No excuses...get active!

Regular physical activity is one of the most important things people can do to improve their health. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity or current fitness level.

A single session of moderate-to-vigorous physical activity can:

• reduce blood pressure
• improve insulin sensitivity
• improve sleep
• reduce anxiety symptoms
• improve some aspects of cognition on the day that it is performed

Overcome those barriers!

<table>
<thead>
<tr>
<th>BARRIER</th>
<th>HOW TO OVERCOME</th>
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</thead>
<tbody>
<tr>
<td>It's not enjoyable</td>
<td>Try an activity that you’ve done before</td>
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<tr>
<td>Lack of time</td>
<td>Schedule physical activity into your daily routine</td>
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<tr>
<td>Lack of motivation or energy</td>
<td>Join an exercise group or class with a friend to keep you accountable</td>
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<tr>
<td>No equipment of costs too much</td>
<td>Choose activities that require minimal equipment like walking, pushups, yoga, squats, lunges, etc.</td>
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<tr>
<td>Family obligations</td>
<td>Find time in your day where you have it to yourself</td>
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<tr>
<td>Fear of injury or lack of skill</td>
<td>Talk to your healthcare provider to help develop a plan for you</td>
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<tr>
<td>Weather conditions</td>
<td>Winter: do the stairs in your house; Summer: swim...it’s good exercise and will cool you down!</td>
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Superfood of the Month: Goji Berries

What are they?
Goji berries, also known as wolfberries, are a sweet-tart fruit native to China and the Himalayas. They have been used as a medicinal plant for centuries in ancient China, where goji berries still are used to treat eye, liver and kidney ailments.

In the United States, Goji berries are most often sold in dried form and look like bright red raisins. They are available in most supermarkets, but they can be found and grown fresh (they are easily grown outdoors in warmer climates or for container gardening in colder climates).

What do I do with them?
You can eat goji berries just like you would any other berry – you can eat them right out of your hand or try putting them in cereal, oatmeal, yogurt, or as part of a homemade trail mix with nuts and dark chocolate.

Goji berry juice and teas are also available. You can cook with goji berries; they add a nice savory sweetness to lean pork or turkey. Goji berries are high in vitamin C which will help your body absorb a meat’s iron content.

Why should I eat them?
Goji berries are good source of vitamins A and C, iron and fiber, and are also low in calories. One serving (four ounces) of fresh goji berries even provides nearly 10 percent of the suggested amount of dietary protein, a surprising amount for a fruit.

Due to the protein content and complex carbohydrates in goji berries, they will raise your blood sugar slowly, so you will not experience a sugar crash after eating them.

Nutritional information
Serving size: 1 oz (dried), Calories: 112, Total fat: 1.4 g, Cholesterol: 0 mg, Sodium: 84 mg. Total carbohydrates: 19 g, Fiber: 2 g, Sugars: 15 g, Protein: 4 g, Vitamin A: 170%, Vitamin C: 20%, Calcium: 6%, Iron: 12%
INGREDIENTS
• 2 cups oats
• ¼ cup shelled salted pistachios, chopped
• 3 tbsp flax seeds
• ½ cup honey
• 2 tsp pure vanilla extract
• 2 tbsp coconut oil
• 2½ tbsp almond butter
• ¼ cup dried Goji berries

PREPARATION
1. Preheat oven to 350F. Line a large baking sheet with parchment paper. Arrange oats in a single layer and bake for 10 to 15 minutes, keeping an eye so they don’t burn. Set aside to cool.
2. Transfer oats to a large bowl. Add chopped pistachios and flax seeds and toss well.
3. In a small saucepan, combine with vanilla extract and coconut oil. Cook over medium low heat, stirring constantly until the coconut oil has melted. Whisk in almond butter and continue cooking for 1 to 2 minutes until well incorporated.
4. Remove from heat and add Goji berries. Pour mixture over oats and mix well with a wooden spoon, making sure they are well coated.
5. Coat a 11inx7in non-stick baking pan with cooking spray. Transfer oat mixture evenly, pressing it well into the pan (the more you press it, the better the bars will stick together!). Refrigerate until firm (at least 2 hours), remove from pan and cut into bars. Makes about 12 bars (depending on the size you want them). Keep the bars refrigerated.

Source: mayihavethatrecipe.com