

# hapitimes



## Walk off the Weight – and Make it Fun!



people enjoy walking with music. Some music is geared more for exercise with energizing tunes and a beat or tempo suitable for walking. Be sure to remain aware of traffic and your surroundings. Keep track of your time and distance walked each day. Keeping a daily log tracks your progress and keeps you motivated.

— *Source: American College of Sports Medicine*

Want to walk more for weight loss and better health? Try walking different routes in your neighborhood or mixing in a hill or two with flatter terrain. Vary your pace. Walk at a more casual or moderate pace for a couple of blocks, then increase your pace (power walk or speed walk) for a block. Walking with a friend is a good way to combine social time with exercise. Some

## Protect Your Child's Feet It Starts with Choosing the Right Shoes

Shoe shopping with your child probably sounds like a simple task. But several important factors should be considered, according to the American Podiatric Medical Association.

- **Children's feet change with age.** Shoe sizes may change fairly quickly as a child's feet grow, especially during a growth spurt.
- **Shoes that don't fit properly can aggravate the feet.** Always measure a child's feet before buying shoes, and watch for signs of irritation.
- **Examine the heels.** Children may wear through the heels of shoes more quickly than they outgrow the shoes themselves. Uneven heel wear can indicate

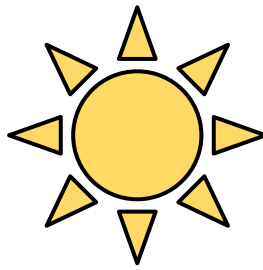
a foot problem that should be checked by a podiatrist.

- **Always buy for the larger foot.** Feet are seldom precisely the same size.
- **Buy shoes that do not need a "break-in" period.** Shoes should be comfortable immediately. Also make sure to have your child try on shoes with socks or tights, if that's how they'll be worn.

— *Source: American Podiatric Medical Association*

## Fun in the Sun: Protecting Your Skin

Summer is right around the corner and May is Melanoma/Skin Cancer Detection and Prevention Month. That makes it a good time to address sun safety. Here are a few tips on how you can enjoy the great outdoors while protecting your skin.



- Be especially careful of sun exposure midday, when the sun is directly overhead and shining brightest.
- When you're outdoors for long periods of time, apply sunscreen every two hours. Apply after swimming, too.
- Contact your doctor about spots that change in appearance.
- Eyes also get sun exposure; keep them covered by wearing hats and sunglasses.

More info: [www.aad.org](http://www.aad.org)

## hapi meals

healthy, fast & easy recipes

### Chicken Tacos

#### INGREDIENTS:

1 teaspoon chili powder  
1/2 teaspoon salt  
1/2 teaspoon ground cumin  
1/2 teaspoon freshly ground black pepper  
1 pound skinless, boneless chicken thighs  
Cooking spray  
12 (6-inch) white corn tortillas  
1 1/2 cups thinly sliced green cabbage  
1/4 cup (1 ounce) shredded reduced-fat Monterey Jack cheese

#### INSTRUCTIONS:

Prepare grill.

Combine first 4 ingredients in a small bowl; rub spice mixture over chicken.

Place chicken on grill rack coated with cooking spray; grill 10 minutes on each side or until done. Let stand 5 minutes; chop.

Heat tortillas according to package directions. Divide chicken evenly among tortillas; top each tortilla with 2 tablespoons cabbage and 1 teaspoon cheese. Serve with sour cream, if desired.

Recipe from *Cooking Light*: [www.myrecipes.com/recipe/soft-chicken-tacos](http://www.myrecipes.com/recipe/soft-chicken-tacos)



## New Uses for Favorite Fruits

Add more fruit to your diet easily with these tips.

#### Freeze grapes.

Forget ice pops—simply freeze grapes for a delicious frozen treat. You can use them as ice cubes for a drink, too.

#### Add sliced strawberries to a salad.

Strawberries add sweetness to a spinach or arugula salad.

#### Grill or toast peaches.

Slice peaches in half and toast or grill them, then top with frozen yogurt, nuts, and/or a shake of cinnamon.

#### Blend bananas.

Make a healthy shake by blending bananas, milk and some nut butter. For a chocolate spin on this, add unsweetened cocoa powder.

#### Add fruit to chilled water.

Add sliced fruit—strawberries, kiwi, lemons, oranges—to water and chill. If you add it to sparkling mineral water, you can pass it off as a natural soda.

## Inspiration Quote Corner



“The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world.” —*Michael Pollan*

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