



Physical Activity: Health Booster for ALL Age Groups

May is a great time to raise awareness about the advantages of regular physical activity for people of all ages and body types.

Getting regular exercise and playing sports can make a difference in your life and the lives of those around.

That's why it's important that communities like ours offer opportunities and ideas for us all to get more physically fit -- and have fun while doing it!

Source: Healthfinder.Gov

Here are a few ideas to get moving in the right direction:

- Take a walk with friends!
- Go for a bike ride!
- Participate in community sponsored fitness activities
- Talk to teachers and administrators to make sure it's a part of your kid's school day.
- Speak with local leaders who can help spread the word about the importance of regular exercise!



The Power of Pets: Proven to Benefit Mental Health!

There are endless benefits to owning a pet. Beyond bringing owners joy and companionship, pets can help keep your health in check. It has been shown that pet owners tend to have less stress, lower blood pressure, and are at lowered risk for heart-disease due to an increase in the amount of exercise that owning a pet requires.

Science is now proving that "pet therapy" may help improve mental health as well. Animals of all types are being shown to calm anxiety and relieve stress in people of all ages ranging from young children to the elderly. In one study a group of

stressed-out adults were told to pet a rabbit, a turtle or a toy. While the toys had no effect, the other two living creatures showed to help relieve anxiety.

While further research is needed to explain exactly why it works and how much animal interaction is needed to reach the optimal results, it's becoming more and more clear that pets are good for your health. If you or a loved one is experiencing anxiety or stress, a pet may be just what the doctor ordered.

Source: Time Magazine



Inside Landmark!

NUTRITION, FITNESS AND FUN

Nutritious food, healthy eating and exercise is at the core of maintaining a healthy body and lifestyle. We serve healthy snacks every day and plan fun games and fitness activities.

Natural peanut butter with apple slices is group favorite. This past month, Landmark resident kids stirred it up, gobbled it down and learned the answer to an important question: Who needs sugar in their peanut butter? Hint, the answer is “no one”!

We all had a LOT of fun (and got in a LOT of exercise) playing freeze tag on this sunny day in May!



MOTHER’S DAY

Kids were provided with crafts and flowers to make beautiful unique gifts to thank their moms! Happy Mother’s Day to all the wonderful Landmark moms out there!

MANY THANKS!

Many thanks to EMD (Enrique Montes Distributor) for supplying the healthy fruit and snacks! We couldn’t do it without you!



Chicken with Peach and Melon Salsa

INGREDIENTS

- (15-ounce) can peach halves, drained and rinsed
- 4 boneless, skinless chicken breasts
- 4 teaspoons Jamaican Jerk seasoning
- 1 cup pre-cut melon medley, diced
- 1 tablespoon diced pimientos
- 1 tablespoon freshly chopped cilantro leaves
- 1 tablespoon lime juice 1/2 teaspoon salt

INSTRUCTIONS

Heat a grill pan over medium-high heat. Place peaches halves on grill pan and grill 2 to 3 minutes per side. Set aside to cool and then dice into small pieces. Season both sides of each chicken breast with 1 teaspoon Jamaican jerk seasoning. Place chicken breasts in pan and grill for 6 minutes per side, or until cooked through.

In a medium bowl, combine grilled peaches and remaining ingredients. Stir thoroughly. Serve chicken topped with peach and melon salsa. Enjoy!

Wise Words

“You get in life what you have the courage to ask for.” -- OPRAH WINFREY

