aren’t necessarily for running. Some participants walk or even dance around the course!

Running can be a fun new way to work out, and have some cool benefits, such as:

- It’s something you can do anywhere. You can run indoors on a treadmill or run outdoors through your neighborhood or at a local park.
- Anyone can do it, kids and adults. Plus, you can go at your own pace. Go fast or slow, it’s good to just go.
- It’s good for your heart. Running contributes to lower blood pressure and a lower risk for cardiovascular disease.
- Have asthma and think you can’t run? Think again. The more you run and learn to properly breathe while doing it, the stronger your lungs will become over time.
- You’ll sleep better. A good workout, particularly a cardiovascular one like running, will use a lot of energy and the best way to replenish is with rest.
- You can make a difference. There are a lot of runs for charity, so if there’s a cause you care about, you can donate by participating. Some runs even allow participants to create a team that accepts sponsors/donations.



What can we say about kale? Some people love it; others are not as enthused about it. But there is a lot to love about the nutritional benefits it brings as one of the healthiest leafy greens in the world. This cruciferous vegetable is nutrient-dense and full of medicinal properties that are not found in many other naturally occurring foods. Kale is chock full of vitamins, minerals and antioxidants that fight to keep inflammation down and immunity strong. Looking for a way to incorporate kale into your diet? Smoothies are a quick and easy way to introduce this superfood into your health routine.

FAMILY RECIPE CORNER

GREEN APPLE KALE SMOOTHIE

YIELDS: 1 SERVING

INGREDIENTS

2 cups lightly packed chopped kale leaves, stems removed
3/4 cup unsweetened vanilla almond milk (or any milk you like)
1 frozen medium banana, cut into chunks
1/4 cup plain non-fat Greek yogurt
1/4 cup frozen pineapple pieces
1/4 cup green apple, cubed
1 to 3 tsp. honey, to taste

DIRECTIONS

Blend all ingredients until smooth, adding more liquid as needed.
Enjoy!

