

FRIO VITALITY

A Health & Wellness Newsletter

A photograph of two women in a kitchen setting, wearing aprons and preparing food on a wooden cutting board. The woman on the left is wearing a white lace-trimmed top and a grey striped apron, and is placing tomato slices on a flatbread. The woman on the right is wearing a blue and white striped shirt and a tan apron with a black pattern, and is using a knife to cut a tomato. Various kitchen items like herbs, salt, and a bowl of tomatoes are visible on the counter.

EAT WELL, LIVE WELL
Celebrating National
Nutrition Month

HIT THE RESET BUTTON
Spring Clean Your Life,
Mind, and Habits for a
Fresh Start

COLOR THERAPY
Beyond Crayons:
The Transformative Power
of Adult Coloring

MARCH 2024

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Note From the Agent

Sometimes you need to press the reset button to start anew.

In South Texas, March might already feel like the onset of summer, with the heat ramping up. Despite the warmth, the themes of renewal and rejuvenation associated with March still resonate. It's a time to refresh your routines and surroundings, whether it's through nutrition, focusing on activities and people that replenish you, or spring cleaning. Embracing these practices can help you adapt to the changing season and maintain a sense of balance and well-being.

March is not only National Nutrition Month but also National Color Therapy Month. These observances encourage us to nourish our bodies and minds, recognizing the impact of both nutrition and color on our well-being. Just as a balanced diet fuels our bodies, color therapy suggests that surrounding ourselves with certain colors can positively influence our emotions and mental state. As we emerge from the darkness of winter, these concepts remind us of the importance of caring for our holistic health.

Spring cleaning, a tradition ingrained in many cultures, extends beyond tidying up our physical spaces. It is a time to declutter our minds and habits, letting go of what no longer serves us. As we dust away the cobwebs, we create space for new ideas, perspectives, and experiences. It is a cathartic process, allowing us to hit the reset button and approach life with renewed energy and purpose.

In essence, March embodies the essence of growth and change. It encourages us to reflect on our habits, both physical and mental, and make adjustments that promote our well-being. It is a reminder that like the earth around us, we too can undergo a period of rebirth and transformation, emerging stronger and more vibrant than before.

Sara Nicholson

Texas A&M AgriLife Family
Community Health Agent



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NATIONAL NUTRITION MONTH

Living Healthy Begins with Eating Right

Written by Paul Schattenberg

Maintaining a healthy diet is one of the best ways to improve overall wellness and reduce the risk of chronic diseases, including heart disease, according to Texas A&M AgriLife experts.

Foods high in fat and sodium can contribute to risks of chronic diseases like high blood pressure and high cholesterol and affect heart health, said Carissa Wilhelm, Texas A&M AgriLife Extension Service program specialist with the agency's Healthy Texas initiative.

"High fat and high sodium foods consumed over time increase the risk for heart attack and stroke," she said.

Living healthy can begin with planning and preparation before heading to the grocery store.



A healthy diet consists of fruits, vegetables, whole grains and lean proteins, along with limited sugars and saturated fats. (Texas A&M AgriLife photo by Laura McKenzie)

Wilhelm teaches the online AgriLife Learn course Eating Well for Healthy Living. In this three-lesson course, participants learn to reduce stress through meal planning and physical activity. They also learn how to spend less and get more out of shopping at the grocery store, as well as how to safely store and prepare food.

Setting healthy eating goals

Wilhelm suggests setting SMART goals for dietary and nutritional health.

"SMART goals are specific, measurable, achievable, relevant and time-bound," she said. "Keep those goals in sight and stay focused. Also, plan ahead for meals and snacks and avoid fast foods."

She said for those on a budget, in-season fruits and vegetables are usually less expensive.

"You can also opt for frozen or canned fruits and vegetables to save money, but avoid those with added sugars or salt," Wilhelm said. "Using the nutrition facts label will help determine the serving size and how many servings you want. And following proper food safety measures can prevent food from going bad or to waste."

**“HEALTHY EATING IS A WAY OF LIFE,
SO IT'S IMPORTANT TO ESTABLISH ROUTINES THAT ARE
SIMPLE, REALISTICALLY, AND ULTIMATELY LIVABLE.”**
- HORACE

Ways to support healthy eating

“Good nutrition is necessary for keeping the body functioning normally, maintaining a healthy weight and reducing the risk of certain diseases, such as diabetes, heart disease and some cancers,” said Rebecca Seguin-Fowler, Ph.D., professor and associate director of the Texas A&M AgriLife Institute for Advancing Health through Agriculture, Bryan-College Station. Fowler is a registered dietitian and certified strength and conditioning specialist.

Seguin-Fowler said dietary patterns, including those rich in fruits, vegetables, whole grains and lean proteins, and limiting sugars and saturated fats help prevent many diet-related chronic diseases.

She also said regular physical activity is beneficial for lowering blood pressure and certain blood lipids such as LDL or “unhealthy” cholesterol.



Engaging in regular physical activity can supplement healthy eating by helping lower blood pressure and “unhealthy” cholesterol.
(Texas A&M AgriLife photo)

“To gain these health benefits, adults should participate in at least 150 minutes of moderate-intensity aerobic activity per week and include muscle-strengthening activities,” she said. “This can be through brisk walking, recreational swimming, yoga or other moderate-intensity activities. Preferably, the activity should be spread out over the week.”

Wilhelm added that many bad eating habits and compulsions come from stress or feelings of losing control.

