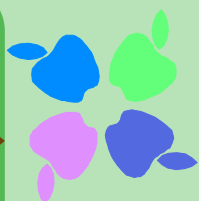


A newsletter  
for Simply  
Health  
graduates and  
partners



# Simply Health

## NEWSLETTER

VOLUME 2, ISSUE 2

MAY 2008

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### SUGGESTED READINGS:

How to Make  
Money and  
Save the World,  
by Gary  
Hirshberg

It's Easy Being  
Green: A Hand-  
book for Earth-  
Friendly Living,  
by Crissy Trask

Green Yoga,  
by Georg  
Feuerstein and  
Brenda  
Feuerstein

## How to Green Your Fitness Routine

The easiest way to make exercise an environmental act is to shift workouts to the outdoors. Contribute to environmental health by participating in conservation activities such as gardening, hiking, or trail building. Many public spaces and parks depend on volunteers for regular upkeep, and it's a great way to do your part. Running through a park, instead of on a treadmill, or going for an actual bike ride not only saves on the electricity bill—it improves your connection with both the environment and your community.

"Green gym" programs are slightly structured, no-cost programs consist of groups of people who meet one to three times per week to get active and have some fun while doing their part for the wellness of the planet.

Program activities, such as

composting and reforestation efforts, are conservation- and education-oriented.

Activities include moderate warm up and cool down exercises. This provides a great



way to be out and active in nature, learn something new, and connect with other people who share a desire to improve the condition of the planet. Keep your eyes and ears open for groups in your area or consider starting your own.

### Tips and Ideas for Green

### Fitness:

- Bike or walk to work.
- Eat organic energy bars, fresh fruit, and juices to fuel up before or during workouts. Make your own energy bars to save on packaging.
- Start a garden. Planting, weeding, and tending plants involves some low-impact exercise. Pruning trees and pulling weeds can create a more intense workout.
- Take a trip to the countryside, national park or local farm instead of the gym and go for a hike.
- Wear organic clothing for exercise activities.
- Shift your workout to the out-of-doors. It not only saves on the electricity bill—it improves your connection with both the environment and your community.

From <http://greenlivingideas.com/personal-fitness/how-to-green-your-fitness-routine.html>



## Gardening for Stress Relief

Whether you have a small patio or a vast amount of space to tend, the act of making your stretch of nature into a haven can help manage stress, and the garden you create can bring even more peace. Here's why:

**Sunlight** can improve your mood, (in fact, there's a condition called Seasonal Affective Disorder that affects some people during winter months when there is less sunlight.) and also provides

an influx of vitamin D. Getting outdoors to work with your garden is a great excuse to get more of this good stuff.

**Connecting With Nature** can help you feel more removed from the stressors of daily life. With the amount of time we spend indoors, many people feel an unfulfilled urge to connect with nature. While you may not have time to take a nature hike each day, having your piece of nature right outside your back door can help fulfill this need.

**Natural Beauty** is a great stress reliever in itself. Having your own bit of beauty available as a place for meditation, contemplation and relaxation can provide quite a bit of relief from stress. It's all part of making your home a haven from stress.

Once you've started, you should find that the *act* of creating a garden can bring you peace, and the *garden itself* can bring you joy! Have fun.

For complete article, [stress.about.com/od/generaltechniques/a/gardening.htm](http://stress.about.com/od/generaltechniques/a/gardening.htm)



Joy Olson,  
Health Promotion  
Director, RHNSCNY

## Greeting From Joy

Welcome to our “Green” issue of the Simply Health Newsletter. At the Rural Health Network of SCNY, we believe that to promote individual health, we must also promote environmental health. That is to say, if our environment cannot produce healthy foods, if the air we breathe is toxic, or if our drinking water is tainted, we will eventually perish. Many of us feel that as important as it is, “saving the earth” is more than any individual is capable of—which is true. Making a difference

requires all of us to chip in and do our part. More importantly, we need “Big Business” to take it seriously, but that’s another story. There are many ways you can contribute to making our world a healthier place. First and foremost, become educated. Know the products you are using. Find out if they are recyclable. Buy organic. Buy used, instead of new. Purchase cleaning products that are eco-friendly, or make your own. (I personally like Seventh

Generation™ cleaning products.) Remember the three “R”s. Reduce, Reuse, Recycle. Often, environmentally friendly products are more costly than their counterparts, but if you look at the big picture (imagine yourself in space looking down on our earth – our one and only earth)...well, do I need to say more?

