

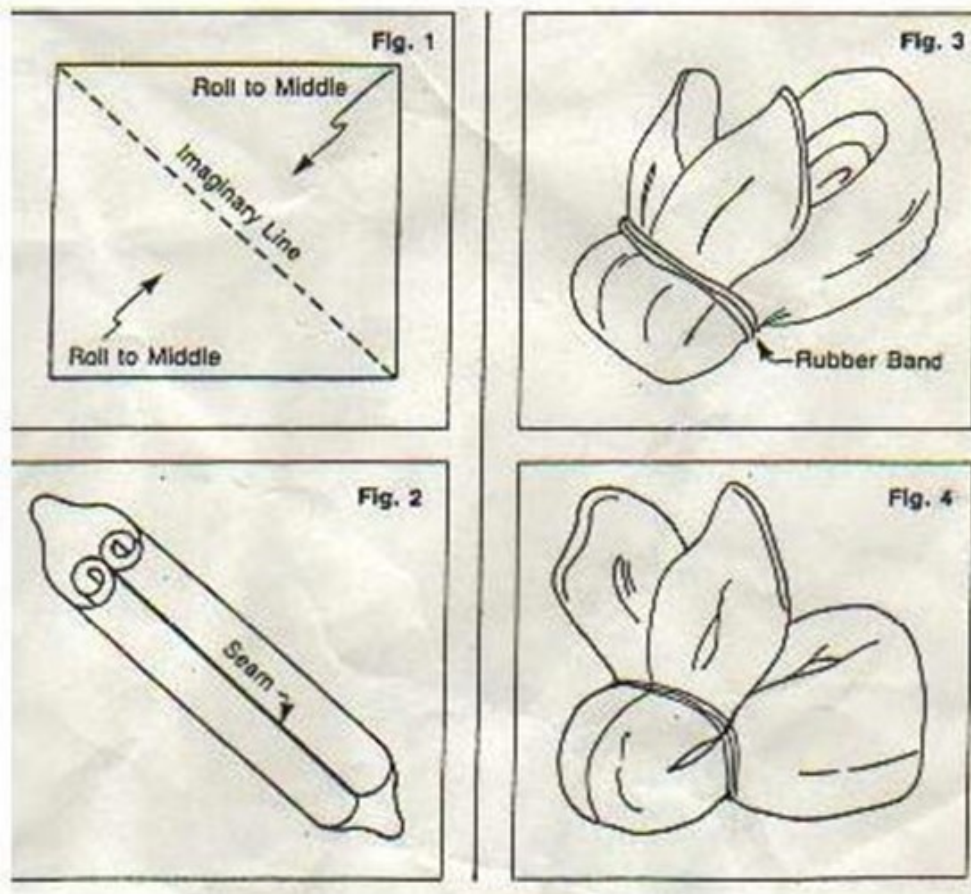
There's a light at
the end
of every
tunnel;
the sun
returns
after
every
storm.

A SURVIVAL GUIDE FOR THIS WEEK
AFFINITY

1. Limit exposure to social media and news
2. Practice relaxing techniques such as Yoga
3. Focus on things that you can control
4. Exercise, Exercise, Exercise
5. Read or listen to a positive podcast at least
1 hour per day
6. Take an on-line class
7. Journal your thoughts and feelings
8. Eat healthy
9. Get 7-8 hours of quality sleep
10. Try a new recipe that you always wanted
to try but didn't have the time