“Another way to promote healthy eating and overall wellness is to take up some type of meditative practice and/or incorporate activities that help you relax,” she said.

“Incorporating such a practice will help you reduce stress and promote healthy eating.”



Having regular checkups, including having your blood pressure checked, can be beneficial for heart health. (Texas A&M AgriLife photo by Paul Schattenberg)

Maintaining heart health

Heart disease is the leading cause of death in the U.S., accounting for about one-fourth of all deaths annually. In the U.S., it is the No. 1 cause of death among women as well as men. “While such statistics are alarming, heart disease is often preventable, and there are many things people can do to reduce their risk,” Seguin-Fowler said. “These include knowing your risk, eating wisely, getting regular physical activity, making sure you get at least eight hours of sleep, having regular medical checkups and managing existing conditions that can lead to heart disease.”

Wilhelm said another area of nutrition for heart health is eating foods rich in heart-healthy omega-3 fatty acids, which are found in fish and seafood as well as in many plant-based sources, such as nuts, seeds and vegetable oils.

“Overall, eating healthy, being physically active, limiting alcohol and avoiding smoking will all help promote wellness and heart health,” she said.

Opportunities to learn more about healthy eating

In addition to Wilhelm’s online course, AgriLife Extension has a number of resources on healthful foods and developing and maintaining a healthy diet.

For more information, visit AgriLife Learn for related publications and courses. Also, visit the Dinner Tonight! website for a variety of healthy recipes as well as tips and tricks on food preparation.



National Nutrition Month is a perfect time to reflect on our eating habits and consider how cooking from home can contribute to a healthier lifestyle. Research consistently shows that home-cooked meals offer numerous health benefits compared to dining out or relying on pre-packaged foods.

A study published in the American Journal of Preventive Medicine revealed that individuals who cooked dinner at home more frequently tended to consume fewer calories, less sugar, and less fat than those who cooked less often or ate out more frequently. This finding underscores the importance of cooking at home in controlling calorie intake and reducing the consumption of unhealthy fats and sugars.

Furthermore, a study in Public Health Nutrition found that individuals who frequently cooked at home had a healthier overall diet, with higher intakes of fruits, vegetables, and whole grains. These dietary choices are associated with a lower risk of chronic diseases such as heart disease, diabetes, and cancer, making home cooking a valuable tool in disease prevention.



Cooking at home also allows for greater control over ingredients, portion sizes, and cooking methods. This control can help individuals reduce their intake of unhealthy additives, excess salt, and unhealthy fats commonly found in restaurant meals or pre-packaged foods. Additionally, cooking at home can be a more cost-effective way to eat healthy, as home-cooked meals are often less expensive than eating out.

As we celebrate National Nutrition Month, let's take the opportunity to embrace the benefits of cooking from home. By preparing meals at home, we can take control of our diet, improve the nutritional quality of our meals, and ultimately, enhance our overall health and well-being.

The following recipes were taken from Dinner Tonight! They were specifically chosen due to being delicious and heart-healthy. There are several more recipes to choose from, so don't feel limited by the ones featured in this issue!

SALSA BEEF WITH RICE



Ingredients



1 pound extra lean ground beef 3% fat, 97% lean

1/2 onion, sliced

1/2 bell pepper, chopped

2 cups cooked brown rice

2 cups frozen corn thawed

1 cup salsa

1/2 cup reduced fat cheddar cheese shredded

Directions

Wash your hands and clean your cooking area.

Brown ground beef, onion, and bell pepper in skillet.

Drain meat.

Heat cooked rice, meat mixture, corn, and salsa in skillet for 10 to 15 minutes. (Add water as needed to prevent the rice from sticking).

Add cheese and heat until cheese melts (about 5 minutes).

BEEF AND VEGETABLE STIR FRY

Ingredients



1/3 cup water

2 tablespoons low sodium soy sauce

1 tablespoon low sodium, reduced fat chicken broth

2 teaspoons cornstarch

1 pound beef round steak cut into thin strips

1 cup broccoli florets

1 tablespoon minced garlic

1 pound beef round steak cut into thin strips

1 red bell pepper cut into thin strips

1 cup mushrooms sliced

8 ounces canned water chestnuts drained

1 cup mushrooms sliced

Vegetable oil cooking spray



Directions

Wash your hands and clean your preparation area.

Mix the water and the corn starch together, stirring to break up clumps.

Add chicken broth and soy sauce to cornstarch mixture and set aside.

Pre-heat large skillet, and lightly coat the skillet with vegetable oil spray.

Add the beef strips to the skillet and stir-fry for about 4 to 5 minutes.

Remove meat from pan and set aside and keep warm.

Add the broccoli flowerets and stir-fry 2 for 3 minutes. If using fresh garlic, add it to the skillet, stir-fry for 1 minute. Add red bell pepper and stir-fry for 2 minutes.

Add onion and stir fry for 1 minute followed by the addition of mushrooms and water chestnuts and stir-fry for an additional 1 minute.

Return the meat to the skillet and stir in corn starch mixture.

Cook and stir about 2 to 3 minutes until mixture is heated and sauce is thickened.

