WHAT'S COOKIN' IN THE 9?

Tips, tricks, and a delicious recipe for healthy eating.

Avocado Kale Salad

Recipe from BACKYARD GARDENERS NETWORK

Ingredients:
- 10 cups kale, destemmed and shredded
- 2 1/2 Tbl lemon juice
- 1 Tbl olive oil
- 1/2 cup avocado, smashed
- 1 Tbl mustard
- 1 Tbl maple syrup or honey
- 1 Tbl balsamic vinegar
- 2 tsp garlic powder
- 1/2 tsp salt *

*(Movin' for LIFE recommends 1/4 tsp salt)*

Instructions:
1. Drizzle lemon juice and olive oil over kale. Use clean hands to massage lemon juice and olive oil into the kale. Set aside to marinate while preparing the dressing.
2. Mix smashed avocado with mustard, maple syrup (or honey), balsamic vinegar, garlic powder, and salt. Mix with a fork or use a blender for smoother consistency.
3. Pour avocado dressing over kale and toss thoroughly, making sure that the kale is coated with the dressing.
4. Let marinade overnight for best taste and texture.

Serving size: 2 cups  Number of servings: 5

Healthy Eating Tips

5 per day

Eat more fruits and veggies. Work your way up to eating at least five servings of fruits and vegetables each day. This week, try adding one more to what you usually eat!

1 teaspoon per day

Reduce salt intake. Replace foods high in sodium with low or no salt food products. Aim to consume less than 2,300mg (about 1 teaspoon) of sodium per day. Check nutrition facts labels to keep track. Try to not add salt after you've cooked and served food. Taste it before you add it!

replace junk food with healthy snacks

Kick the junk food habit. Try limiting the purchase of foods high in salt, sugar, and fat, such as processed and boxed foods. Replace potato chips with your own homemade popcorn or trail mix. Replace soda with fruit-infused water.

Discover more recipes and healthy eating tips at http://bit.ly/EatDatRecipes

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MOVIN' FOR LIFE PROGRAMS

Stay healthy with these programs happening throughout the 9th Ward.

Dancin' for LIFE

Get ready for art, culture, and movin’ through dance. Join us for a fun way to get active! There will be door prizes, healthy snacks, and more.

Upcoming date: April 21 at 12pm at the Sanchez Multi-Purpose Center, 1616 Caffin Ave.

If you can’t make these classes, dance in your home or check out free and low-cost classes at our online event calendar.

Walkin’ for LIFE

Get active, have fun, and connect with neighbors! Walks occur on the 4th Saturday of each month in the Upper and Lower 9th Wards.

Upcoming dates: April 28, May 26, June 23, July 28, Aug. 25, Sept. 22, Oct. 27 at 9am at Stallings St. Claude Rec Center, 4300 St. Claude Ave., and the Sanchez Multi-Purpose Center, 1616 Caffin Ave. Find other walking groups happening in your neighborhood or check out our online event calendar.

Yoga for LIFE

Find peace and share your light with meditation and yoga! Yoga classes are held in the Upper and Lower 9th Wards and include door prizes and healthy snacks.

Upcoming date: June 9, 12pm, at the Sanchez Multi-Purpose Center, 1616 Caffin Ave. Try other low-cost classes held regularly at Sanchez Center and Stallings St. Claude Rec Center, 4300 St. Claude Ave., or try yoga at home. Check out our online event calendar.

All classes are free and open to the public. For future scheduling & more info: 504-988-4188 or info@movin4life.org

Does Walking Matter?

- You can walk just about anywhere, as long as you stay safe from traffic and uneven surfaces. You can even walk indoors.
- No special clothes or equipment are needed – just about anything will do. Make sure you’re comfortable and dressed for the weather.
- Health benefits can be gained by walking just 10 to 15 minutes a few times a day.
- Walking can contribute to mental sharpness and improve emotional wellness, reducing stress, anxiety, and depression.

Let’s Get Connected!

We all need social relationships. I Social connection has powerful effects on health. I Community is an antidote to loneliness. I It’s about the quality of your relationships not the quantity of friends. I Disconnect from social media and connect with loved ones for just 5 minutes each day.

Join us for any of our Movin’ for LIFE programs or meetings and get connected!

Visit us online at movin4life.org   @movin4lifenola   @movin4life