



## Benefits of Spring Cleaning

Tackling housework can be downright overwhelming, after all, it's called "work" for a reason. If you need some motivation to get off that couch and start dusting under it, check out these seven healthful incentives.

### Stress Less:

Just 20 minutes of cleaning can reduce stress and anxiety levels by as much as 20%, according to the British Journal of Sports Medicine.

### Boost Productivity:

Less chaos means more headspace for tackling that to-do list.

### Breathe Easier:

The American Lung Association notes that hundreds of thousands of dust mites can live in bedding, mattresses, upholstered furniture, carpets, or curtains in your home, triggering allergies and asthma. Dusting regularly helps you breathe better by preventing respiratory issues and supporting a healthy immune system.

### Fewer Falls:

According to the Centers for Disease Control and Prevention (CDC), one in five falls causes a serious injury such as broken bones or a head injury. Reducing home hazards such as clutter minimizes your risk of tripping and hurting yourself.

## TOPICS

- Benefits of Spring Cleaning
- Why getting outdoors is essential for your health
- Shrimp Stir Fry

### Eat Healthier:

How tidy you keep your home office can affect your food choices. A study published in Psychology Science showed that people who worked in an organized area were twice as likely to opt for an apple over a chocolate bar than those who worked at a messy desk.

### Sleep Better:

The National Sleep Foundation (NSF) found that people who regularly wash their bedding and sheets weekly reported 19% better rest at night.

### Burn Calories:

This spring, you can get your gut and gutters in gear. The American Heart Association counts housework as moderate exercise meaning you can burn as many calories vacuuming as you can on a leisurely walk.

# Why getting outdoors is essential for your health.



## CAN YOU FEEL IT? SPRING IS HERE!

The days are getting longer, the weather is getting warmer, and things are blooming. It's the perfect time to step outside and breathe in the fresh air. Taking time to enjoy the outdoors not only helps reduce stress and boost our mood, but it also has a positive impact on our physical health.

Regular walks have been shown to lower blood pressure, reduce the risk of chronic diseases, and enhance overall physical fitness. The gentle, low-impact nature of walking makes it accessible to people of all fitness levels, promoting cardiovascular health without the strain of high-intensity workouts and the exposure to sunlight during your outdoor walk aids in Vitamin D synthesis, which is crucial for bone health and immune function.

Even more compelling are the mental health benefits. Studies have demonstrated that time spent in green spaces can significantly decrease stress markers, improve mood, and even enhance cognitive functions like attention and memory.

So, what are you waiting for? Put on your walking shoes, grab a friend, and head out into the great outdoors.



## SHRIMP STIR FRY

By: Skinny Taste

### DIRECTIONS:

1. In large deep skillet or wok, heat the oil over high heat until it simmers and is nearly smoking. Add shrimp in a single layer if possible, and cook, stirring occasionally, for 2 minutes, or until they're mostly pink (they will finish cooking in the remaining steps)
2. Add the asparagus and red bell peppers and stir fry for 1 minute
3. Pour in the sauce, stir to coat, and cook until the sauce is glossy and starting to thicken, 30 seconds to 1 minute
4. Serve with cooked rice and sprinkle with sesame seeds just before serving

### SAUCE:

1. Whisk the water and cornstarch in a small bowl until smooth. Add soy sauce, rice vinegar,<sup>2</sup> brown sugar, ginger, and sriracha. Set aside.

### INGREDIENTS:

- 2 tbsp water
- 1 tbsp cornstarch
- ¼ cup low sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp minced ginger or garlic or both
- 2 tsp sriracha
- 1 tbsp sesame oil or vegetable oil
- 1 ¼ pound peeled shrimp patted dry
- 8 oz asparagus cut into 1 inch pieces or snow peas
- 1 large red pepper, cut in 1 inch pieces
- 2 cups cooked rice
- 1 tsp toasted sesame seeds for serving