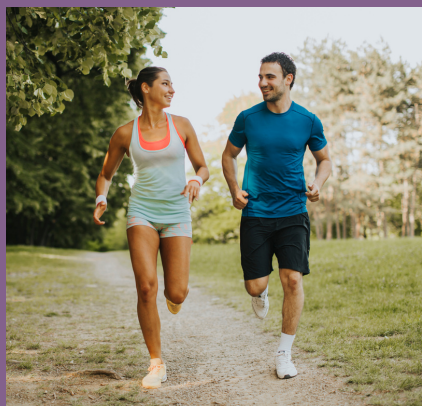


LIVE HEALTHY! NEWSLETTER

April 2022 | Vol. 2

Live Healthy! Challenge

This month's focus is
**Increase
Physical Activity**
Join our workshops to learn
how, and get active!



Recipe of the Month

No Bake Energy Bites

This no bake snack can be an
energizing boost before or
after a workout.

Check it out on our
BRAND NEW website (below)!



EXPLORING PHYSICAL ACTIVITY MYTHS



"I don't have
enough time
to be
physically
active."

Physical activity can be spread
out through the day.

TRY: Three 10min. walks
instead of one 30min. walk.

"The older
you are the
less physical
activity you
need."

Staying active helps older adults
stay independent.

TRY: Brisk walking instead
of running or biking.

"Being
physically
active is too
expensive."

Exercise can be done anywhere,
not just at a gym.

TRY: Walk around your
neighborhood or the park.

"Physical
activity
makes you
tired."

Physical activity can energize you
and reduce stress.

TRY: A morning walk to
feel energized for the day.

What is in season?



Summer squash, peppers and more!

Get fresh, organic, seasonal
produce like these in our
Farmshare package!

This month in Recipe Club

Learn how to make:

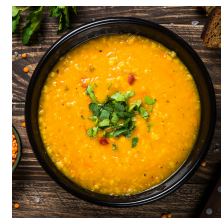
Breakfast Salad



Tuesday, April 12
@ 12:30pm!

Lentil Soup

Tuesday, April 26
@ 12:30pm!



Explore our
**BRAND
NEW**
website!



Become a
**Live
Healthy!**
member



Join our
Farmshare
Program



Contact Us!

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