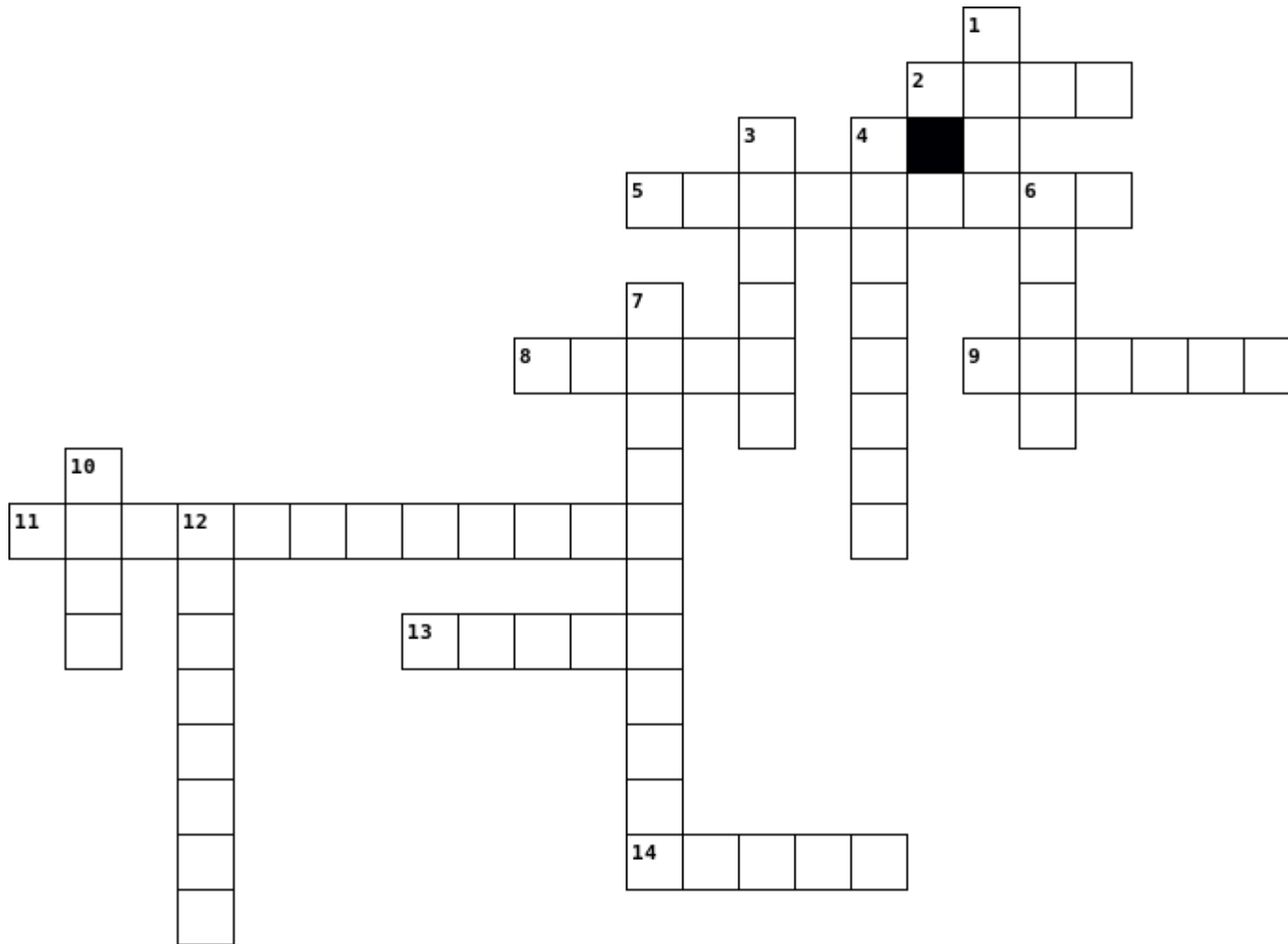
10 THINGS TO DO DAILY





Here's a fun, easy way to add a little Easter to your home. All you need is a washcloth, a rubber band or string, and a plastic egg. If you want to get creative you can add eyes, nose, and a tail! If you make one, please send me a picture. Here is mine.

Affinity



See next page for clues ...