BLACK BEAN & RICE SALAD

Ingredients



1 cup cooked and cooled brown rice

1 cup chopped onion

1/4 cup chopped green bell pepper

1/4 cup chopped, red bell pepper

2 cups frozen corn thawed

1 cup salsa

1 15 ounce can unsalted black beans rinsed and drained

1/4 cup white wine vinegar or lemon juice

1/2 teaspoon dry mustard powder

1/4 teaspoon ground black pepper

1/8 teaspoon salt optional

1 teaspoon garlic clove chopped (or 1/2 teaspoon garlic powder)

Directions

In a mixing bowl, stir together rice, onion, red or green pepper, and beans.

In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, vegetable oil, salt, and pepper. Shake until dressing is evenly mixed.

Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.



CALIFORNIA CHICKEN PASTA

Ingredients



1 1/3 cups cooked penne or similar pasta

8 ounces skinless chicken breast cooked and diced

1 large celery stalk thinly sliced

1 large scallion trimmed and chopped

1 tablespoon minced fresh cilantro

1/3 cup orange juice

1/4 teaspoon curry powder

1/4 teaspoon ground pepper

1/8 teaspoon salt

1 tablespoons white wine vinegar

1 teaspoon canola oil

1/4 cup small diced avocado



Directions

In a large serving bowl combine pasta, chicken, celery, scallion, and cilantro.

In small bowl combine orange juice, curry powder, salt, pepper, vinegar and oil. Stir well.

Pour dressing over salad and toss well.

Add avocado and toss gently.

Rich Chocolate Cake

Ingredients



1 cup all-purpose flour

1/4 cup sugar

1/2 cup cocoa powder

1 teaspoon baking powder

1 teaspoon baking soda

1 cup hot water

1/2 cup applesauce

1 egg

1/4 cup fat free Greek yogurt

1/2 Tablespoon powdered sugar

Directions

Clean your cooking area and wash your hands.


Preheat oven to 350 degrees. Spray a 9-inch square baking pan with non-stick spray.

Combine flour, sugar, cocoa powder, baking soda, and baking powder.

Stir in hot water. Add applesauce, Greek yogurt, and egg. Stir gently until mixed.

Pour into pan and bake 25-30 minutes until cooked through. Dust with powdered sugar.





Saving Money

As the days grow longer and the promise of spring beckons, March presents ample opportunities to save money and revamp your budget. Here are ten tips to help you make the most of your finances this month:

Spring Cleaning Sale: Declutter your home and sell items you no longer need. Use the extra cash to boost your savings or treat yourself to something special.

Energy Efficiency: As the weather warms up, turn off heating and embrace natural ventilation to save on energy bills.

Meal Planning: Plan your meals around seasonal produce and sales to save on groceries. Consider batch cooking to save time and money.

Tax Planning: Take advantage of tax season to review your finances. Look for deductions or credits that could save you money.

St. Patrick's Day Deals: Look out for discounts and deals on St. Patrick's Day-themed items, as well as restaurant specials.

Spring Break Savings: If you're planning a spring break trip, look for deals on travel and accommodations. Consider budget-friendly destinations or travel off-peak to save money.

DIY Projects: Instead of hiring professionals, consider tackling home improvement projects yourself to save on labor costs.

Budget Review: Take some time to review your budget. Look for areas where you can cut back or save more.

Free Activities: Look for free or low-cost activities in your area, such as community events, outdoor activities, or local attractions.

Coupons: Use coupons and discount codes when shopping to save money on everyday purchases.

By implementing these tips, you can save money, reduce waste, and enjoy a more financially secure month ahead.

FRUGAL CHALLENGE

Calendar

01. Search for free items sitting along curbs

02. Develop a reasonable grocery budget
[Click here for more info](#)

03. Use free software, like Google Docs

04. Make a price book
[Click here for more info](#)

05. Use sinking funds
[Click here for more info](#)

06. Browse grocery ads for loss leaders

07. Cut up old t-shirts or towels for cleaning rags

08. Use cash at the grocery store

09. Wait 72 hours before big purchases

10. Do not shop out of boredom

11. Keep a list of needs/wants in your phone

12. Go to matinees for discount pricing

13. Browse grocery ads for loss leaders

14. Use YouTube to fix appliance problems

15. Have a family game night

16. Haggle price when appropriate

17. Wash your own car

18. Utilize digital coupons

19. Use a razor to shave off pillings

20. Browse grocery ads for loss leaders

21. Skip extended warranties

22. Plan a no-spend weekend

23. Sign up for pharmacy loyalty program

24. Make gifts for all occasions

25. Avoid idling your car

26. Avoid dry clean only clothes

27. Browse grocery ads for loss leaders

28. Put trial end dates on your calendar

29. Reuse wrapping paper

30. Analyze spending from the month

31. Make budget ready for next month

Food Budget Help



Price Book



Sinking Funds





HIT THE RESET BUTTON

pring cleaning is not just about cleaning physical spaces but also about embracing change and letting go of things that no longer serve us.

In the journey of life, we often find ourselves in need of a reset. Whether it's to declutter our physical space, refresh our mindset, or rejuvenate our bodies through nutrition, hitting the reset button can be a powerful tool for growth and transformation.

Resetting Our Homes: Our homes are more than just physical spaces; they are reflections of our inner selves. A cluttered and disorganized home can lead to a cluttered and chaotic mind. By decluttering our physical space, we create room for clarity and peace. Start small, tackling one area at a time, and let go of items that no longer serve a purpose. Embrace a minimalist approach, keeping only what brings you joy and is truly necessary. Organize your space in a way that promotes serenity and functionality, creating a sanctuary that nurtures your well-being.

