

L.E.A.P

LEARN EAT AND PLAY NEWSLETTER VOL.3

Learn

Spending time in nature can Directly boost your physical and mental well-being. With the world going through an unprecedented time, any chance to increase physical and mental health in a positive direction is a major win!!

Typically, most people think "gym" when they hear the word "exercise." BUT gardening can be a fantastic form of movement that not only burns calories, but improves dexterity, helps with endurance and increases functional movement patterns! Digging, planting, raking, mowing, weeding, and watering are not only full-body movements that get you mobile, but require you to get some time in the sun! Vitamin D not only serves as a mood booster, but it's also an important nutrient for every single organ system including our bones, brain, heart, kidneys and immune system! Apart from a physical win, gardening helps with your mental and emotional well-being as well! Surrounding yourself with plants not only creates a sanctuary for you to feel safe and calm, but triggers the release of serotonin (a feel-good chemical that, in turn, improves mood and decreases anxiety).

Gardening doesn't have to be an "adult-only" activity either! Get the kiddos involved! Gardening not only has the potential to be a fabulous tool to improve cognitive function and the ability to concentrate, but can also be a great educational tool! Teaching kiddos about the importance of fruits and veggies, the variety of fruits and veggies, the responsibility surrounding taking care of a living organism, and they get to get dirty!! (a win win!)

Another great thing about gardens are they can become as simple or as elaborate as you would like. You can create a small-scale patio garden with mostly herbs and potted veggies, or you could make it more large-scale and re-design your backyard! Either option, big or small, you will be sure to reap the benefits!



Eat

Strawberry, pecan and grilled chicken salad!

1 lb. boneless, skinless chicken breast (cook/grill first!)

About 8 cups mixed greens –Kale, sprouts, spinach are all great options

(maybe try growing your own in your newly planted garden!)

1-pint strawberries, de-stemmed and sliced

(it's currently strawberry season, take advantage!)

1 cucumber, diced

1 can of chickpeas, drained and rinsed
(great source of plant-based protein)

1/2 cup chopped pecans (healthy fats)

1/2 cup crumbled feta cheese

(optional – please don't use if you have a dairy-intolerance!)

-Once you have all of the ingredients prepped, first add the mixed greens to a bowl. Then layer on the strawberries, cucumber, chickpeas, pecans, and feta. Next, slice up the chicken and top off your amazing summer salad with some quality protein!



Play

In a time crunch?

Here is a great workout that will not only take up minimal time, but will also get your heart rate pumping! This can be done indoors or outside!

WARM UP:

quick 5-minute walk or jog around the block

MAIN SET:

5 rounds of 90 seconds of work/90 seconds of rest:-

30 seconds of max rep jump rope, or jumping jacks

+ right in to 30 seconds of max rep air squats

(add weight if you have one available)

+ right in to 30 seconds of max rep burpees

(try burpee jump outs if the push up portion of a burpee is too tough for you right now!)

-90 sec rest (get that heart rate down!)

COOLDOWN:

easy 5-minute walk around the block

GOAL:

try to stay consistent with the reps you get each round!

Interested in how you can work with Erin or what programs she will be running in the Fall

Email Klynchestandrewsparks.com