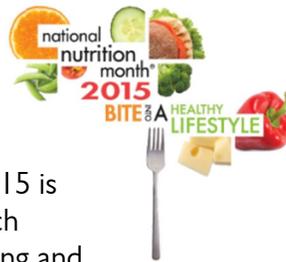


March 2015

March is National Nutrition Month!



Nutrition Month's theme for 2015 is "Bite into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise. Lifestyle choices can help achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

With their unique package of nutrients, milk + milk products play a major role in a healthy eating plan with foods from all five food groups. Consuming milk, cheese and yogurt can boost immunity, lower blood pressure, reduce risk of diabetes and help maintain a healthy weight. Milk is an excellent source of high-quality protein, which is important throughout life and specifically for athletes and the elderly.

Are you getting the recommended three servings of dairy—milk, yogurt or cheese—every day? [Learn more here!](#)

Move of the Month

Getting into shape will not only increase your life expectancy and ability to tackle day-to-day activities with ease, but it will also improve your overall quality of life and leave you feeling confident and happy.

Superman Lower Back Exercise

"It's a bird. It's a plane. It's Superman!"



Perform the Superman exercise on a mat. Lie flat on your stomach with your arms extended in front of you on the ground and your legs lying flat. Lift both arms and legs at the same time, as if you were flying, and contract the lower back. Make sure that you are breathing and, depending on your fitness level, hold the movement for at least two to five seconds per repetition.

Again, depending on your fitness level, perform between five and 10 repetitions and possibly two or three sets.

Move courtesy of [LiveStrong.com](#) + photo courtesy of [FitStudio.com](#)

Recipe of the Month

Bite into a meal of calcium-rich pasta.

Creamy Asparagus Pasta

Courtesy of [EatingWell.com](#)

Lemon zest ties all the flavors together in this light and creamy pasta.

Ingredients:

- 8 ounces whole-wheat Penne pasta
- 1 bunch Asparagus, trimmed and cut into $\frac{3}{4}$ inch pieces
- 1 $\frac{1}{2}$ cups whole Milk
- 4 teaspoons whole-grain Mustard
- 4 teaspoons Flour
- $\frac{1}{2}$ teaspoon Salt
- $\frac{1}{2}$ teaspoon freshly ground Pepper
- 2 teaspoons extra-virgin Olive oil
- 3 tablespoons minced Garlic
- 2 teaspoons minced fresh Tarragon or $\frac{1}{2}$ teaspoon dried
- 1 teaspoon freshly grated Lemon zest
- 2 teaspoons Lemon juice
- $\frac{1}{2}$ cup grated Parmesan cheese, divided

Preparation:

Bring a large pot of water to a boil. Add pasta and cook for three minutes less than the package directions. Add asparagus and continue cooking until the pasta and asparagus are just tender, three minutes more. Drain and return to the pot.

Meanwhile, whisk milk, mustard, flour, salt and pepper in a medium bowl.

Heat oil over medium-high heat. Add garlic and cook, stirring, until fragrant and lightly browned, 30 seconds to one minute. Whisk in the milk mixture. Bring to a simmer, stirring constantly, and cook until thickened, one to two minutes. Stir in tarragon, lemon zest and juice.

Stir the sauce into the pasta-asparagus mixture. Cook over medium-high heat, stirring, until the sauce is thick, creamy and coats the pasta, one to two minutes. Stir in one-quarter cup Parmesan. Divide among four bowls and top with the remaining one-quarter cup Parmesan.



Don't Forget Your ZZZs

National Sleep Awareness Week is March 2-8, 2015!

Getting the recommended seven to eight hours of sleep a night is just as important as eating healthfully and exercising.

