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Springtime Declutter



As days grow longer and the weather warms up, spring offers the perfect opportunity to reset. Take time to refresh your home and embrace the season of renewal.

A decluttered home isn't just about aesthetics; it has a profound impact on both physical and mental well-being. Your home is an extension of your energy and as the saying goes, **a cluttered space is a cluttered mind**

When surrounded by mess and disorganization, it can create a sense of chaos, increase stress, and trigger the body's flight-or-flight response. This process will elevate **cortisol**, leaving us feel anxious and overwhelmed.

A tidy, organized home promotes calmness, clarity, and a greater sense of control. Decluttering also benefits **cognitive function** by improving indoor air quality. More clutter leads to more dust, which impacts both the brain and respiratory function.

By reducing unnecessary items and simplifying our surroundings, we create a more peaceful environment that supports both our nervous system and overall mental clarity.

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.



NEW Class Alert!



ERIKA is offering a physiotherapy-guided Fall Prevention Class

This is aimed at older Canadians 55+, but all ages and fitness levels are welcome. Classes may be eligible for EHC coverage

Petrolia Talks!



Dr Jane is offering FREE information sessions at the Petrolia clinic.

Topics include: creatine, shoulder & hip mobility, sleep hygiene, falls prevention and more!

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



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Spring Minestrone



This soup is a mouthful of spring! Mix and match spring vegetables as you wish to change it up

Ingredients

- 1 tbsp olive oil
- 2 shallots, thinly sliced
- 1 medium carrot, diced or sliced
- 1 celery stick, diced
- 1 garlic clove, crushed
- 1.2L chicken or vegetable stock
- 2 mint sprigs
- 100g orzo or other small pasta
- 1 small zucchini, diced or sliced
- 1 bunch asparagus, trimmed and chopped
- 100g peas, fresh or frozen
- 200g sugar snap peas, pods halved
- 100g baby leeks, trimmed and sliced
- Optional Garnish: pesto, lemon zest, grated parmesan

Directions

1. Heat olive oil over medium. Add shallots and gently cook 2 minutes without browning
2. Add carrots, celery and garlic and cook another minute
3. Add stock and mint, bring to a boil
4. Add pasta, cover and simmer 10 minutes
5. Uncover and add zucchini, asparagus, peas, and sugar snaps. Return to a boil
6. Add leeks and simmer for 3 minutes, uncovered
7. Season to taste

Ladle soup into bowls and spoon over pesto, parmesan and lemon zest if desired

Check out Sainsbury's Magazine [online](#) for Nutritional Information and more great soup recipes!



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