Week Eleven

Just under three weeks to go!!! I’m not going to say this too loudly, but it looks like Spring is finally ready to make a showing! This weekend should be absolutely gorgeous – so make some plans to get in some outdoors playtime. I hear we should see 80 degree days next week…

Wii Tournament!

For those interested in competing, we will be having a Wii tournament on May 14th. If you would like to sign up, please let me know by noon tomorrow. You will get points FOR YOUR TEAM if you participate!!! Things are getting very close in the team standings….

And, remember – practice session tomorrow in East 2. I promise I will remember the Wii. ☺

Weekly Fitness Tip

- May is National Bike Month! Celebrate by riding your bike more or, if you don’t have a bike, consider getting one - even if you haven’t ridden since the good old days of childhood! After all, you know the saying, “It’s like riding a bike…”

Hide and Seek

Join us for a fun game of Hide and Seek on May 19th from Noon – 1pm in room 238A!

Bring in a dish that has a hidden fruit/veggie in it and everyone will try to guess what the ingredient is!!!

If you are interested in participating, email me your recipe by May 14th – EACH ITEM THAT YOU BRING ON THE 19TH WILL EARN YOUR TEAM EXTRA POINTS!!! NOT EXTRA DRAWING ENTRIES, BUT ACTUAL POINTS THAT CAN HELP YOUR TEAM WIN!!!

YOUR TEAM WILL ALSO GET EXTRA POINTS IF YOU GUESS THE MOST CORRECT INGREDIENTS ON THE 19TH.

Some people will not be in the office that day, so, if you will not be in the office (or will otherwise be unable to make the activity), you can email me up to 2 recipes and receive partial credit for your team.

Drawing Winners and Leading Team

Congrats to our drawing winners – Linda Herrera and Marci Fjelstad!

The team still in the lead is…PEas & CARrots Now! (PECARN)
LONDON - Just five minutes of exercise a day in the great outdoors can improve mental health, according to a study released on Saturday, and policymakers should encourage more people to spend time in parks and gardens.

Researchers from the University of Essex found that as little as five minutes of a "green activity" such as walking, gardening, cycling or farming can boost mood and self esteem.

"We believe that there would be a large potential benefit to individuals, society and to the costs of the health service if all groups of people were to self-medicate more with green exercise," Barton said in a statement about the study, which was published in the journal Environmental Science & Technology.

Many studies have shown that outdoor exercise can reduce the risk of mental illness and improve a sense of well-being, but Jules Pretty and Jo Barton, who led this study, said that until now no one knew how much time needed to be spent on green exercise for the benefits to show.

Barton and Pretty looked at data from 1,252 people of different ages, genders and mental health status taken from 10 existing studies in Britain.

They analyzed activities such as walking, gardening, cycling, fishing, boating, horse-riding and farming.

They found that the greatest health changes occurred in the young and the mentally ill, although people of all ages and social groups benefited. The largest positive effect on self-esteem came from a five-minute dose of "green exercise."

All natural environments were beneficial, including parks in towns or cities, they said, but green areas with water appeared to have a more positive effect.