

# HEALTHY LIVING LEADS TO HAPPY LEARNING



## WAYS TO LIVE HEALTHY IN APRIL



### FRUIT » APRICOT

**HEALTH BENEFITS:** Apricots are small, but mighty! They are a good source of vitamins A and C, well-known antioxidants that support the immune system. They are also a good source of fiber, which helps maintain glucose and cholesterol levels, while supporting a healthy digestive system.

**SELECTION / STORAGE:** Look for apricots with a rich, orange color while avoiding those that are pale and yellow. Slightly soft fruit indicates it is fully ripened. Store apricots at room temperature for optimum flavor.

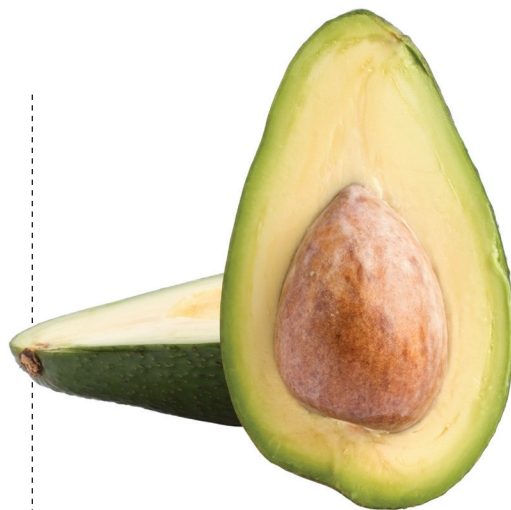
**EATING / PREPARATION:** Wash apricots under cool, running water. A quick and easy snack, add sliced apricots to hot/cold cereal or to your salad greens for a bit of sweetness. They are also great added to whole-wheat pancake batter.

### VEGETABLE » AVOCADO

**HEALTH BENEFITS:** Avocados contain the “good” fats many of us don’t get enough of in our diets — heart-healthy monounsaturated fats, which promote blood sugar regulation and optimize absorption of other needed nutrients and antioxidants.

**SELECTION / STORAGE:** A ripe, ready-to-eat avocado is slightly soft but should have no dark sunken spots or cracks. Firmer, less mature avocados can be ripened at home on the counter. Once ripe, refrigerate for up to a week.

**EATING / PREPARATION:** Wash avocados under cool, running water. Cut the avocado in half lengthwise and gently twist the two halves in the opposite directions to split them. Remove the pit with a spoon or tip of a knife. Then peel the skin away from the flesh. Enjoy in soup, salad, or on top of crackers. Even try it as a replacement for mayo on a sandwich!



### ACTIVITY » HAPPY TRAILS

**ACTIVITY:** Did you know that April is National Stress Awareness Month? A great way to clear the mind of life's stressors is to hit the trails! Hiking gives you a great cardio workout that can help lower blood pressure, improve balance, and build muscle. Heritage Trail is open to the public year round and costs only \$2.10 for a day pass (with annual passes also available). Get details on other local trails by calling Dubuque Leisure Services at 563/589-4263. So grab your bikes, or just your walking shoes, and spend some time in the fresh air!