Stay healthy, stay happy,  
and RESPECT YOUR  
MOTHER!

Joy

## Eat This! Green Blast Smoothie

### Eat This!

Yield: 4 servings

Serving: 6 ounces

Calories: 109

Protein: 2 g

Carbohydrates: 27 g

Fiber: 3 g

Sodium: 27 mg

Fat: 0 g

Cholesterol: 0 mg

### INGREDIENTS

- 4 cups packaged fresh baby spinach leaves
- 2 cups seedless green grapes
- 1 medium banana, cut up
- 3/4 cup seeded, chopped green sweet pepper
- 1/2 cup unsweetened apple juice



### DIRECTIONS

1. In a blender or food processor combine spinach, grapes, banana, sweet pepper and apple juice.
2. Cover and blend or process well. Mixture will be slightly pulpy but should be nearly smooth.

Recipe courtesy of [www.bhg.com](http://www.bhg.com)

## Monthly Challenge

**In May:** Plant a tree. Take one day during the month of June to get some exercise *and* green the earth. Trees remove carbon dioxide from the air, produce oxygen, provide a home for song birds and other animals, and help prevent global warming. Visit [www.arboday.org](http://www.arboday.org) to learn more about planting trees and the benefits of trees.

**In June:** Improve your health *and* the health of the environment by picking up garbage from a local park, trail or roadway. You can do it once, or you can commit to one day a week throughout the month of May. Be sure to sort the trash you collect into disposables and recyclables. For a more intense workout, leave the tools behind. Grabbing trash by hand will require bending and squatting (but please wear gloves). Remember, it’s all in the legs! For every mile you cover you’ll burn calories and reduce pollution.

**In July:** Visit your local Farmers’ Market at least once per week through the month of July. You can spend a couple of hours walking around, exploring the different foods and goods that have been locally grown and produced. As you get your exercise, keep in mind that every decision to buy local will have a positive impact on the local economy and the environment.



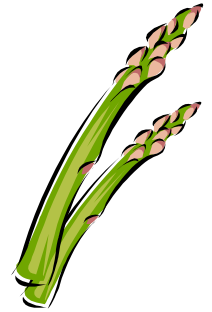


## What's in Season?

You can support the local economy by purchasing from local farmers. Your food will be tastier *and* more nutritious! These items are available in New York during May, June and July:

Apples	Garlic	Radishes
Asparagus	Herbs	Raspberries
Beans	Lettuce	Rhubarb
Beets	Mustard Greens	Spinach
Beet Greens	Onions	Strawberries
Blueberries	Parsnips	Summer Squash
Broccoli	Peaches	Swiss Chard
Cabbage	Peas	Tomatoes
Carrots	Peppers	Turnip Greens
Cherries	Plums	Zucchini
Collard Greens	Potatoes	

For more information on the Farmers Market nearest you, visit [nyfarmers-market.com](http://nyfarmers-market.com) or call the Farmers' Market Federation of New York at (315) 475-1101.



## How to Green Your Meals

### 1. The Big O

When you eat organic, picture the healthy ecosystems which produced that food, the workers who are safer from chemicals, the land, water, and air that is being protected, and the wildlife that is being allowed to thrive.

### 2. Fair fare

Fair trade certified food ensures a proper wage and working conditions for those who harvest and handle it, but fair trade is green for the environment as well. TransFair, the only fair trade certifier in the US, has strong environmental standards built into its certification process.

### 3. Go local

Buying seasonal, local food is a boon for the environment for a lot of reasons. Since most food travels many miles to reach your table (1,500 miles, on average), locally sourced food cuts back on the climate-change impacts of transportation. Local food also generally uses less packaging, is fresher and tastier, and comes in more varieties. It also supports small local growers and lets them get more for their produce.

### 4. Don't follow the pack

Instead of buying foods that come

in extensive packaging, look for un-packaged or minimally packaged foods, experiment with bringing your own containers and buying in bulk, or pick brands that use bio-based plastic packing. Try and recycle or reuse any packaging you end up with.

### 5. Compost the leftovers

Greening your meals isn't just about the food that winds up on the plate—it's the entire process. Composting leftovers will ease the burden on the landfill, give you great soil, and keep your kitchen waste basket from smelling.



