



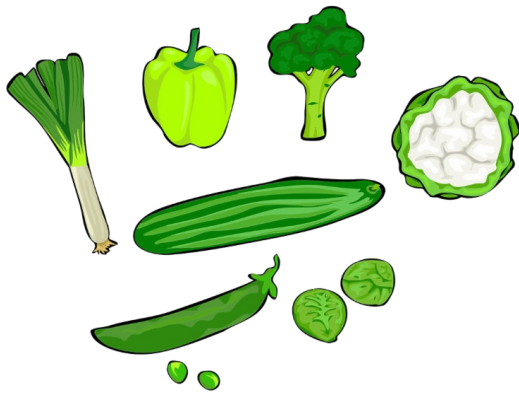
March 2019

It's Easy Being Green!



One of the most noticeable holidays in March is St. Patrick's Day, when the color green seems to be everywhere! Green has many positive connotations that coincide with healthy living, so this issue will focus on the goodness of green!

- There are many green foods that are very healthy additions to one's diet.
- Those with a "green thumb" are rewarded with many benefits of being around and caring for plants.
- "Going green", or acting in ways that positively impact the environment, helps both the planet and all of us living on it.



Benefits of Green Foods

Asparagus

- Asparagus is full of nutrients that have a wide variety of health benefits.
- It contains the amino acid asparagine, which enhances learning and memory retention.
- It is rich in glutathione, which can help protect against bone, breast, lung, and colon cancers.
- It is high in vitamin K, which helps the blood clot.
- It's also high in folate, which is an anti-inflammatory that helps keep the heart and blood vessels healthy.

Avocado

- Avocado is a naturally nutrient-rich food.
- It is the only fruit that provides a substantial amount of healthy monounsaturated fatty acids, which improve heart health,
- This type of fat is also helpful to weight-loss efforts because they are burned at a higher rate than other types of fats, may increase the rate at which fat is burned, cause your body to burn more calories after eating, and even reduce appetite.
- Avocados also help to lower cholesterol.

Broccoli

- Cruciferous vegetables like broccoli contain cancer-fighting antioxidants, fiber, and numerous vitamins and minerals.
- The high levels of vitamin K in broccoli are especially good for your bones.
- Research has found that eating foods rich in vitamin K is linked to greater bone density and reduced bone loss in early post-menopausal women. In fact, some studies have found that vitamin K builds bones better than calcium because it works with vitamin D to improve bone metabolism.
- It also promotes blood health and boosts your energy levels.

Celery

- Celery has a good reputation as a diet food due to its high water content and low calorie count.
- It is high in magnesium, calcium, and vitamins A, B, C, and K.
- It also helps to lower blood pressure. Celery contains potassium which helps flush sodium from the body via the kidneys. *Due to this diuretic effect, watch your consumption of celery if you are on blood-pressure medication.
- It also has compounds called phthalides, which help the heart pump blood throughout your body.
- Phthalides also decrease the production of stress hormones, reducing symptoms of hypertension.

Spinach

- Spinach is well-known for its benefits for bones and muscles

- It is also high in magnesium, insoluble fiber, and water, all of which are necessary for proper bowel movement and to prevent constipation.
- Spinach also contains special sugars which fuel good bacteria in the colon and help prevent bad bacteria from taking over, helping to prevent colon cancer.

SOURCE: <https://www.radiology.ca/article/health-benefits-green-foods>



Benefits of Greenery & Gardening

Stress Relief

- A Dutch study asked two groups to complete a stressful task. Afterwards, one group gardened for 30 minutes, while the other group read indoors. Not only did the gardening group report better moods than the reading group, they also had measurably lower stress hormone levels.
- Elevated levels of stress hormones have been linked to immune function, obesity, memory and learning problems, and heart disease. Lowering the level of these hormones improves health greatly.

Outdoor Exercise

- Gardening is one way to achieve your target amount of moderate-intensity exercise each week.
- Gardening also provides rewarding motivation. In watching your plants grow and flourish, you are encouraged to continue tending for them and in turn, better your own health.
- A large Stockholm study showed that regular gardening cuts stroke and heart attack risk by up to 30% for those over 60.
- Just 10 minutes of sun during midday gardening will give you enough vitamin D to reduce risks of heart disease, osteoporosis, and various cancers.

Strength and Dexterity

- Gardening keeps hand muscles vigorous and agile in a satisfying and productive way.
- Don't push yourself too far: gardening can also set the stage for repetitive stress injuries, tendonitis, and carpal tunnel. Practice hand-healthy gardening by using a few simple warm-ups, positioning your body comfortably and changing tasks often to prevent strain or injury.
- Alternate use of your right and left hands to balance your body – using your non-dominant hand is one of many exercises to keep your brain functioning well, especially for seniors.

Healthy Brain and Mind

- Researchers found daily gardening to reduce the incidence of dementia by 36-47%.
- Gardening involves many of our critical functions, including strength, endurance, dexterity, learning, problem solving, and sensory awareness, that its benefits lend itself well to overall neurological health.
- The growing field of “horticultural therapy” is meant for patients with depression

and other mental illnesses. The benefits appear to spring from a combination of physical activity, awareness of natural surroundings, cognitive stimulation and the satisfaction of the work.

- To build the therapeutic properties of your own garden, aim for a combination of food-producing, scented, and flowering plants to nourish all the senses.

SOURCE: <https://learn.eartheasy.com/articles/6-unexpected-health-benefits-of-gardening/>



Benefits of "Going Green"

What is "Going Green?"

- In today's world, the color green is often associated with the Earth and its environment. Plants, trees, the grass in your front lawn – are all green. That's why the movement to protect our environment is often referred to as "going green."
- The overall goal of "going green" is to protect and conserve the Earth's environment. Everything we do has an impact on the environment – either good or bad.
- The idea is to pursue actions that will help rather than harm the environment.

Why Should I Help?

- The size of the world's tropical rainforests decline by 1.5 acres every second because of land development.
- This reduction in the size of rainforests leads to the destruction of over 130 plant, animal and insect species every day – that's about 50,000 species per year that become extinct.
- Water shortages are also caused by the harm we have done to the environment.

How Can I Help?

- Change your light bulbs. Changing just one of the light bulbs in your home to an LED light could make a serious impact on your energy consumption.
- Turn off lights in the home when they are not being used.
- Take your own bags with you to the grocery store to reduce the use of plastic.
- Hang dry your clothes rather than use the clothes dryer.
- Reduce, Reuse and Recycle. Reduce the usage of packaged food items. Reuse scrap paper. Recycle old jars.
- Instead of drinking bottled water, buy a reusable water bottle and water filter.
- Cut the shower time in half to conserve water or take a shower instead of taking a bath.
- Plant a tree. Even one tree can make a serious impact and do great things for the environment.
- Use public transportation or carpooling to go to work. Better yet, walk when the weather permits.
- Unplug all of your electronics when they are not being used.

For more tips: <https://www.conserve-energy-future.com/various-ways-to-go-green.php>

SOURCE: <https://wonderopolis.org/wonder/whats-so-great-about-going-green>

Let's Stay Healthy and Go Green!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



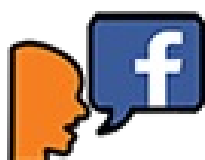
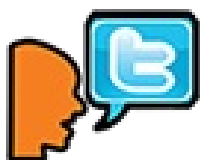
Don't see what you're looking for? We'll make it for you!
 E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
 training at your location!



The Horizon Foundation for New Jersey

The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

For more information on HLP and NJSAP
 follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
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