

April 2024

## Spring into healthier shopping strategies



With lots of delicious in-season produce, spring is an excellent time for healthy eating. Fresh fruits, vegetables, and grains are more easily accessible in the spring, making nutritious eating easier. However, the first step to improving your diet is re-evaluating your shopping habits.

With healthy food options at home, healthy eating is much easier. This spring, learning to shop for nutritious foods while avoiding temptation can help you kick your unhealthy eating habits. The following tips can guide you to make healthier choices at the grocery store.

**Shop the perimeter of the grocery store first.** Fresh food products like meat, fish, dairy, and produce are often located around the edges of any grocery store. Shop the middle aisles for canned beans, rice, whole grain pasta and cereal, and frozen fruit and vegetables.

**Avoid “rush hour.”** Grocery shopping at a store’s most crowded hours can lead to long lines and wait times. How can this affect the kind of food you buy?

Think about the snacks you see in checkout aisles. More time waiting in line means staring at

the tempting candy bars and soda bottles in front of you.

**Bring a shopping list.** According to [Nutrition.gov](https://www.nutrition.gov), making a shopping list at home and sticking to it can help you avoid buying unnecessary, unhealthy food items. Before leaving the house, decide which foods you need and in which quantities. Not only will this allow you to make healthier decisions, but it will also help you save money!

**Pay attention to ingredients.** According to WebMD, the fewer ingredients on a food label, the better it likely is for your health. Be wary of artificial flavoring. Check the nutrition label to avoid trans fats and seek foods high in vitamins A, C, and E.

Developing healthy shopping habits will help you avoid your junk food temptations and embrace a healthier eating style. It’s never too late to start changing your habits for the better!

# Laughter is the best medicine

Everyone, at some point in their lives, feels stress. It is essential to realize the impact of stress in our daily lives and its effect on our physical, mental, and emotional well-being. Laughter is a free and easy way to reduce stress; it can help bring your body back into balance by lightening your burdens and establishing a connection with others. A few ways to create opportunities for laughter could include:

- Moving towards laughter when you hear it
- Reading the funny pages in the local newspaper
- Watching a funny movie
- Sharing a good joke or funny story

Laughter influences our **physical, mental, and social well-being.**

## Physical health benefits

- Increased Immunity
- Decreased Stress hormones
- Reduced Pain
- Relaxes muscles
- Prevents heart disease

## Mental health benefits

- Lessens anxiety & tension
- Diminishes Stress
- Elevates mood
- Builds resilience

## Social health benefits

- Strengths relationship
- Attracts others
- Improves teamwork and bonding

Laughter stimulates the release of our “happy chemical” called endorphins and helps us relax our entire body. It relieves built-up tension and can help burn calories. Try laughing for 10-15 minutes a day. This simple task can help bring people together and strengthen relationships.

“We don’t laugh because we’re happy, we’re happy because we laugh.”  
– William James

“Everybody laughs the same in every language because laughter is a universal connection.”  
– Jakob Smirnoff.

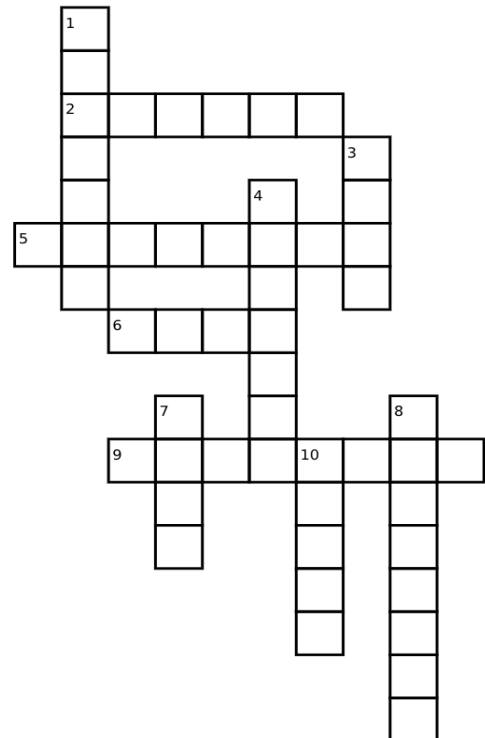
## Crossword puzzle: Laughter

### Down:

1. body tissue that produces movement
3. something said to provoke laughter
4. formation of close relationships
7. unpleasant bodily sensation
8. produces good or helpful results
10. organ maintaining circulation

### Across:

2. constraining force or influence
5. work done by a group of people
6. state of mind
9. the result of merriment



