

University of Illinois Extension: Family and Consumer Sciences Breakroom Buzz

April is National Gardening Month

Gardening is Excellent Exercise



Calories burned by a 150-180 pound person in 1 hour:

Heavy yardwork	400-600 calories burned
Raking and bagging leaves	350-450 calories burned
Watering garden	122-132 calories burned
Planting seedlings	304-324 calories burned
Digging or spading	340-404 calories burned
Weeding	304-364 calories burned
Planting trees	306-364 calories burned
General Gardening	400 calories burned

Source: University of Illinois Extension, ACES News. "Gardening to lose weight." 8 February 2013. <https://bit.ly/3tKldSo>

What's in Season: Asparagus!

Salmon and Asparagus Salad



Watch on YouTube at "What's Cooking with Mary Liz Wright: Salmon and Asparagus Salad"

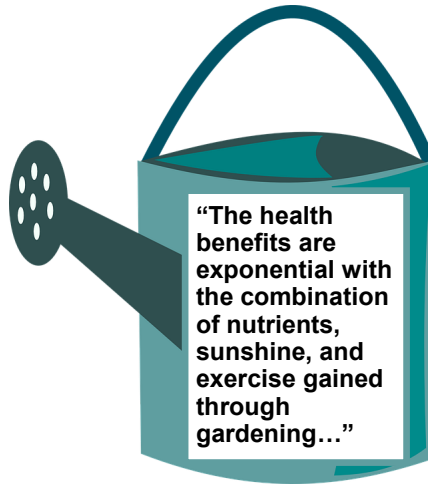
Find the recipe and similar ones at go.illinois.edu/diabetesrecipes

4 cups of water	3 cups cooked rice
6 salmon fillets, 4 oz. each	1 cup thawed frozen peas
1 tablespoon margarine	1/2 teaspoon salt
2 cups asparagus, washed, cut in 1-inch pieces	1/4 teaspoon pepper

Directions:

1. Wash hands with soap and water. Use 4 cups of water in a skillet to steam or poach salmon until salmon flakes with a fork. Remove salmon and discard water.
2. Heat margarine in skillet and add asparagus, cooking until tender.
3. Stir in rice, peas, salmon, salt, and pepper.
4. Cook about one minute, just to heat, stirring to prevent sticking.

Nutrition Facts per Recipe: 380 calories, 16 g. total fat, 419 mg. sodium, 28 g. carbohydrates, 3 g. dietary fiber, 3 g. protein



"...Walking, bending, lifting, and pulling movements that naturally happen in the garden fit into the moderate exercise category that can increase your body's immune system function." -Nicole Flowers-Kimmerle, Horticulture Educator

[Read more](#) about the "Benefit your health and environment by growing your own vegetables," Illinois Extension. 17 August 2020.

20TH ANNIVERSARY
MONEYSMARTWEEK
APRIL 9-16, 2022



Visit moneysmartweek.org to learn more!



I Didn't Know That April is National Humor Month



Laughter is an excellent form of stress relief. Whether one plays a funny joke on someone, watches a sitcom, or listens to a humorous podcast, laughter can be beneficial.

Here are just a few health advantages of laughing:

- ◆ Physically stimulates the heart, lungs, and muscles.
- ◆ Laughter increases the release of our feel-good hormones in the brain.
- ◆ Provides relief to a stress response when you can have a chuckle.
- ◆ Improves the overall immune system compared to negative thoughts that can manifest and cause a harmful impact on the body.
- ◆ Eases pain by causing the body to produce its natural painkiller.
- ◆ It makes coping with uncomfortable situations easier.

Finding humor promotes happiness and self-esteem. Please take advantage of April Fool's Day but remember a joke is a joke only when both people can laugh about it.

Source: Tessa Hobbs-Curley, Family Life Educator adapted "Stress relief from laughter, It's no joke" <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456> July 28, 2021



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