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Making Exercise a Habit

A good goal for many people is to work up to exercising 5 times a week for 30 to 60 minutes at a time. If 30 to 60 minutes at a time sounds difficult to fit into a busy schedule, you can split up your physical activity into smaller chunks of time. Try exercising for 10 minutes at a time throughout your day. Remember: exercise has so many health benefits that any amount is better than none.

Start out slowly and work up to your goal. Begin with a 5- to 10-minute period of light exercise or a brisk walk. Gradually increase the intensity and frequency of your activity.

The following are some tips that will help you stick with an exercise program:



- **Choose an activity you like to do.** Make sure it suits you physically, too. For example, if you have arthritic joints, swimming might be a good option.

- **Get a partner.** Exercising with a friend or relative can make it more fun. An exercise partner can offer support and encouragement. Also, you will be less likely to skip a day of exercise if someone else is counting on you.
- **Vary your routine.** You are less likely to get bored or injured if you have some variety in your exercise routine. Walk one day. Ride your bicycle the next. Consider activities like dancing and racquet sports, and even chores like vacuuming or mowing the lawn.
- **Choose a comfortable**

Use Your Local Parks and Greenways

Gallatin Parks

The Gallatin park system includes Clearview, Thompson (offering a skatepark), Municipal (outdoor pool), Triple Creek (soccer, walking track, softball/baseball fields and football fields) All Gallatin parks provide playground

areas and some are handicap accessible.

Carthage Parks

Crump Paris Park offers sports fields and playgrounds, Carthage City Pool, Kids Central Playground, Defeated Creek Park

and campground.

*Check with your local parks department for summer activities.

May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Rent Due</i>	2	3
4	5	6 <i>Bug Man, Gallatin 1,2,4 & 5b</i>	7	8 <i>10% Late Fee</i>	9	10
11	12	13 <i>Bug Man, Gallatin 3,5A & 14</i>	14	15	16	17
18	19	20 <i>Bug Man Gallatin 11</i>	21	22 <i>Last Day to Pay</i>	23	24
25	26 <i>Office Closed</i>	27 <i>Bug Man Carthage & S. Carthage</i>	28	29	30	31

- Rent is due on the 1st of every month
- You will have to pay a 10% late fee if your rent is not paid by the 8th
- The 22nd is the last of the month to pay your rent
- The office will be closed on the 26th in observance of Memorial Day

Benefits to Drinking More Water



Lose Weight

There's a reason why most diets and fitness programs ask you to drink a lot of water. One of the benefits of drinking water is that it helps you lose weight. Water suppresses your appetite, so you don't eat as much. Drinking plenty of water also prevents fluid retention, because your body won't try to retain water if it's getting enough. Drinking water also helps your body burn stored fat. If you're not drinking enough water, your

liver will be forced to help your kidneys detoxify your body. When you drink plenty of water, your kidneys don't need any extra help, so your liver will be able to metabolize stored fat more efficiently.

Look Younger

Drinking plenty of water is great for your skin. If you don't drink enough water, you'll suffer from dry skin, and you'll be likely to use more creams and lotions to moisturize. However, creams and lotions don't strike

at the root of the problem. Drinking plenty of water keeps your skin moisturized and reduces the appearance of fine lines and wrinkles. If you don't drink enough water, your body

will try to retain it in order to conserve resources. This retention makes your skin puffy and can even lead to bloating.

DRINKING WATER IS VERY IMPORTANT FOR BRAIN HEALTH

THE SUN IS SHINING.....

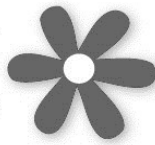
Getting out and enjoying the sunshine has many benefits. The sun provides our bodies with vitamin D. Get out and soak up some vitamin D but don't forget your sunscreen.

Vitamin D benefits include:

- Reducing the risk of a stroke
- Boost calcium levels that assist in healthy bones
- Sunshine has been shown to boost your mood
- Vitamin D boosts your immune system
- Improves metabolism and fights obesity.



Spring Flowers word Search Puzzle



H F M H R U M I N O H M R J M H A L L T
 W A G E R A N I U M A A V L A Y I S I W
 U Q W I J O P P M R O R P I E A S I D H
 P Q X T K A A O I M H B N L N C E R O S
 I V R J H N S G R A C E J A O I R I F M
 L X Y B S O O M I D D C Y C M N F J F B
 N L R Y A L R N I R W L G M E T C Z A V
 R I E H D E O N A N I O X W N H D J D N
 P T K B G G P G C L E K N J A Y P P O P
 S I M E E E G X E C O Z M S P I R E A J
 O U L B T U Q W O Z H S O W D R O S E D
 U T C U A S L R J L I H A I L O N G A M
 F A N O T Y N B O S O N H Q R B B P O L
 C I G O R F U R N S M C N J O J D S W X
 A P J A L C I U Q J R N N I J R B R Q Y
 H I D O N P K Z U O U N T W A P B Q Z A
 L S W N M A C C I Y P W P J T N K O O E
 O E E Q I K A E L N K M Q W G I G B E S
 R A E L A Z A A G L D O G W O O D N Y T
 S N E I T A P M I J T M M E L H Y O M A

- | | | | | |
|------------|----------|-----------|----------|----------|
| Azalea | Daffodil | Hyacinth | Lily | Poppy |
| Anemone | Dogwood | Impatiens | Marigold | Rose |
| Begonia | Fresia | Iris | Magnolia | Snowdrop |
| Bluebell | Gardenia | Jasmine | Orchid | Spirea |
| Cornflower | Geranium | Jonquil | Pansy | Tulip |
| Crocus | Hawthorn | Lilac | Petunia | Zinnia |

Check out other great crafts online at 3abn.org/kids.cfm

Answer Key

Azalea (2,19W), Anemone (15,9N), Begonia (4,11,NE), Bluebell (8,13,NW), Cornflower (10,10,SW), Crocus (6,15,NW), Daffodil (19,8,N), Dogwood (11,19,E), Fresia (17,6,N), Gardenia (8,9,NB), Geranium (3,2,E), Hawthorn (1,1,SE), Hyacinth (1,6,1,S), Impatiens (9,20,W), Iris (18,5,N), Jasmine (5,3,SE), Jonquil (9,12,S), Lilac (14,2,S), Lily (10,9,NE), Marigold (1,2,1,SW), Magnolia (20,12,W), Orchid (10,16,NE), Pansy (8,3,SW), Petunia (7,9,SW), Poppy (20,9,W), Rose (16,11,E), Snowdrop (14,10,NW), Spirea (14,10,E), Tulip (5,13,NW), Zinnia (10,11,SE)

