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Vitamin D Essentials



Vitamin D is essential for maintaining several vital functions in the body, particularly related to bone health, immune system support, and overall well-being

Vitamin D plays a significant role in our bodies. Given that it is primarily obtained through sunlight exposure, many people are at risk of deficiency during the winter. Supplements and a healthy diet rich in whole foods can help ensure optimal health.

The primary role of the **sunshine vitamin** is facilitating calcium and phosphorus absorption, which is crucial for the development and maintenance of strong, healthy bones.

Beyond bone health, vitamin D plays a significant role in boosting the **immune system**. It helps reduce the risk of infections and research has shown it may have a protective effect against cancer, cardiovascular disease, and diabetes.

Furthermore, vitamin D is linked to **mood regulation** and **mental health**. Deficiency is associated with an increased risk of depression and anxiety since it aids in serotonin production, which regulates mood, and adequate levels support emotional well-being.

Spring Health Reset



Spring is a season of renewal—a natural invitation to reset your routines and refocus on well-being.

As the days grow longer and sunlight increases, our bodies respond with improved mood and energy. It's the perfect time to realign your habits with the rhythms of nature:

Get Outside

Start with gentle movement outdoors. A morning walk under blooming trees or a light jog in the fresh air boosts circulation, supports heart health, and enhances mental clarity. Exposure to natural light also helps regulate sleep cycles, making it easier to fall asleep and wake up refreshed.

Eat Well

Spring is also ideal for refreshing your diet. Seasonal produce like leafy greens, asparagus, strawberries, and peas are rich in vitamins and antioxidants. Lighter meals—think vibrant salads, smoothies, and grilled vegetables—can help you feel energized rather than sluggish. Hydration is equally important; as temperatures rise, increasing your water intake supports digestion and glowing skin.

Mental Health

Don't forget mental wellness. Decluttering your space can create a sense of calm and control, while journaling or setting new goals can reignite motivation. Even small rituals—like opening windows for fresh air or adding flowers to your home—can elevate your mood.

Embrace spring as a gentle reset. Small, mindful changes now can cultivate balance, vitality, and lasting wellness all year long.

Petrolia Clinic



In Motion is proud to share that the **Petrolia Foot Clinic** is open and getting busy! Both **Adam Gray** and **Dr. Jane** are there to help manage your sore feet and backs

We're Hiring!

WE ARE

HIRING

JOIN OUR TEAM

MASSAGE THERAPIST

In Motion is looking for a new addition to our Petrolia team! Please contact Jodi for more information

Book with us online or via email
info@sarniainmotion.ca
or call (519) 542-6060



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Cheesy Vegetable Garden Tart



This meal is simple, savory and vegetarian, perfect for an easy Springtime dinner!

Ingredients

- 1 package (5.2 oz) Boursin garlic and herb cheese
- 2 tablespoon grated Parmesan
- 2 tablespoon sour cream
- 1 teaspoon grated lemon zest
- 1 sheet frozen puff pastry, thawed
- 1 tablespoon olive oil
- 1 large egg, beaten
- Assorted diced vegetables and herbs, like red onion, sweet peppers, rosemary and olives
- Salt and pepper to taste

Directions

1. Preheat the oven to 400°F (200°C)
2. In a large bowl, mash cheese then add Parmesan, sour cream and lemon and beat until smooth
3. Unfold puff pastry and transfer to a parchment-lined baking sheet
4. Spread cheese mixture over pastry, leaving a ½" border at the edge
5. Arrange vegetables and herbs overtop as desired, then brush with olive oil
6. Brush edges of pastry with egg
7. Bake until pastry is puffed and golden brown, about 15-20 minutes
8. Serve warm and enjoy!



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