



the CommonHealth Compass



Apricot-Lemon Chicken

Start with an apricot fruit spread to concoct a sauce that transforms simply prepared chicken breasts into this elegant dish.

Prep Time: 4 Minutes Cook Time: 14 Minutes

Ingredients

- 1 teaspoon curry powder
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- ⅓ cup apricot spread (such as Polaner All Fruit)
- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 2 teaspoons grated lemon rind

Preparation

Combine first 3 ingredients in a small bowl; rub mixture over chicken.

Place a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Cook chicken 6 minutes on each side or until done. Remove chicken from pan, and keep warm.

Add apricot spread, lemon juice, and 2 tablespoons water to pan, stirring until smooth. Cook over medium heat 1 minute. Spoon sauce over chicken; sprinkle with lemon rind.

Calories: 245 Fat: 2g Saturated fat: 0.6g Monounsaturated fat: 0.5g Protein: 39.4g Polyunsaturated fat: 0.5g Carbohydrate: 14.5g Fiber: 0.3g Cholesterol: 99mg Iron: 1.4mg Sodium: 402mg Calcium: 24mg

CommonHealth Programs for Spring



CommonHealth is offering two programs through June 30 this year, one on nutrition and the other on fitness! Contact your local employer to find out more. Here's a summary:

Lighten Up

Do you ever find yourself in the drive thru lane more often than you would like? Are you constantly eating convenience food but feeling guilty about it? Does it seem like you don't have any time to prepare meals? Do you think it is too expensive to eat healthy? CommonHealth is tackling some of the biggest excuses that we make to overcomplicate eating well. Don't let these self imposed obstacles derail you from a healthy meal.

Moving Forward with Fitness

This is a program for those of us who know we need to exercise but find it hard to make the time. Do you hate to exercise and would rather spend your time watching your favorite TV show? Do you feel like you are too fat, too old, or too uncoordinated to work out? How about thinking that joining a gym is way too expensive? Have physical ailments that make exercise a big challenge? CommonHealth will show you how to overcome these hurdles to an active lifestyle.

Reap the Benefits of Gardening

Burn Serious Calories and Prevent Cancer



Bend, twist, reach, and pull.

While this may sound like an intensive aerobics class, these are actually movements you do while working in the garden. Researchers estimate that gardening burns an average of 300 calories per hour, while heavy yard work can burn more than 600 calories per hour! Engaging in regular physical activity like gardening is also an excellent way to lower your risk of some cancers.

Here's the Dirt

Gardening is an ideal form of exercise because it combines three important types of physical activity: strength, endurance and flexibility.

Spending time in a garden is also believed by many to have physical and emotional healing effects. According to the American Horticultural Therapy Association, gardening can benefit people who are recovering from physical illness by retraining their muscles and improving coordination, balance, and strength. In addition, simply spending time in nature reduces stress, lowers blood pressure, and relieves muscle tension.

But the cancer-protective benefits of gardening don't end there. Studies show that gardeners eat a wider variety of vegetables (rich in disease-fighting antioxidants and phytochemicals), and have a higher overall intake of vegetables than non-gardeners.



The Old-Fashioned Way Is Better

To reap the maximum health benefit from your gardening, labor intensively. Turn off your leaf blower and pick up a rake. Use manual clippers, trimmers and lawnmowers if possible.

Try to stick to a regular "garden exercise" routine. Rather than saving up your outdoor work for one marathon weekend session, schedule at least 30-60 minutes of gardening two or three times per week. If you're away from home during the day, early mornings and evenings are ideal gardening times.

Work at a steady, constant speed, but be sure to change positions every 10 minutes or so to avoid overusing a particular muscle group. If you start by bending down to pull weeds, stand to prune the hedges next. Also alternate which side of the body you use. Pull with your right hand, then with your left.

Find a Row to Hoe

Even if you don't own an acre, a small yard can provide ample opportunity to dig, plant, and weed. You can also look for a local garden on the American Community Garden Association's website (<http://www.communitygarden.org>).

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Get Ready for Spring with Virginia's Bounty

Try spending just \$10 per week on food produced in Virginia. This will allow you to not only enjoy delicious, nutritious foods, but you'll also be helping the local economy. Visit a farmers' market - many operate year round - or sign up for a CSA (Community Supported Agriculture) to guarantee a weekly supply of farm fresh products. You'll find fresh local products in your neighborhood grocery stores too, so there's no excuse not to enjoy the best of what Virginia has to offer.

Did you know?

Eating local and seasonal foods reduces your carbon food-print. It takes a lot more fuel to get tomatoes or peaches from California or Mexico compared to your local market.

Eating local food supports healthy farming practices because you can interview your local farmer about their sustainable growing practices before you make your purchase.

Eating local food boosts your local economy. If each household in Virginia purchased \$10 a week on locally grown agricultural products, it could bring \$1.65 billion into the Virginia Economy each year.

Eating local food can improve your health if you incorporate more local vegetables and fruit as well as local meat, dairy and fish products that are sustainably managed. Local produce is more nutrient-rich than imported produce that has traveled for an extended time period. Also, you can choose to buy from farmers who do not use antibiotics, hormones or other toxic chemicals.

Visit www.vdacs.virginia.gov/vagrown/ for more information.

Source: Virginia Department of Agriculture and Consumer Services



Photo © Rachel Cooper, Virginia Department of Agriculture and Consumer Services

Reap the Benefits of Gardening

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Although your workout will be more limited if you garden on a balcony or patio, you can harvest a good crop of nutritious vegetables in a space as small as 16 square feet.

After your physician gives you the "green thumbs up," keep these tips in mind:

- To prevent muscle soreness, back pain, and repetitive strain injuries, warm up before starting and cool down after you are finished by walking and stretching.
- Use steady, smooth motions to avoid injury.
- Protect yourself from the sun by wearing sunscreen, long-sleeved shirts and pants, and a wide-brimmed hat.
- Drink plenty of water to stay hydrated, especially if the temperature and humidity are high.
- When picking up tools or lifting bags of soil, bend your knees and keep your back straight.

Happy Gardening!

Walk to Wellness Campaign



If you have any questions, comments or concerns,
please e-mail us at wellness@dhrm.virginia.gov



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