

6 TIPS FOR A SPRING REFRESH



Spring has officially sprung and you might be itching for warm weather, fresh air and sunshine. This time in-between winter and summer is an excellent opportunity for new, healthy routines and actions. Here are some of our favorite ideas to start anew and feel refreshed:

1 Do a pantry purge. Donate the food you don't want or need, get rid of unhealthy options and reduce clutter.

2 Deep-clean your home. From scrubbing the baseboards to shredding old bills, you can prepare your home for a new season by doing a deep clean.

3 Try something new. Use spring to venture out and try something new, such as going for a hike, walking a new trail, taking up jogging or getting your family outside for a bike ride.

4 Reconnect. Going into hibernation mode during winter is common, but now that the birds are chirping, it's time to reconnect with the people who make your life fulfilling! Make an effort to get out and reconnect with society safely. Meet a friend for dinner. Read a book at your regular coffeehouse. Reacquaint yourself with the world around you.

5 Spring-clean your mental wellbeing. If you've struggled during the pandemic, you are certainly in good company. But this spring, try to break out of unhealthy thought patterns. "In order to change things up, we have to change things up." Try journaling, meditating, practicing mindfulness and creating space for a healthier, happier mind. There is no shame in asking for help if you need to work with a therapist, too.

6 Get quality rest. Try going to bed and waking up around the same time each night. Develop healthy bedtime habits, such as reading or journaling to encourage quality sleep.

Celebrate National Nutrition Month with **Migas!**

Start the day with a traditional Tex-Mex dish called migas. This version is quick and easy to make, even on busy mornings!

Prep Time: 10 minutes
Cook Time: 10 minutes

- 5 large eggs
 - ½ teaspoon salt
 - 1 tablespoon olive oil
 - 2 green onions, sliced
 - 2 cups (about 3 ounces) coarsely broken, no-salt-added tortilla chips
 - ½ cup mild salsa
 - ½ cup low-fat, shredded cheddar cheese
- Garnish: 2 tablespoons chopped cilantro and extra shredded cheese

1. In a bowl, combine the eggs and salt; stir with a wire whisk and set aside.
2. Heat the olive oil in a large skillet over medium-high heat. Add the green onions and cook them for 2 minutes or until they begin to soften.
3. Add the egg mixture to the skillet and cook for 1 minute without stirring, until the edges of the eggs are set.
4. Stir in the tortilla chips and salsa; cook for 2 minutes or until the tortilla chips begin to soften. At this point, the eggs' texture will resemble traditional scrambled eggs.
5. Remove the skillet from the heat and add the cheese; stir until it is combined and the cheese begins to melt. Sprinkle on the cilantro and extra cheese, if desired.

Serves: 4 **Serving Size:** 1 cup

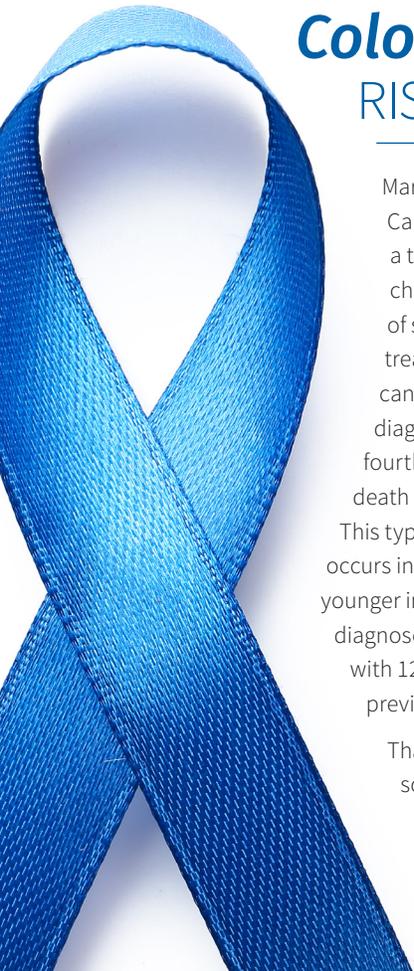
Calories: 262; Total fat: 15g; Sat. fat: 3.5g; Chol.: 235mg; Sodium: 696mg; Carb.: 17g; Fiber 2g; Sugars: 2g; Protein 14g
Recipe adapted from eatright.org



Cooking Tips

- Nutrition information does not include garnishes.
- Reduce the sodium content of the dish by leaving out the added salt.
- Add additional favorites like avocado or tomatoes for your own twist.

Colorectal Cancer: RISK FACTORS AND PREVENTION TIPS



March is National Colorectal Cancer Awareness Month, a time to educate us and champion the importance of screening, prevention and treatment. Colorectal (colon) cancer is the fourth-most diagnosed cancer and the fourth leading cause of cancer death in the United States.

This type of cancer typically occurs in older adults. However, younger individuals are also being diagnosed – even on the rise with 12% more diagnoses from previous years.

Thankfully, there are several screening methods available to help in

detecting this type of cancer. It's important to talk to your physician about your family history and risk of colorectal cancer. Typically, screenings begin at age 45, but if you are at an increased risk of developing colon cancer, your physician will guide you as to when you should start getting screened.

Even though we can't change our genetics, we do have the ability to lower our risk with lifestyle changes. Likely unsurprising that many lifestyle factors can increase our risk for colorectal cancer, such as lack of physical activity, a diet low in fruits and vegetables, a low intake of fiber and high intake of processed meats, being overweight or obese,

and alcohol and tobacco use. What might come as a surprise is someone with colorectal cancer may not exhibit any symptoms, which is why it's vital to get screenings. However, these are the symptoms of colorectal cancer that you should be aware of: a change in bowel habits, rectal bleeding, blood in the stool including dark brown or black stool color, diarrhea, constipation or a feeling that the bowel does not empty completely, abdominal pain and aches and unexplained and unintended weight loss.

source: cdc.gov