Resetting Our Mindset: Our mindset shapes our reality. To hit the reset button on our mindset, we must first become aware of our thoughts and beliefs. Are they serving us, or are they holding us back? Practice mindfulness to observe your thoughts without judgment and cultivate a positive outlook. Embrace change as an opportunity for growth and renewal, letting go of limiting beliefs that no longer serve you. Cultivate gratitude for the present moment and focus on what you can control, letting go of the rest. By resetting our mindset, we open ourselves up to new possibilities and a more fulfilling life.

Every day is a new beginning.
Take a deep breath, smile, and start again.



Resetting Our Nutrition: Nutrition is the fuel that powers our bodies and minds. To hit the reset button on our nutrition, we must first become mindful of what we are putting into our bodies. Choose whole, nutrient-dense foods that nourish your body and support your overall well-being. Incorporate more fruits, vegetables, whole grains, and lean proteins into your diet, and limit processed foods and sugars. Stay hydrated and listen to your body's hunger and fullness cues. Resetting your nutrition is not about deprivation but about nourishing your body with foods that make you feel vibrant and alive.

Hitting the reset button on our homes, mindset, and nutrition is a journey of self-discovery and self-care. It requires courage to let go of the old and embrace the new. By decluttering our physical space, refreshing our mindset, and rejuvenating our bodies through nutrition, we create a foundation for a more balanced and fulfilling life. Let this be a reminder that it's never too late to hit the reset button and create the life you deserve.

Overall:

- **Reflection:** Regularly reflect on your progress and how these changes are impacting your life.
- **Adjustment:** Be flexible and willing to adjust your plan as needed. Not every day will go according to plan, and that's okay.
- **Support:** Seek support from friends, family, or a professional if you're struggling or need guidance.
- By implementing these action steps, you can gradually hit the reset button on your home, mindset, and nutrition, leading to a more balanced and fulfilling life.

Home Reset:

- **Week 1:** Start with a small area, like a drawer or closet. Declutter by sorting items into categories (keep, donate, discard).
- **Week 2:** Expand to a larger area, like a room. Remove items that don't belong and organize what remains.
- **Week 3:** Deep clean the space, including dusting, vacuuming, and wiping down surfaces.
- **Ongoing:** Implement a daily tidying routine to maintain the decluttered and organized space.

Mindset Reset:

- **Daily:** Practice mindfulness through meditation or deep breathing exercises.
- **Weekly:** Reflect on your thoughts and beliefs. Identify any negative patterns and challenge them with positive affirmations.
- **Monthly:** Engage in activities that inspire you and bring you joy, whether it's reading, painting, or spending time in nature.

Nutrition Reset:

- **Week 1:** Clean out your pantry and fridge. Get rid of processed foods and stock up on whole foods.
- **Week 2:** Plan your meals for the week, focusing on balanced and nutritious options.
- **Week 3:** Experiment with new recipes and ingredients to keep your meals exciting and varied.
- **Ongoing:** Listen to your body's hunger and fullness cues. Eat mindfully, savoring each bite.



MARCH

GARDEN CHECKLIST



Prune spring flowering trees and shrubs as soon as they finish blooming. (Texas A&M AgriLife photo by Laura McKenzie)



With the official start of spring just a few weeks away, now is the time to prepare your garden for the future flowers, vegetables and plants you'd like to enjoy through the upcoming season and into the summer and fall months. "If you have not already done so, now is the time to prepare final beds for planting flowers and vegetables," said Larry Stein, Ph.D., horticulture specialist at the Texas A&M AgriLife Extension Service, Uvalde. "You may want to consider renting or buying a garden tiller to speed up the process; however, a strong back and a garden fork will still do an excellent job."

He said for every 100 square feet of bed area, work in a several-inch layer of either compost, pine bark or sphagnum peat moss, plus 5 pounds of a 3-1-2 fertilizer like 15-5-10.

Pruning of evergreens and summer flowering trees and shrubs is typically completed in early March; however, it is best to take a wait-and-see approach this year, said Stein. Prune spring flowering trees and shrubs as soon as they finish blooming. Now is also a prime time to establish, renovate and/or aerate lawns.

Stein, who is also an associate department head and professor within the Department of Horticultural Sciences in the Texas A&M College of Agriculture and Life Sciences, offered additional gardening tips for March.

Check your region's freeze date

See the planting guide on the Aggie Horticulture website for your area's average last killing freeze date. Remember, though, that killing freezes can occur after this date. Stein said North Texans still have time to plant seeds of their favorite annuals in flats to transplant outdoors when the danger of frost is past.

Keep an eye on tomato, pepper transplants

Often, tomato and pepper plants started outdoors from seed will grow so quickly that they will catch up with commercial plants in size within a few weeks.

Stein said for many gardeners, this is the only way to obtain rare or heirloom varieties. But because this has been a winter with erratic weather patterns, it's best to keep an eye on young tomato transplants so that they may be covered if the threat of a late frost occurs. He also said gardeners shouldn't be in a hurry to set out young pepper plants. Wait until the temperatures seem to be settled.

Plant warm-season vegetables

Plant warm-season vegetables from seed. The planting guide can suggest prime planting times for corn, beans, squash and other vegetables.

Pot up to protect from frost, repot for summer color. Many gardeners opt to pot up their transplants in larger containers to grow a more extensive root system prior to planting and to make it easy to move the plants inside in case of a late spring frost. Repot overgrown container plants as well as plant containers of tropical plants for a stunning display of summer color.