Across

- 2. Where we host free virtual fitness classes
- 5. HOA
- 8. Number of virtual classes Affinity hosts each week
- 9. Used to access facility
- 11. Something we all want to finish
- 13. Not permitted in pool area
- 14. Weather most days

Down

- 1. Where we all need to stay right now
- 3. What we all like at events
- 4. Name of local park
- 6. Something we all need
- 7. Something you create with other residents
- 10. Number of pedestrian gates into Affinity
- 12. Name of the guide Colleen creates each week

Last week's answers: Down: 1-Colleen, 2-TRX, 3-Happy, 4-Workout, 7-Firepit, 8-Treadmill, 9-Dog, 10-Grill. Across: 1-Community, 5-Wellbeats, 6-Affinity, 10-Together, 12-Mixer

(Today's answer key in next week's guide)

9 Healthy Foods That Lift Your Mood

When you're feeling down, it can be tempting to turn to food to lift your spirits. However, the sugary, high calorie treats that many people resort to have negative consequences of their own. Nonetheless, certain foods have been shown to improve overall brain health and certain types of mood disorders.

Fatty Fish – Omega-3 fatty acids are a group of essential fats that you must obtain through your diet because your body can't produce them on its own. Fatty fish like salmon are rich in omega-3 fatty acids.

Dark chocolate (YUM) – Chocolate is rich in many mood-boosting compounds.

Fermented foods – This includes kimchi, yogurt, kefir, kombucha, and sauerkraut, which may improve gut health and mood.

Bananas – Bananas help turn a frown upside down! They are a great source of natural sugar, B6, and prebiotic fiber, which work together to keep blood sugar levels and mood stable.

Oats – Oats provide fiber that can stabilize blood sugar levels and boost your mood.

Berries – Berries are rich in disease-fighting anthocyanins, which may lower risk of depression.

Nuts and seeds – Certain nuts and seeds are high in tryptophan, zinc, selenium, which may support brain function and lower risk of depression.

Coffee – Coffee provides numerous compounds that may boost your mood.

Beans and lentils – These plant-based proteins are full of feel-good nutrients.

Wholesome foods have been shown to boost your mood and overall health. Try some of these foods above to kick-start your positivity routine.

Fitness Pasta Salad



Often dinner recipes are loaded with processed carbs, added fats and calorie-rich dairy. Instead, it's important that you focus on creating dinner recipes that are light on carbs, fats and dairy in order to stay on track with your healthy goals.

This pasta salad recipe is filled with fiber and flavor while being super light in fats and carbs! The secret is to use a vegetable peeler to turn zucchini into long pasta-like strands. This is a perfect side to a lean chicken breast. Make a big bowl of this tasty salad on the weekend and enjoy throughout the week for fast, nutritious meals. Enjoy!

Courtesy of RealHealthyRecipes.com

What you need

Servings: 4

3 organic zucchini
1/2 cup organic cherry tomatoes, quartered
2 Tablespoons olive oil
1 clove garlic, crushed
juice from 1/2 a lemon
1 teaspoon dried basil
dash of salt and pepper
*optional balsamic vinegar glaze

Instructions

1. Trim the zucchini ends. Peel down the length of each zucchini until you reach the seeded center, creating long, noodle strands.
2. Place the noodles in a medium bowl, add the quartered cherry tomatoes.
3. In a small bowl combine the oil, garlic, lemon juice, dried basil, salt and pepper. Pour over the noodles and mix to combine.
4. Chill for at least 20 minutes in the fridge.

*Optional, garnish with drops of balsamic vinegar glaze before serving. Enjoy!

Nutrition

One serving equals: 92 calories, 7g fat, 68mg sodium, 7g carbohydrate, 2g fiber, and 2g protein

Staying healthy can take as little as 30-minutes per day!

Please join us on Zoom three days per week for virtual fitness classes hosted by Colleen.

It's a great way to check in and also workout from the comforts of your own home.

Watch your emails for upcoming login information. It's free and it's fun! All ages welcome.

Don't have time for a class? Try these every day: Burpees, Planks, Down Dog, Jumping Jacks, Pushups or just a relaxing walk.





Just breathe...