

## Spring into Action this Month with a New Lifestyle

Soon, spring will be here! Now is a great time to brush off those healthy habits and spring back into action.

Moving more is a great way to get started. By introducing different types of exercises, you can improve your overall health. Here are some ideas to get moving this spring:

**Endurance: Keeps your heart, lungs, and circulatory system healthy and improve your overall fitness.**

- Brisk walking or jogging in the spring air
- Cleaning your yard
- Riding your bike



**Strength: Makes your muscles stronger.**

- Lifting weights or cans of food if you do not have access to weights
- Using a resistance band
- Using your own body weight



**Balance: Helps to prevent falls, a common problem in older adults.**

- Standing on one foot
- Heel-to-toe walk
- Tai Chi



**Flexibility: Gives you more freedom of movement.**

- Shoulder and upper arm stretches
- Calf stretch
- Yoga



These kid-friendly chicken nuggets are always a hit in our classes.

### Crunchy Chicken Nuggets

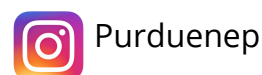
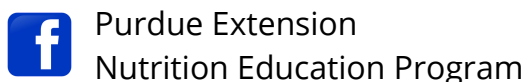
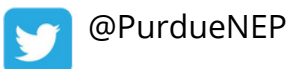
#### Ingredients

- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/2 cup barbeque sauce
- 3 cups cereal flakes

#### Directions

1. Preheat oven to 375 degrees.
  2. Mix chicken and barbeque sauce in a large bowl.
  3. Pour cereal flakes into a large plastic bag and crush into small pieces.
  4. Place chicken pieces in the bag, reseal, and toss to coat.
  5. Lightly coat a baking sheet with cooking spray. Arrange coated chicken pieces on the baking sheet.
  6. Bake until crispy and golden brown and chicken is no longer pink inside, about 20 to 25 minutes.
- Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



Resources: <https://www.nhlbi.nih.gov/resources/stress-less-healthier-heart-fact-sheet>, [eatgathergo.org/recipe/skillet-granola/](https://www.eatgathergo.org/recipe/skillet-granola/)

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