Select and order plants

Now is the time to select and order caladium tubers, as well as geranium and coleus plants for late April and early May planting. Do not plant caladiums until soil temperature reaches 70 degrees.

Beware of what you buy

Beware of close-out sales on bare-root trees and shrubs. The chance of survival is relatively low on bare-root plants this late in the season. Your best bet at this time of year is to depend on container-grown or balled and burlapped plants for landscape use.



Tomato and pepper are among the plants gardeners should keep an eye on in March. Texans should have a plan to prepare for a late frost should one occur. (Texas A&M AgriLife photo by Laura McKenzie)



March is the time to plant warm-season vegetables. (Texas A&M AgriLife by Laura McKenzie)





Prepare and plan for color

Start hanging baskets of petunias and other annuals for another dimension in landscape color. Plant dahlia tubers in fertile, well-drained soil. Blue plumbago can be planted now for season-long, low-maintenance color. It is usually cold hardy to Zone 8 and in sheltered places elsewhere. Although tolerant of sunny conditions, blue plumbago prefers a little protection from the hot afternoon sun. It is quite drought-tolerant and blooms from spring till frost.

Fertilize flowers

Fertilize roses every four to six weeks from now until September. As camellia and azalea plants finish blooming, fertilize them with three pounds of azalea-camellia fertilizer. Check mulch on azalea and camellia beds and add where needed.

Divide summer and fall perennials

Dig and divide summer and fall flowering perennials just before they initiate their spring growth. One attractive begonia plant can yield a number of others through careful rooting of stem cuttings.

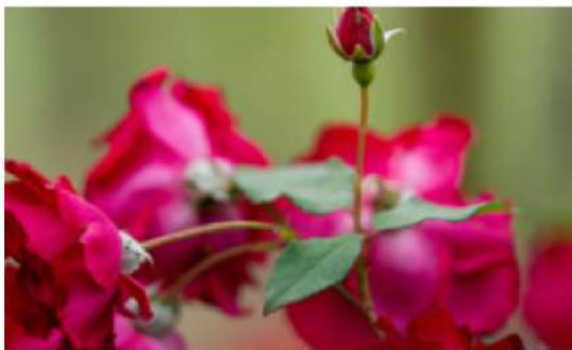
Thin wildflower seedlings

Now is a time to thin larkspur and other wildflower seedlings. Plants will bloom much better if thinned to about 4 inches apart. Transplant or share the extras with gardening friends.

Enjoy spring-blooming wildflowers and make a note to not mow until they have set and realized their seed. Wildflowers will respond to fertilizer just as other plants do.

Collect mulch

Continue to collect organic material to amend your planting beds; they are slow to break down, so they make an excellent mulch the first year but will significantly help the tilth of the soil in the coming years.



Starting in March, roses should be fertilized regularly through September. (Texas A&M AgriLife photo by Laura McKenzie)



WHAT'S IN SEASON?

ARUGULA

BASIL

BEETS

BOK CHOY

BROCCOLI

BRUSSELS SPROUTS

CABBAGE (GREEN, RED, SAVOY, CHINESE)

CARROTS

CAULIFLOWER

(WHITE, YELLOW, ROMANESCO)

CHARD (RAINBOW, SWISS)

CILANTRO

COLLARD GREENS

CUCUMBER (HOT HOUSE)

DILL

FENNEL

GARLIC

GREEN ONIONS

KALE

(ROMAINE, BIBB, GREEN LEAF)

KOHLRABI

LEEEKS

LETTUCE

MINT

MUSHROOMS

MUSTARD GREENS

ONIONS

OREGANO

PARSLEY

PEA SHOOTS

RADISH

(DAIKON, RED, FRENCH

BREAKFAST)

ROSEMARY

RUTABAGA

COLLARD GREENS

CUCUMBER (HOT HOUSE)

DILL

FENNEL

GARLIC

GREEN ONIONS

KALE



STRAWBERRIES (GREENHOUSE)

TOMATOES (GREENHOUSE)

(JAPANESE, PURPLE TOP)



SQUASH

(ACORN, BUTTERNUT,

SPAGHETTI)

SPINACH

SWEET POTATOES

TURNIPS

Color Therapy: Illuminating the Path to Wellness Through the Vibrant Language of Color

Color Therapy Month is a time to recognize and celebrate the therapeutic effects that colors can have on our lives. This observance shines a light on the practice of using colors to improve our physical, emotional, and mental well-being.

The Healing Power of Colors
Colors have been used for healing purposes for centuries. Different colors are believed to have different energies and can evoke specific emotions and moods. For example, blue is often associated with calmness and tranquility, while red is thought to stimulate energy and passion.

How Color Therapy Works
Color therapy, also known as chromotherapy, is based on the principle that exposure to certain colors can help balance and enhance our body's energy centers, known as chakras. This therapy can be applied in various ways, such as through colored lights, visualization, or the use of colored stones and crystals.

Benefits of Color Therapy
Color therapy is believed to have a wide range of benefits, including reducing stress, promoting relaxation, and improving mood. It is often used as a complementary therapy alongside traditional medical treatments to support overall well-being.

How to Celebrate Color Therapy Month

There are many ways to celebrate Color Therapy Month and incorporate more color into your life. You can explore different colors and their meanings, experiment with color in your home decor or clothing choices, or simply take a moment to appreciate the beauty of the world around you.

