



Chickpea Salad

Need a healthy and easy-to-make salad for a picnic lunch or dinner? Try this chickpea salad recipe.⁵ (You might know chickpeas by their other name: garbanzo beans.) You only need six ingredients, and it takes just a few minutes to make.

Ingredients

- 1 15-oz can chickpeas (drained, rinsed)
- 1/3 C light mayonnaise
- 1-1/2 stalk celery (diced)
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- Salt and pepper to taste

Directions

1. In a bowl, mash chickpeas with a fork. (Or you can puree them in a blender.)
2. Stir in remaining ingredients until mixed well.

Use the Granny-Method to Fight Obesity

Aim for at least 2 days of strength training per week

Florida resident Edith Murway-Traina likes to spend time in the gym.

She might not be as agile as she was when she was a dancer. But at 100 years old, she's still active and strong.

In fact, she holds a Guinness World Record for deadlifting 163 pounds and bench pressing 63 pounds.

Strength training for weight loss

If you need to lose weight, you might think you need to ramp up running, jogging or walking to tip the scale in the right direction.

But what if you have aches and pains or weaknesses that make that type of exercise hard? You know...things like knee pain, back pain, poor balance, or lack of strength.

No cardio. No problem. There's another way... The Granny Method.

In one recent study, researchers found that strength training like Edith can be an effective way to:³



- Lose weight
- Build muscle
- Increase strength
- Improve balance
- Improve overall health

“We can use resistance training and achieve meaningful effects with a diet based on caloric reduction,” says lead researcher Pedro Lopez. “We can reduce body fat percentage, whole-body fat mass, body weight and BMI.”

Strength training guidelines for adults

The American College of Sports Medicine recommends adults strength train at least two days a week. Here are some easy ways to get started:

- Take a strength training class
- Work with a personal trainer
- Lift weights at the gym, or...
- Do bodyweight exercises like squats, lunges, push-ups and crunches

MORE

5 strength-training tips for weight loss
<https://tinyurl.com/398z366c>

Beans: The ‘Magical’ Way to Beat Hunger (continued from page 1)

groups. They also reported feeling less hungry between breakfast and lunch.

Want to improve your diet and control hunger?

Eat beans for breakfast. Try:

- A breakfast burrito with black beans and chopped veggies.

- Mix mashed beans in with a fruit smoothie.
- Hummus with vegetables or whole-grain crackers.

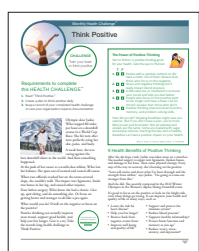
Bean count. The protein and fiber in beans will help you feel fuller longer. Beans for breakfast can also help you lose weight or maintain a healthy weight.

MORE

10 ways to eat beans for breakfast
<http://tinyurl.com/y89odunk>

References

1. Youngwon, K., et al. (2022). Genetic susceptibility, screen-based sedentary activities and incidence of coronary heart disease. *BMC Medicine*, 20:188. From: <https://tinyurl.com/yc653vs9>
2. Kristensen, M., et al. (2016). Meals based on vegetable protein sources (beans and peas) are more satiating than meals based on animal protein sources (veal and pork) – a randomized cross-over meal test study. *Food & Nutrition Research*, 60. From: <https://tinyurl.com/2jjvcd4b>
3. Lopez, P., et al. (2022). Resistance training effectiveness on body composition and body weight outcomes in individuals with overweight and obesity across the lifespan: A systematic review and meta-analysis. *Obesity Reviews*, 23:5. From: <https://tinyurl.com/25xu8buw>
4. Lambert, J., et al. (2022). Taking a one-week break from social media improves well-being, depression, and anxiety. A randomized controlled trial. *Cyberpsychology, Behavior and Social Networking*, 25:5. From: <https://tinyurl.com/yc46up4n>
5. U.S Department of Agriculture. (2022). Chickpea Salad. From: <https://www.nutrition.gov/recipes>



Take the June Health Challenge!

Think Positive: Train your brain to think positively

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
How can I add more vegetables to my diet?