

April Staff Wellness

National Public Health Week: Active Living and Healthy Eating

Crunchy Pear & Celery Salad

Ingredients

- 4 stalks** Celery, trimmed and cut in half crosswise
- 2 tablespoons** Cider, pear, raspberry or other fruit vinegar
- 2 tablespoons** Honey
- 1/4 teaspoon** Salt
- 2** Ripe pears, preferably red Bartlett or Anjou, diced
- 1 cup** Finely diced white Cheddar cheese
- 1/2 cup** Chopped pecans, toasted
- Freshly ground pepper, to taste
- 6** Large leaves butterhead or other lettuce

Directions:

Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.

Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

Recipe of the Month



More Ideas for Lunch:

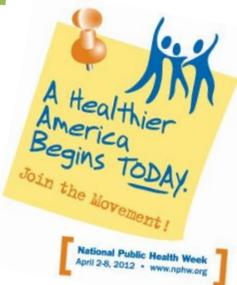
1. Sandwiches served with lean meats, cheese and vegetables on whole-grain bread or tortilla (light spread or mayonnaise)
2. Entrée salads with oil/vinegar or low-fat dressing
3. Soups (e.g., minestrone, beef/barley, chicken noodle, tomato)
4. Taco bar with corn tortillas, vegetables, beans, cheese and salsa
5. Stir fry with vegetables and lean meat served on brown rice

Move of the Month: ZUMBA!



Find a Zumba Class near you!

[A Healthier America Begins Today: Join the Movement!](#) National Public Health Week is a time to unite around a critical public health issue and focus our collective energy on the singular goal of [helping people live longer, happier, healthier lives.](#)



Get a workout buddy!

- Ask your co-workers, best friend, mom, significant other or anyone that will share a fun workout with you.
- Share each other's physical activity goals (they do not have to be the same goals) and positively encourage one another to stay focused on those goals.
- You will be more likely to hold each other accountable to work out regularly.