# April Word Search: Spring shopping strategies

ARTIFICIAL  
CANDY  
CHECKOUT  
DAIRY  
DIET  
EMBRACE  
FISH

FLAVORING  
FRUITS  
GRAINS  
GROCERY  
HABITS  
HEALTHY  
INGREDIENTS

JUNK  
MEAT  
NUTRITION  
PERIMETER  
PRODUCE  
SHOPPING  
SNACKS

SODA  
SPRING  
TEMPTING  
UNNECESSARY  
VEGETABLES  
VITAMINS

I	A	G	R	O	C	E	R	Y	S	K	Z	V	R	K	P	L	S	H	O	P	P	I	N	G	X
D	I	C	F	J	C	Q	M	Y	L	H	E	A	H	A	B	I	T	S	H	Z	V	B	E	B	O
N	T	H	A	C	H	Y	C	E	Y	F	S	H	E	M	B	R	A	C	E	G	R	A	I	N	S
P	J	X	C	J	E	S	Q	O	A	Z	S	B	N	T	E	M	P	T	I	N	G	V	J	N	I
D	T	S	O	X	C	Q	Q	V	C	T	S	P	C	F	E	C	L	K	N	F	E	S	U	C	F
A	Q	P	C	K	K	Q	F	L	A	V	O	R	I	N	G	B	S	W	G	L	G	M	Q	P	Q
I	J	R	F	R	O	J	U	R	Y	O	V	J	T	Q	L	K	O	X	R	G	Q	H	R	Q	T
R	F	O	N	C	U	U	L	N	A	O	Z	Q	L	D	L	Q	D	O	E	S	G	T	L	N	T
Y	G	D	H	V	T	N	V	E	G	E	T	A	B	L	E	S	A	W	D	F	R	U	I	T	S
M	Z	U	G	E	P	K	V	H	E	A	L	T	H	Y	Y	U	A	W	I	K	V	C	F	H	Q
K	O	C	S	P	R	I	N	G	E	Y	C	A	N	D	Y	Q	E	V	E	V	E	A	X	V	D
X	M	E	Y	S	A	R	T	I	F	I	C	I	A	L	G	Z	N	T	N	J	J	U	M	I	L
T	E	U	N	N	E	C	E	S	S	A	R	Y	W	D	O	D	V	I	T	A	M	I	N	S	W
J	R	C	X	G	H	D	K	F	A	P	Y	C	Q	C	J	M	D	V	S	F	T	X	A	F	K
D	I	E	T	L	H	S	B	R	I	H	W	J	S	N	A	C	K	S	S	H	N	U	V	V	A
R	J	J	J	U	W	K	R	I	K	S	R	S	I	I	K	Z	P	E	R	I	M	E	T	E	R
J	M	S	M	Y	P	C	T	S	S	P	H	K	J	N	U	T	R	I	T	I	O	N	P	O	Q

## Monthly Spotlight

### Fend off stress this spring

April marks National Stress Awareness Month. According to the Anxiety and Depression Association of America, there are many easy and healthy ways to reduce stress. Eating three well-balanced meals daily can boost your mood and help you cope with stress; getting the proper amount of sleep will help your body recuperate. Additionally, exercising every day quiets your stress levels and keeps your body in shape.



# Age In Motion® virtual series



We recommend you engage in physically and/or intellectually stimulating activities on a regular basis to enhance your overall wellness. To help you with this, we've created the Age In Motion® online library of wellness and exercise classes that are 10 to 35 minutes long. You can access these wellness offerings at any time, day or night, from the comfort of your own home by visiting: <https://forms.gle/g26wC3ki19TAAUN56>

## Highlights: Classes for mind, body, and harmony

### Flexibility & Relaxation

Unwind through tailored stretches, from upper body energizers to lower body soothers and basic yoga flows, fostering tranquility.

### Strength & Toning

Energize with targeted exercises for core, upper body, and lower body strength, sculpting muscles and enhancing fitness.

### Mindful Movement & Wellness

Embrace balance with chair yoga, seated Tai Chi, and memory-enhancing exercises for mental clarity and physical harmony.

### Exercise Ball

Dynamic exercise ball workout to engage your core, improve balance, and boost coordination.

### Energetic Cardio Workouts

Revitalize routines with Cardio Fun, high-energy exercises for an invigorated heart and sustained motivation.

## Wellness resources

- [Laughter is the Best Medicine - HelpGuide.org](https://www.helpguide.org/)

## Word search key

I A G R O C E R Y S K Z V R K P L S H O P P I N G X  
 D I C F J C Q M Y L H E A H A B I T S H Z V B E B O  
 N T H A C H Y C E Y F S H E M B R A C E G R A I N S  
 P J X C J E S Q O A Z S B N T E M P T I N G V J N I  
 D T S O X C Q Q V C T S P C F E C L K N F E S U C F  
 A Q P C K K Q F L A V O R I N G B S W G L G M Q P Q  
 I J R F R O J U R Y O V J T Q L K O X R G Q H R Q T  
 R F O N C U U L N A O Z Q L D L Q D O E S G T L N T  
 Y G D H V T N V E G E T A B L E S A W D F R U I T S  
 M Z U G E P K V H E A L T H Y Y U A W I K V C F H Q  
 K O C S P R I N G E Y C A N D Y Q E V E V E A X V D  
 X M E Y S A R T I F I C I A L G Z N T N J J U M I L  
 T E U N N E C E S S A R Y W D O D V I T A M I N S W  
 J R C X G H D K F A P Y C Q C J M D V S F T X A F K  
 O I E T L H S B R I H W J S N A C K S S H N U V V A  
 R J J J U W K R I K S R S I I K Z P E R I M E T E R  
 J M S M Y P C T S S P H K J N U T R I T I O N P O Q  
 I V O J N Q K N A P J R Z O O A I I D I D I B C H Q

## Crossword puzzle key