Coloring and color therapy are closely related practices that work hand in hand to promote relaxation, creativity, and emotional well-being. Coloring, especially in the context of adult coloring books, is often used as a form of art therapy, which can be a component of color therapy.

Coloring allows individuals to focus their attention on the present moment, similar to meditation, which can help reduce stress and anxiety. The act of choosing colors and filling in shapes can also be a creative outlet, providing a sense of accomplishment and self-expression.

In color therapy, specific colors are used to evoke certain emotions or stimulate energy centers in the body. When coloring, individuals can choose colors based on how they want to feel or what they want to achieve. For example, someone seeking calmness might choose shades of blue or green, while someone looking for energy might choose shades of red or orange.

Overall, coloring and color therapy complement each other by providing a relaxing and creative way to explore the healing power of colors and promote emotional well-being.

Color Therapy Month is a time to explore the healing power of colors and discover how they can positively impact our lives. Whether you're looking to reduce stress, improve your mood, or simply add more color to your world, color therapy offers a unique and holistic approach to well-being.

Endometriosis Awareness Month: Shining a Light on a Silent Epidemic



Endometriosis is a chronic and often debilitating condition where tissue similar to the lining of the uterus grows outside the uterus, causing pain and other symptoms. Despite affecting an estimated 1 in 10 women worldwide, endometriosis is often misunderstood and underdiagnosed. Endometriosis Awareness Month, observed in March, aims to raise awareness about this condition, its impact on women's lives, and the importance of early detection and proper management.

The Impact of Endometriosis

Endometriosis can have a significant impact on various aspects of a woman's life, including physical health, mental health, relationships, and quality of life. The condition is associated with symptoms such as chronic pelvic pain, painful periods, fatigue, and infertility. These symptoms can be severe and debilitating, leading to missed work or school, impaired social functioning, and emotional distress.

Challenges in Diagnosis and Management

One of the challenges in diagnosing endometriosis is the lack of awareness and understanding of the condition among healthcare providers. Many women experience delays in diagnosis, often enduring years of pain and suffering before receiving a proper diagnosis. Additionally, there is no cure for endometriosis, and treatment options are limited to managing symptoms and improving quality of life.

Raising Awareness and Promoting Early Detection

Endometriosis Awareness Month plays a crucial role in raising awareness about the signs and symptoms of endometriosis, encouraging women to seek help early. Early detection and intervention can help improve outcomes and quality of life for women with endometriosis. It is also essential to educate healthcare providers about the condition to ensure timely and accurate diagnosis and management.

Advocacy and Support

Endometriosis Awareness Month is also a time to advocate for better care and support for women with endometriosis. This includes promoting research to better understand the causes of endometriosis, developing more effective treatments, and improving access to care for all women affected by this condition. Support groups and online communities can also provide valuable support and resources for women living with endometriosis.

Endometriosis Awareness Month is a time to shine a light on a condition that affects millions of women worldwide. By raising awareness, promoting early detection, and advocating for better care and support, we can make a difference in the lives of women with endometriosis. Together, we can work towards a future where all women receive timely and effective care for endometriosis.

