



# The Moon Gardens' Messenger

Cultivating creative ways to care for others, ourselves, and the environment.

## Keep on Movin'!

With the keiki back in school, keeping up with work, or just managing your daily commitments, fitting in exercise can seem like an unrealistic thing to do. But, the good news is, research indicates regular movement throughout the day is what our bodies need to help with weight management and for the prevention/management of chronic diseases. Short bursts of exercise may be a hard concept to buy into, because exercise has been marketed as needing to be long and sustained, but we encourage you to give it a try! You might be pleasantly surprised with how doable exercise becomes when done in this fashion, as well as pleased with the results. Here are some tips to fit regular movement into your workday.

**Buddies are the Best!** Find an at work walking buddy. Take turns being in charge of getting the other to take the walk. Take a 10 minute walk together during morning, afternoon or lunch breaks.

**VIPP Spot—Very Important Person Parking—** Commit to finding a parking space in your work lot that's further away. Because it's further away it's more likely to always be open. It's a spot reserved especially for YOU!

**Get off the bus Gus!** Create a new bus stop: Get off the bus one stop early.

**DING!** Set a reminder on your magic phone or computer to take a short stretching break.

**Get Up!** When on a phone call, do calf raises or squats.

**Become the Stair Master!** Take the stairs as much as possible. If you have a meeting on floor 14, consider taking the elevator to 11 and walk the rest. Over time get off the elevator sooner and sooner. Do what is realistic; maybe you cannot walk up all 14 flights, but can you take the elevator to 10 and walk up the last 4 flights?

## Ready, Set, Goal Set

For the rest of the month, add in a short burst of a strength training exercise. For example, when you brush your teeth do calf raises.

Write out a goal. For example: For one week you will do this at least 10 times, if you meet or exceed this goal reward yourself with a new book, magazine, music download, crafting supply, etc. (make the reward be something that helps to manage stress).

## Keeping it Blue!

Moon Gardens just became a Blue Zones certified company! Blue Zones Hawaii: <https://info.bluezonesproject.com/bzphawaii> offers many programs, in the community, to support one's health based on principles we at Moon Gardens promote such as: eating real traditional foods, making little burst of movement a part of your day and enjoying the moments of life! Check out our website in regards to a cooking demo we will be offering in conjunction with them and visit their website for more activities in your area.

**"Life is really simple, but we insist on making it complicated."**

~ Confucius



## Food is Medicine

Currently in the United States, the supplement industry (vitamins, minerals, herbs, etc.) is not a regulated industry, so we need to play on the side of caution.

Studies have been showing that many vitamin and supplement bottles are mislabeled. They have been shown to contain ingredients that are not on the label and/or were missing things that were listed.

Choose to get your nutrients from foods instead of supplements. Research demonstrates the body would rather get its nutrients. In addition, some research suggests that high doses of various supplements may pose a risk for kidney stones.

## Lunch Outside the Home

These days, adults and keiki are having to eat meals outside the home (such as school and work lunches). Here are a few ideas for easy, nutritious packable meals:

- Make a musubi: Try an avocado, smoked salmon or tofu one. Enjoy with a side of steamed broccoli and nuts .
- Baked sweet potato and salad topped with sesame dressing (<https://moongardensorg.files.wordpress.com/2019/05/sesame-dressing.pdf>) side of nuts.
- Boiled egg, brown rice topped with sautéed onions, side of pineapple.
- Avocado, tomato, red onion sandwich, made with whole wheat bread. Side of nuts and dark chocolate chips.

## Travel Through Taste

### Greek Lemon Soup

#### Ingredients

- 8 cups chicken broth
- ½ cup rice of choice (long-grain rice is traditionally used)
- 3 eggs
- Juice from one lemon (more if you would like)

#### Directions

- Bring broth to a boil and then add rice to boiling broth. Cook on simmer for 25 minutes.
- In a separate bowl beat 3 eggs and mix in the lemon juice. When broth is done simmering, slowly add 1 cup of the broth to the egg and lemon juice mixture while continually mixing.
- Next add it all back into the pot and on low heat for approximately 4 minutes or until heated through.

