

Spice of Life

Nutrition Education Newsletter



June 2021

Brought to you by your
licensed dietitian nutritionist

Let's Move

If you don't use it, you lose it! Did you know that regular physical activity helps preserve your physical function and mobility? Moving daily makes it easier to shower, get dressed, stand, sit, and get around the house. Prolonged sitting can cause stiffness and is connected to poorer health. Let's move more to stay agile and healthy!

Cardio- 30 mins daily

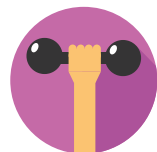
Do heart-pumping movement like walking or dancing as much as your body will allow. Run in place while sitting.

Strengthening - 2x/week

Try seated arm circles. Sit up tall, stretch your arms out, make 15 small forward circles then reverse it. Do this 3 times.

Flexibility - daily

Flexibility helps the joints to move better. Overhead stretch - breath in, stretch your arms towards the ceiling, exhale bring arms back down, repeat 5 times.



It's Hurricane Season

Call Us

727-456-0222 ext—2241

for updates on our operational status during a major storm.

Keep your hurricane (shelf-stable) box until December 1 if we have to stop deliveries due to a hurricane.



June is Men's Health Month

Did you know that on average men die 5 years earlier than women? This national awareness is to encourage men to take control of their health by exercising, having a healthy diet, and going to the doctor for regular check-ups.



Want more exercise ideas?

Call 727-573-9444 to request an exercise booklet from your licensed dietitian nutritionist.

Sources: **Health.gov** https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
HHS.gov <https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238#:~:text=June%20is%20Men's%20Health%20Month,as%20exercising%20and%20eating%20healthy.>