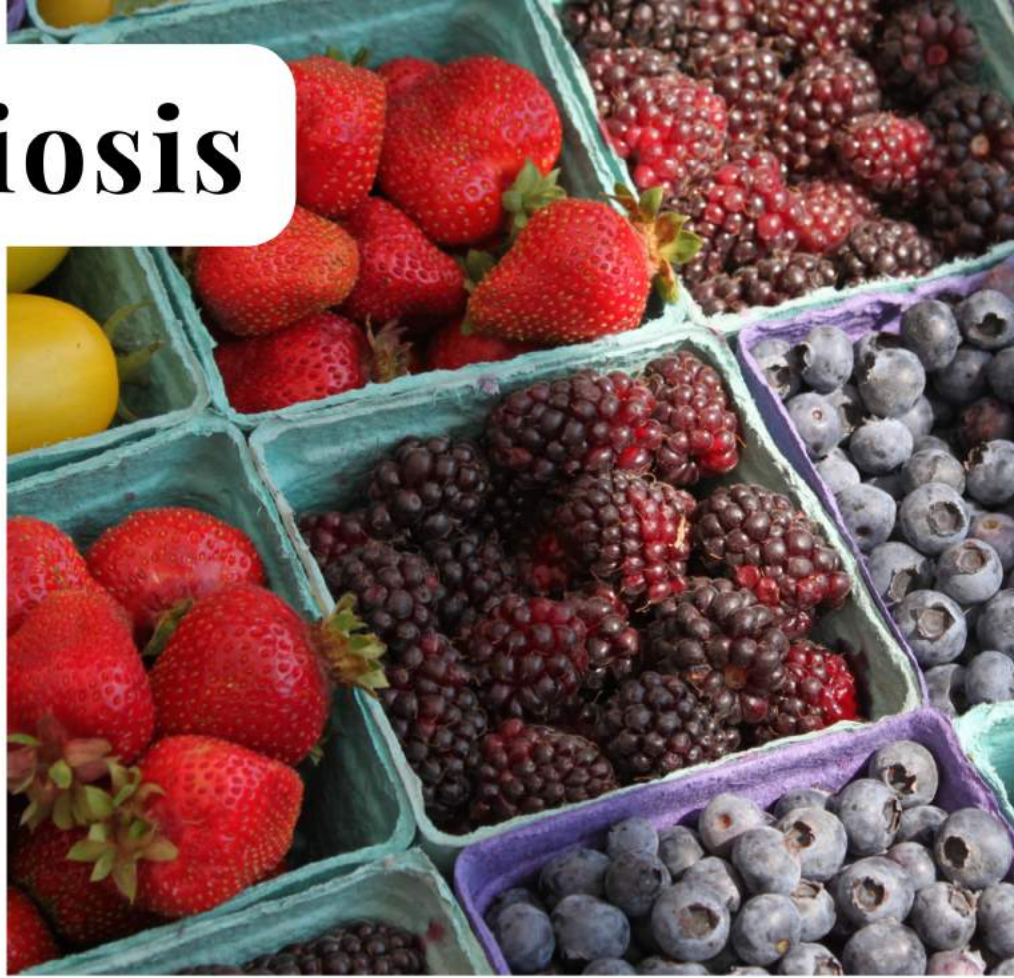
endometriosis & food

While there is no specific diet that can cure endometriosis, some women find that certain foods can worsen their symptoms.

These foods may include:

- **High-FODMAP foods:** These are fermentable carbohydrates that can cause bloating and gas. Examples include onions, garlic, wheat, and some fruits.
- **Dairy:** Some women find that dairy products can worsen inflammation and pain associated with endometriosis.
- **Gluten:** Some women report improvement in symptoms when they avoid gluten-containing foods like wheat, barley, and rye.
- **Red meat:** High intake of red meat has been associated with an increased risk of endometriosis. Some women find that reducing their red meat consumption helps alleviate symptoms.
- **Caffeine:** Caffeine can irritate the digestive tract and may worsen symptoms like bloating and discomfort.
- **Alcohol:** Alcohol can worsen inflammation and may increase estrogen levels, which can exacerbate endometriosis symptoms.

It's important to note that individual responses to food can vary, so it may be helpful to keep a food diary to identify any triggers and discuss dietary changes with a healthcare provider or a dietitian.



While there is no specific diet proven to cure endometriosis, some foods may help manage symptoms and promote overall health. These include:

- **Fruits and vegetables:** Rich in antioxidants and fiber, fruits and vegetables can help reduce inflammation and support overall health.
- **Omega-3 fatty acids:** Found in fatty fish like salmon, as well as flaxseeds, chia seeds, and walnuts, omega-3s have anti-inflammatory properties that may help reduce pain and inflammation associated with endometriosis.
- **Whole grains:** Whole grains like brown rice, quinoa, and oats are high in fiber and may help regulate digestion and reduce bloating.
- **Lean protein:** Lean protein sources like poultry, fish, beans, and legumes can provide essential nutrients without the saturated fat found in red meat.
- **Green tea:** Green tea contains antioxidants that may help reduce inflammation and improve symptoms.
- **Herbs and spices:** Turmeric, ginger, and cinnamon are believed to have anti-inflammatory properties and may help reduce pain and inflammation associated with endometriosis.

