

The Buzz



Healthiest Nation in One Generation

Did you know that [less than 5%](#) of adults participate in 30 minutes of physical activity each day? Also, [only one in three adults](#) receive the recommended amount of physical activity each week and according to the American Public Health Association (APHA) the [US ranks 34th in life expectancy](#). The APHA is working to address this issue with the [Generation Public Health](#) Challenge. The vision is to create the healthiest nation in one generation. This movement understands that there is no single cause for poor health in this country, and will assemble people, organizations and communities to address the wide range of factors that affect our health. As a lead up to National Public Health Week, the APHA put out the #1BillionSteps Challenge. The idea behind this challenge was to get teams and individuals to sign up and track their steps from January 9th up until April 4th, the start of National Public Health Week and see if cumulatively they could get up

to 1 Billion Steps! Walking is one of the easiest ways to improve your health. An American Heart Association study found that walking can greatly reduce the risk of conditions such as [high cholesterol, obesity, heart disease, high blood pressure and diabetes](#). One recent study presented at the European Society of Cardiology Congress demonstrates that a 25 minute daily walk at a brisk pace [can add upwards of three to seven years to your life](#).

Also it can be relaxing, spiritual, and is a great way to spend time with friends!

[The American Heart Association recommends](#) 30 minutes of physical activity a day. While that may seem daunting, here are some simple ways to incorporate walking into your life:

- Break it up into several

smaller walks. Research has shown that three separate 10-minute walks throughout the day can be just as effective in reducing cardiovascular risks as a 30-minute walk.

- Try taking the dog for a 10 minute walk in the morning, another 10 minutes on your lunch break and another 10-minute walk when you get home, or while your kids warm up before their soccer game and you have 30 minutes total.
- Since exercise has been shown to [boost brain function](#) and creativity why not schedule your meetings, interviews and calls on the road as a walking meeting?
- Take the long way! Walk to the far bathroom, or one on a different floor. Walk to your favorite lunch spot if possible. If driving, park far away from the door. Also use the stairs as much as possible.
- Walk with a partner. Walking with other people can help to keep you accountable, so you don't skip out on your walks. Also, one study found that walking with a partner can improve [aerobic performance](#).

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HAPPENINGS AROUND TOWN

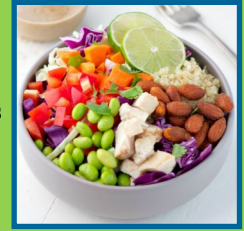
- **Free Mansfield Day and Summer Camp Preview**, Saturday, April 1, 4:30-7:30pm. Check all the exciting things offered at the Mansfield Community Center for FREE to Mansfield residents.
- **Grandparents Raising Grandchildren. Resource Fair**, Monday, April 3, 10am-2pm. The Lodge at 172 Lake St. Coventry. Please RSVP
- **Strong Family Farm 5K/2-mile walk./Kids Run**, Sunday, April 9. Registration starts at 7:30am. Center Road School, Vernon.
- **Joshua's Trust, Dunham Woods**, Saturday April 22, 1:30pm. Follow the link to learn more and RSVP, there is a max number of walkers.
- **Spring Outdoors 2017**, is being hosted by the Last Green Valley National Heritage Corridor. This guide includes guided walks, strolls, hikes, paddles, bike rides & more, taking place from March -June.

Thai Chicken and Quinoa Salad Bowl

From The Seasoned Mom Blog

Salad Bowl Ingredients

- 1 cup cooked quinoa or brown rice
- ½ cup chopped carrots
- ½ cup chopped red bell pepper
- ½ cup steamed edamame (soy beans) or peas
- 4 cups coleslaw mix (shredded red or green cabbage)
- 12 ounces cooked and diced chicken
- ¼ cup almonds
- Lime wedges and/or fresh cilantro for garnish



Almond Sesame Dressing

- ¼ cup almond butter
- ¼ cup soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 2 tablespoons fresh lime juice

Instructions

1. Prepare the dressing by combining all of the ingredients in a blender and mixing until smooth and completely combined. Set aside until ready to serve the salads.
2. Prepare the salad by dividing all of the ingredients in individual bowls. Start with a base of coleslaw mix and then add the other toppings. Drizzle with about 2 tablespoons of dressing right before serving.

Sources include: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention., American Public Health Association, Novant Health, American Heart Association, National Center for Biotechnology Information.

Are You Up-To-Date On Your Adult Vaccinations?

Did you know that adults need to keep up with vaccinations? [Many studies](#) have show that adults in the U.S are not up to date with [their vaccines](#). April is a big month for vaccination observances containing both the World Immunization Week (April 24-30) and National Infant Immunization Week (April 22-29). Vaccines are among the most successful and cost-effective public health tools available

for preventing disease and death. They not only help protect vaccinated individuals, but also help protect entire communities by preventing and reducing the spread of infectious diseases.

Immunizations can [save your child's life](#). Some diseases that once injured or killed thousands of children are no longer common in the U.S. – primarily due to safe and effective vaccines.

Vaccination is very safe and effective. Vaccines are only given to children after careful review by scientists, doctors, and healthcare professionals.

Immunization protects others you care about. By stopping the spread of these diseases you protect your family, friends, and those too young or too sick to receive the vaccines.

Immunizations can save your family time and money. A child with a vaccine-preventable disease can be denied attendance at schools or daycare facilities.

Immunization protects future generations. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago.

Not sure if you or your family is up to date on your vaccinations. Click below to learn more:

[Adult Vaccination Schedule](#)

[Birth to 18 Vaccination Schedule](#)

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.

