

In This Issue

- Get In the Garden!
- Springtime Wellness
- Spring Greens Carbonara

Spring Wellness Tips



Spring brings a sense of renewal. As the days get longer and temperatures warm, it's the perfect time to prioritize your health and well-being

Check out these spring wellness tips to help bloom into a healthier, happier you:

With the sun shining and flowers in bloom, try taking your **workout outside** to boost both mood and energy levels.

Take some time to **declutter** both your home and health routine too! Revamp your diet, fitness and self-care routine to improve your well-being

As the days get longer it's important to maintain a consistent **sleep schedule** to ensure you're getting enough rest. Aim for 8-9 hours of quality sleep every night to help your mind and body recharge

Nourish your body with **seasonal foods** since the season comes with an abundance of fresh fruits and vegetables! Think leafy greens, asparagus, and peas to give your body more nutrients.

Try to take a moment to slow down and practice **mindfulness** by savoring the beauty of spring. Try meditating in the garden or doing yoga outside to help reduce stress and improve your mood!

Plant and Rake Without the Ache



If you're like most Canadians, you're itching to get out in the garden as soon as the weather gets nicer. Avoid overdoing it, so you can plant and rake without the ache!

Gardening should be enjoyable, not painful! Here are some ways to keep your body comfortable while planting:

Ergonomic Tools

Invest in light weight, long-handled tools to reduce bending and strain on your joints. Raised beds, containers, and vertical planters all reduce strain by bringing plants closer to you.

Posture

Avoid hunching over by sitting on a low stool or installing raised garden beds to minimize reaching. Keep your back straight and lift heavy loads with your legs, not your back

Stretch Breaks

Gardening can be deceptively physical! Stretch before, during, and after to avoid stiffness. Try to change your body position often. Ensure you take short breaks to rest and drink plenty of water

Protective Gear

Use gloves to protect your hands and reduce grip fatigue. Knee pads protect joints from pressure, and a garden stool will provide support when on the ground.

Check out these [Back Care Tips](#) for some easy at-home stretches to do prior to getting dirty. By making some small adjustments you can enjoy planting without unnecessary discomfort.



Spring into Fitness!



Kristi Kleinsmith is offering a variety of fitness classes to get you moving. Try the Outdoor 65+ Class, Vinyasa Yoga, Lunch Express, Full Body Stretch, or Low Back Rehabilitation

Classes are aimed at all fitness levels, and may be eligible for EHC coverage



Book with us online or via email
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Spring Greens Carbonara



Enjoy this carbonara twist by Ina Garten with plenty of spring vegetables!

Ingredients

2 ½ tbsp Olive oil
200 g Pancetta, sliced or cubed
1 small bunch Parsley, rough chopped
2 small bunches Basil leaves
4 large Mint Springs, leaves picked and rough chopped
4 Egg yolks
50 g Parmesan, grated
350 g Spaghetti
125 g Asparagus, cut into pieces
125 g Broccoli, trimmed and cut into pieces
125 g Peas, fresh or frozen
Optional toppings: extra grated parmesan, lemon zest

Directions

1. Bring a large pot of salted water to a boil
2. Add spaghetti and cook for 8 minutes, stirring occasionally
3. Reserve a cup of pasta water, then add broccoli, peas and asparagus to the spaghetti and cook for 2 minutes
4. Drain pasta and vegetables together
5. Heat oil in a pan over medium heat, then add pancetta and cook 7-9 mins until browned
6. In a large serving bowl, add egg yolks and ¼ cup of reserved pasta water and whisk to combine
7. Add hot pasta and veggies and toss with tongs until pasta absorbs the sauce. Add more pasta water to keep the sauce creamy
8. Add Parmesan, herbs, and pancetta, and toss well
9. Serve hot, topped with extra Parmesan and lemon zest if desired



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