

HEALTHY THINGS EVERY MOTHER SHOULD DO

We encourage moms to make their health a priority and take simple steps to live a safer and healthier life. While being a mother means caring for others, here are a few things moms can do to take care of themselves. Moms of every age can take steps to live a safer and healthier life.

- Eat healthy:** You may have told your family, “Eat your fruits and vegetables”. It’s good advice for moms too!
 - Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
 - Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are filling and naturally low in fat and calories.
- Move more:** Add physical activity to your life; it's one of the most important things you can do for your health. Walk, run, dance, bike, swim, garden or do anything that will help you get the recommended minimum 2-1/2 hours of moderate activity each week. There are many benefits to physical activity. It can help:
 - Control your weight and increase your chances of living longer.
 - Reduce your risk of cardiovascular disease, type 2 diabetes and metabolic syndrome.
 - Strengthen your bones and muscles. Improve your mental health and mood.
 - Improve your ability to do daily activities and prevent falls.
- Sleep well.** Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity and depression. How you feel and perform during the day is related to how much sleep you got the night before.



What better gift to show your mom your love and appreciation than to cook something delicious for Mother’s Day. Try this spring salad.

Strawberry, Melon & Avocado Salad

Ingredients

1/4 cup honey	2 tablespoons sherry vinegar, or red-wine vinegar
2 tablespoons finely chopped fresh mint	1/4 teaspoon freshly ground pepper
Pinch of salt	4 cups baby spinach
1 small avocado, peeled, pitted & cut into 16 slices	16 thin slices cantaloupe (1/2 cantaloupe)
1-1/2 cups hulled strawberries, sliced	2 teaspoons sesame seeds, toasted

Preparation

1. Whisk honey, vinegar, mint, pepper and salt in a small bowl.
2. Divide spinach among 4 salad plates, Arrange alternating slices of avocado and cantaloupe in a fan on top of the spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with sesame seeds.

