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Work Out with Music



According to sport psychology research from **Brunel University** in England, music with the right tempo improves exercise performance

The most beneficial music tempo for exercise lies between **120 and 140 beats-per-minute (BPM)**. This represents most dance music and many rock songs.

This tempo roughly equates to the target heart range for most people during exercise; however, faster isn't better- the benefits level out over 140 BPM.

Another study showed that listening to high tempo music contributes to longer exercise duration at higher intensity, due to the ability to distract from negatives like fatigue.

If you need some inspiration for songs in the 120-140 BPM range, try these:

- **"Push It" Salt-N-Pepa**
- **"Umbrella" Rhianna**
- **"Dancing Queen" ABBA**
- **"Mr. Brightside" The Killers**

Plant and Rake Without the Ache!



Smart tips to avoid sore joints, aching muscles, and injuries. Your back will thank you!

Gardening is a great outdoor activity anyone can enjoy but is also a place where injury can occur. These helpful tips will keep your back in check and your garden in bloom.

Warm Up Before You Start

Before you get going, take a short brisk walk to warm up your muscles. Swing your arms and lift your knees to enhance the benefits.

S-T-R-E-T-C-H

Follow your warm up with some easy, low impact stretches to your sides, wrists, thighs, back, arms, and shoulders by reaching for the sky and side to side, then touching your toes. Repeat each stretch 5x, being careful not to overextend. Remember to take frequent stretch breaks while working in the yard as well.

The Right Moves

1. Bend your knees to lift with ease: position yourself close to an object when lifting and pivot to turn, don't twist!
2. Stay hydrated: drink lots of water
3. Take a break: rest when you feel tired, and take some time to stretch out tense muscles
4. Switch it up: try to alternate light tasks with heavier ones, and switch your hands often when raking or shoveling

Trying to Add Fitness into your Spring Schedule?



Check out Kristi's Outdoor Kickboxing and 65+ Outdoor Bootcamp classes, tailored for all fitness levels.

Are Your Feet Ready?



Adam Gray offers Nail Care to get you ready for sandal season! His services are covered by most EHC plans and policies

Give us a call to book a consultation, or for more information!
(519) 542-6060



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Spring Chicken Pot Pie



This chicken pie with spinach and herbs is ideal for busy weeknights, and best of all it only requires one pan!

Ingredients

- 2 tbsp olive oil
- 1 bunch spring onions, sliced
- 250g frozen spinach
- 400g shredded roast chicken
- 350ml chicken stock
- ½ tbsp grainy mustard
- 200g frozen peas
- 200ml crème fraiche
- ½ bunch tarragon leaves, finely chopped
- 1 bunch parsley, finely chopped
- 270g pack filo pastry

Directions

1. Preheat oven to 400 degrees
2. Heat oil in a large casserole dish on medium, then add onions and spinach and cook for 2-3 minutes
3. Add shredded chicken, stock, and mustard
4. Bring to a simmer and cook uncovered for 5-10 minutes
5. Stir in peas, crème fraiche, and herbs.
6. Remove from heat and scrunch filo pastry over the mixture
7. Brush with olive oil and bake 15-20 minutes, or until golden brown

For nutritional information and more recipe ideas, try the Good Food app!

<https://www.bbcgoodfood.com/get-good-food-app>



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