### 6. Grow your own

In the garden, in the greenhouse, in the window box, or something fancier. Even urbanites can get quite a bit of good eats from not much space.

### 7. To and from

Just as buying locally grown food cuts on "miles per calorie," buying from local sellers cuts back on emissions and fuel consumption.

### 8. Just enough

Putting some extra planning into the amount of food you cook will cut back on waste. If it's something that will spoil quickly, try to avoid making more than you or your family can eat.

### 9. Raw

Many people swear by the benefits of eating raw. Whatever the health advantages may be, preparing raw food consumes less energy and is more likely to be locally grown.

### 10. Ease up on the meat

Meat is the most resource-intensive food on the table and eating less of it can be the single most green move a person makes. Producing meat requires huge amounts of water, grain, land, and other inputs including hormones and antibiotics, and leads to pollution of soil, air, and water. Try cutting out a serving of meat each week.

For complete article visit [http://www.treehugger.com/files/2006/10/how\\_to\\_green\\_yo\\_8.php#top10](http://www.treehugger.com/files/2006/10/how_to_green_yo_8.php#top10)



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**We help make good health happen**



## Calendar of Events

### May:

Bike Month

#### May 10, Sidney, NY:

Ed Wessel's Canoe Regatta, (607) 561-2642

#### May 16, Owego, NY:

Art Walk

#### May 16:

National Bike/Walk to Work Day, [www.bike2work-day.com](http://www.bike2work-day.com)

#### May 18, Owego, NY:

Contra Dance at Tioga Trails Café, (607) 687-4034

#### May 20, 2008:

Successful Home Composting, (607) 772-8953

#### May 28, Walton, NY:

Spring Fling Planter Thing, (607) 865-6531

#### May 29, Stamford, NY:

Herb Walk (607) 865-6531

#### May 31, Hobart, NY:

Bird Walk, (607) 865-6531

#### June 1, Owego, NY:

Bike Ride, (607) 748-1867

#### June, Owego, NY:

Farmers' Market opens, Tuesdays and Fridays at Eckerd's on Main Street, 9:00-1:00

#### June 4—7, Apalachin, NY:

Apalachin Fireman's Field Days, (607) 625-2216

#### June 6, Apalachin, NY:

Annual Tioga Chamber Golf Tournament, (607) 687-2020

#### June 7 & 8, Owego, NY:

Annual Catfish Derby, (607) 687-7531

#### June 14, Spencer, NY:

Spencer Community Garage Sales, 9:00-4:00

#### June 14, Apalachin, NY:

Annual Harvest Festival, (607) 659-6950

### June 15, Owego, NY:

Strawberry Festival Classic Bike Road Race, (607) 902-4029

### June 15, Owego, NY:

Contra Dance at Tioga Trails Café, (607) 687-4034

### June 20, Waverly, NY:

Supporting Local Youth Golf Tournament

### June 20, Owego, NY:

Strawberry Festival Friday Night Block Party, [www.owegostrawberryfestival.com](http://www.owegostrawberryfestival.com)

### June 21, Owego, NY:

28th Annual Strawberry Festival, (607) 687-2556

### June 22, Owego, NY:

Bike Ride, (607) 729-9352

### July 1 & 2, Ithaca, NY:

M.A.S.H. Camp for junior high students, (607) 756-1090

### July 7—11, Ithaca, NY:

HealthQuest Camp for students in grades 10—12

### July 8—12, Owego, NY:

Tioga County Fair, [www.tiogacountyfairny.com](http://www.tiogacountyfairny.com)

### July 19, Sidney, NY:

Sidney Arts and Music Festival, (607) 561-2642

### July 19 & 20, Apalachin, NY:

Walk Thru Time and Hiawatha Pow Wow (607) 625-2221

### July 19—22, Deposit, NY:

Deposit Lumberjack Festival

### July 20, Owego, NY:

Contra Dance at Tioga Trails Café, (607) 687-4034

### July 22—27, Whitney Point, NY:

Broome County Fair

### July 25 & 26, Owego, NY:

Relay For Life (607) 786-0820, x-311

### July 26, Hobart, NY:

Hobart Horseshoe Festival, [www.hobartbookvillage.com](http://www.hobartbookvillage.com)

\*The contents of the SH Newsletter are not intended to provide medical advice, which should be obtained from a qualified health professional.