

Membership Spotlight!



Should you Exercise When Sick?

- ▶ In some cases, light exercise, in combination with rest and good nutrition, can actually help you feel better, faster.
- ▶ Moderate exercise helps to increase your breathing and heart rate, which provides the body with more oxygen and blood flow
- ▶ Breaking a sweat and taking a hot shower afterward can also help any lingering body aches
- ▶ While you still have symptoms, even with a minor head cold, reduce your activity level so that you do a light or moderate workout. Now is not the time to run that extra mile or increase the size of your weights
- ▶ Breaking a sweat can mean that you lose some hydration, so be sure to drink extra water after a workout. In general, while you're sick, be sure to take in plenty of extra fluids, eat a balanced diet and get plenty of sleep.
- ▶ Stay home and rest for a few days if you have the following symptoms:
 - Stomach symptoms, such as the stomach flu
 - A fever
 - A deep or painful chest cough or painful breathing
 - Strep throat
 - Aching joints, which could be a sign of the flu
 - Severe fatigueYou should also stop exercising if it starts making you feel worse or makes you dizzy or nauseated. When in doubt, listen to your body.



Immune System Booster Hacks!



- Don't smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.



Important Dates:

- Stress Awareness Month
- April 7th - World Health Day
- April 12th - Easter
- April 24th-30th - World Immunization Week



Healthy Carrot Cake!



Ingredients For The Carrot Cake:

- 1 1/2 cups whole wheat pastry flour
- 2 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1/8 tsp kosher salt
- 1/8 tsp ground cloves
- 1/4 cup coconut oil melted
- 2 large eggs
- 1 tsp vanilla extract
- 2/3 cup pure maple syrup
- 1/2 cup plain greek yogurt
- 1/3 cup plain unsweetened almond milk
- 2 cups carrots about 3 medium, grated
- 1/2 cup raisins

For The Frosting:

- 1 1/2 cups plain greek yogurt
- 2 tbsp pure maple syrup
- 1 tsp vanilla extract



Instructions:

- Preheat oven to 350 degrees Fahrenheit and coat a 9x13 baking pan with coconut oil.
- In a medium mixing bowl, combine the flour, baking soda, cinnamon, nutmeg, ginger, ground cloves, and set aside.
- In a separate mixing bowl, whisk together the eggs, coconut oil, vanilla extract, pure maple syrup, greek yogurt, and almond milk.
- Add the wet to the dry and stir until just incorporated.
- Fold in the carrots and raisins.
- Bake for 20-25 minutes until toothpick comes out clean.
- Allow to cool completely to room temperature before frosting.
- To prepare the frosting, stir together the greek yogurt, pure maple syrup, and vanilla extract. Spread on top of the cooled cake.
- Let the frosting set for 1-2 hours before slicing and serving.