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# WAYS TO LIVE HEALTHY IN FEBRUARY

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## FRUIT » CLEMENTINES



**SELECTION / STORAGE:** Select a shiny bright orange fruit. It should give slightly when pushed with your thumb, which indicates juiciness. Usually the smaller ones are sweeter. They can be stored at room temperature but last longer in the refrigerator.

**EATING / PREPARATION:** Wash and peel. Eat plain or try in a smoothie, tea, yogurt, oatmeal, salad, or salsa. This sweet tangy fruit has endless possibilities.

**HEALTH BENEFITS:** Clementines are very easy to peel and seedless. They contain potassium, fiber, and abundant amounts of Vitamin C which supports the immune system. Their citrusy aroma can also help relieve stress, leaving your mind feeling energized and refreshed.

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## VEGETABLE » KALE

**SELECTION / STORAGE:** Select kale with firm deeply colored leaves. The leaves should be free from signs of browning, yellowing and holes. Kale with smaller leaves will be milder in flavor. Place kale in a food storage bag, remove as much air as possible and store in the refrigerator. It will keep for 5 days. The longer it is stored the more bitter it becomes.

**EATING / PREPARATION:** Wash right before you are ready to use. Use a knife to cut out the stem all the way down the length of the leaves. Kale makes a tasty addition to soup, salad, stir fry, pizza, and casseroles. You can even make crunchy seasoned kale chips using olive oil and seasoning salt!

**HEALTH BENEFITS:** Kale is one of the healthiest vegetables around. It is jam-packed full of antioxidants and nutrients like Vitamin A, Vitamin C, fiber, manganese, potassium, iron, and calcium. It is especially high in Vitamin K which plays an important role in blood clotting and is essential for building strong bones.



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## ACTIVITY » GO ICE SKATING



**ACTIVITY:** Ice skating is easy on the joints because it's low impact. It improves your balance and coordination while exercising muscles that you don't often use in your daily routine. Public skating is available at Mystique Ice Center. You can check schedules for local outdoor ice rinks through Dubuque Leisure Services at 563/589-4263. Want your own pair of skates? Used skates may be available at consignment shops.