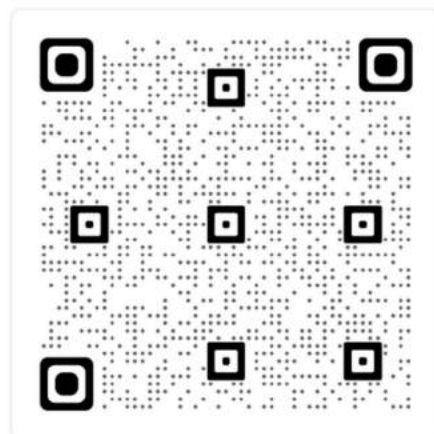
It's important to note that while these foods may help manage symptoms, individual responses can vary. It's always a good idea to consult with a healthcare provider or a dietitian before making significant changes to your diet.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>March is Colon Cancer Awareness Month and National Nutrition Month. Diets high in fiber and phytonutrients from beans, fruits, nuts, seeds, peas, vegetables, and whole grains can reduce the risk for many diseases including colon cancer. Use quick, short workouts to get exercise into your daily routine. Even 10 minute exercise "snacks" can increase blood flow to the brain and improve cognitive function. Exercise done around meal times helps control blood sugar response. Get moving several times throughout your day. All those minutes add up to achieve your weekly exercise goals.</p>					<p>Aim for 20-35 grams of dietary fiber and 8 cups water each day.</p> 	<p>Buy frozen fruits and veggies in bulk so that they are available.</p> 
<p>5 Pushups 10 Body Weight Squats 16 Plank Taps 20 Jumping Jacks Repeat 2x</p> <p>3</p>	<p>12 Air Squats 12 Knee Pushups 12 V-Ups 12 Mountain Climbers Repeat 3x</p>  <p>4</p>	<p>Swap white (enriched) grains with 100% whole grain for added fiber and nutrients.</p>  <p>5</p>	<p>12 Air Squats 12 Knee Pushups 12 V-Ups 12 Mountain Climbers Repeat 3x</p>  <p>6</p>	<p>Aim for half of plate to be non-starchy veggies like broccoli, carrots, cauliflower, kale, tomatoes, zucchini and yellow squash.</p> <p>7</p>	<p>12 Air Squats 12 Knee Pushups 12 V-Ups 12 Mountain Climbers Repeat 3x</p> <p>8</p>	<p>15 Pushups 10 Body Weight Squats 16 Plank Taps 20 Jumping Jacks Repeat 2x</p> <p>9</p>
<p>Make the week less stressful by pre-prepping meals. Chop veggies, marinate meats, and pre-package nuts/snacks.</p> <p>10</p>	<p>12 Squat Thrusters 12 Reverse Lunge with Twists 12 Elbow to Knee Twists 12 Mock Jump Rope Repeat 3x</p> <p>11</p>	<p>Try adding frozen cauliflower, zucchini, spinach to protein smoothies!</p>  <p>12</p>	<p>12 Squat Thrusters 12 Reverse Lunge with Twists 12 Elbow to Knee Twists 12 Mock Jump Rope Repeat 3x</p> <p>13</p>	<p>Cultured dairy like yogurt and kefir are low lactose and have healthful probiotics.</p> <p>14</p>	<p>12 Squat Thrusters 12 Reverse Lunge with Twists 12 Elbow to Knee Twists 12 Mock Jump Rope Repeat 3x</p> <p>15</p>	<p>Make homemade energy bars with seeds, nuts, and dried fruits.</p>  <p>16</p>
<p>5 Pushups 10 Body Weight Squats 16 Plank Taps 20 Jumping Jacks Repeat 2x</p> <p>17</p>	<p>15 Air Squats 15 Knee Pushups 15 V-Ups 15 Mountain Climbers Repeat 3x</p> <p>18</p>	<p>Try a veggie (bean) burger with sautéed onions on a portobello mushroom "bun".</p>  <p>19</p>	<p>15 Air Squats 15 Knee Pushups 15 V-Ups 15 Mountain Climbers Repeat 3x</p> <p>20</p>	<p>Pair protein with fruit for healthy snacks: apple with PB, grapes with cheese.</p>  <p>21</p>	<p>15 Air Squats 15 Knee Pushups 15 V-Ups 15 Mountain Climbers Repeat 3x</p> <p>22</p>	<p>5 Pushups 10 Body Weight Squats 16 Plank Taps 20 Jumping Jacks Repeat 2x</p> <p>23</p>
<p>Check cereal ingredients for whole grains and low in added sugar.</p>  <p>24</p>	<p>15 Squat Thrusters 15 Reverse Lunge with Twists 15 Elbow to Knee Twists 15 Mock Jump Rope Repeat 3x</p> <p>25</p>	<p>Avoid processed meats (hot dogs, sausage, deli meats, bacon). Read ingredient labels!</p> <p>26</p>	<p>15 Squat Thrusters 15 Reverse Lunge with Twists 15 Elbow to Knee Twists 15 Mock Jump Rope Repeat 3x</p> <p>27</p>	<p>Go meatless and use lentils, beans or tofu for dinner.</p>  <p>28</p>	<p>15 Squat Thrusters 15 Reverse Lunge with Twists 15 Elbow to Knee Twists 15 Mock Jump Rope Repeat 3x</p> <p>29</p>	<p>Track how much fiber you get in your diet for colon health.</p>  <p>30</p>
<p>5 Pushups 10 Body Weight Squats 16 Plank Taps 20 Jumping Jacks Repeat 2x</p> <p>31</p>	<p>Join us on Social Media:    </p> <p>Facebook: @therapidesfoundation Twitter: @rapides_trf Instagram: @rapidesfoundation YouTube: @rapidesfoundation Pinterest: @gethealthyenla</p>					

Healthy Lifestyle
PROGRAM

 CMAP
Funded by:
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A photograph of two people in a kitchen. On the left, a person wearing a grey and black striped apron over a white lace-collared top is placing tomato slices on a round pizza base on a wooden cutting board. On the right, another person in a blue and white striped shirt and a tan apron with black icons is using a knife to cut something. The counter is cluttered with various ingredients: a bowl of mushrooms, a bowl of herbs, a small bowl of salt, and a large bunch of fresh rosemary. The text is overlaid in the center in a red, serif font.

**"Cooking is at
once child's play
and adult joy.
And cooking done
with care is an
act of love."**

- Craig Claiborne

FRIO VITALITY

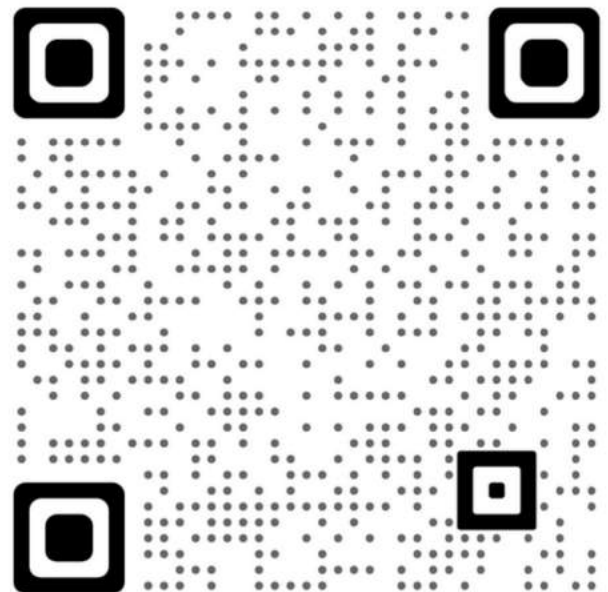
A Health & Wellness Newsletter

EAT WELL, LIVE WELL
Celebrating National
Nutrition Month

HIT THE RESET BUTTON
Spring Clean Your Life,
Mind, and Habits for a
Fresh Start

COLOR THERAPY
Beyond Crayons:
The Transformative Power
of Adult Coloring

SCAN ME



MARCH 2024