

Celebrate Earth Day in April

April 22, 2015, marks the 45th anniversary of Earth Day. Since 1970, communities around the world have joined together in April to promote the health of the planet. This year's theme is "The Time is Now," and there's no better time to start building a healthier planet.



To do so, we recommend thinking globally and acting locally. This April, make it a goal to change a habit that will protect your health and the health of the planet. For example:

- Ride your bike or walk to work one day a week (see the Move of the Month!).
- Plant a garden or buy locally grown foods.
- Play outside with your children at least once a week.
- Reduce food waste. [Plan meals](#) a week at a time and use a [shopping list](#) to avoid extra trips to the store.

For more tips on balancing nutrition and the environment, check out our *Health Connections Newsletter* on [Sustainable Nutrition](#).

Move of the Month

Walking ... Your Way to Good Health!

Why walk?

Increase mobility – Those who started with 10 minutes a day and worked up to 40 minutes a day within three months increased their physical functioning by 25 percent.

Improve mood – Walking stimulates the production of brain chemicals like serotonin and endorphins.

Live longer – Walkers live an average of 1.3 years longer than couch-potato peers.

Reduce your risk of Type 2 diabetes – Walking briskly most days of the week improves the ability of muscles to use insulin and absorb glucose. This puts less stress on insulin-making cells and has great cardiovascular benefits as well.

Reduce memory loss + boost brainpower – Walk 40 minutes three times a week and help prevent a decline in brain function associated with aging.

Move courtesy of [ArthritisToday.org](#)

Plus [10 Tips to Help You Reach 10,000 Steps a Day](#) courtesy of [msn.com](#).

Recipe of the Month

Creamy Crookneck Squash and Arugula Wraps

Squash and arugula are easy to grow and delicious to enjoy. Plant some today!

Ingredients:

- 3 medium crookneck Squash (summer squash), diced
- Salt and Pepper to taste
- ¾ cup low-fat Cream cheese
- ½ cup finely shredded Cheddar cheese
- 1 cup canned diced Tomatoes with mild green chilies
- 8 whole-wheat Tortillas
- 4 cups Arugula

Preparation:

1. Add the diced crookneck squash to a microwave-safe dish and season with salt and pepper to taste. Cover with plastic wrap and microwave for four to six minutes on high, or until tender. Stir every two minutes. Drain any liquid from the bowl.
2. Mix in the cream cheese and cheddar cheese and stir until the cheese is smooth and blended into the squash.
3. Drain the liquid from the canned tomatoes and stir tomatoes into the bowl.
4. Spoon the mixture onto whole-wheat tortillas and top with arugula.
5. Roll the tortillas into wraps and serve.

