



Healthy Team Healthy News

May 2021



Why you should consider gardening

Spring is finally upon us here in the Pacific Northwest and there is no better time to plant a garden! Gardening has many benefits—it's a form of meditation, a great way to get physical activity in, and it can be very satisfying to grow your own food. Furthermore, gardening can reduce your environmental impact, help you save money on groceries and provides easy access to organic foods. If you don't have a yard, you can grow small crops, including herbs, on a balcony or in a sunny window inside your house. Herbs pack a nutritional punch and are easy to work into recipes to create flavor packed meals—toss a handful into a salad, stir into sauces or grains, or make a delicious and flavorful sauce. Find out more on the [HTHU portal](#), or click on the link to learn other tips on recommendations for herbs to grow this spring and summer.

Here are our 5 tips for herbs to grow this spring and summer.

HELPFUL TIPS



RECIPE OF THE MONTH

A few of our favorite herb-forward recipes

When your herbs are ready to harvest, here are a few recipes you can try.

- [Everyday Chimichurri](#)
- [Chicken and Farro Herb Salad](#)



GET ENERGIZED

En-er-giz-er: *a brief activity that is intended to increase energy and vitality by engaging in a physical activity, laughter, or a brain break.*

We never know what kind of weather we will get here in Oregon in the springtime, so we've included energizers for both rainy and sunny days.

Sunny day: head outside for 5 minutes. Stand in one spot and gaze up at the sky. Notice the cloud patterns. Take a few deep breaths. Take a few minutes to just be in your body.

Rainy day: Square breathing:

- Step 1: slowly exhale all your air for 4 seconds
- Step 2: hold for 4 seconds (no breath in or out)
- Step 3: inhale for 4 seconds
- Step 4: hold for 4 seconds (no breath in or out)
- Repeat 4-5 times (or however many times feels good for you)



Energizer: Please check with your health care provider before starting a new exercise regimen.

Upcoming Events and Highlights

- **Debunking Nutrition Myths:** Are you confused about what to believe when it comes to nutrition? Listen in to this webinar to hear us debunk some common nutrition myths. We'll discuss calories in vs. calories out, low fat, coffee and more! Don't want to sit at your computer for another 30 minutes? Dial in by phone and take a walk!
 - Wednesday, May 19th, 12:30-1pm
 - [Register here](#)
- **All About Skin Health:** Summer is upon us. It's time for a reminder to treat your skin well, not only during the summer months, but all year round. We'll share tips on how to feed your skin from the inside out and remind you why it's not only important to protect your skin, but the different ways your skin protects you. Don't want to sit at your computer for another 30 minutes? Dial in by phone and take a walk (don't forget sunscreen!).
 - Wednesday, June 23rd, 12:30-1pm
 - [Register here](#)

Missed a webinar? Click [here](#) to access our channel, where all past webinars are posted.

Healthy Team Healthy U®

Looking for more herb recipes?

We have a great selection of recipes on the **HTHU portal**. Click on the "Nutrition" tab under the "Resources" section of the portal to find recipes that accommodate a variety of diets. Under the "Lunch and dinner" tab we have a vegetarian pasta recipe for a "pasta caprese with tomato, basil and mozzarella" that's a delicious way to use the basil that will be growing in your kitchen windowsill!

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