



Real Raspberry Sorbet

Hungry for a sweet treat that won't destroy your diet, and actually tastes good? Skip the ice cream, dessert bar, or drive-thru. Give this Real Raspberry Sorbet recipe a try.⁵ You'll only need four ingredients, and you can prepare it in less than 10 minutes.

Ingredients

- 2 large bananas (peeled, chopped, and frozen)
- 2 C frozen raspberries
- 2 T natural maple syrup
- 2 T lemon juice

Directions

1. Remove bananas from freezer and place in a food processor. Let sit for 5-7 minutes. Pulse until smooth.
2. Add raspberries, syrup, and lemon juice. Blend until smooth. Stop to scrape sides of blender if needed.
3. Pour into cups.

Makes 6 servings.
97 calories per serving.

Be More Active: You Won't Believe How Far This Guy Walked!

Aim for just 30 minutes of exercise per day



Former Army Ranger Holly "Cargo" Harrison wanted to see if he was tough enough to go the distance.

So he laced up a pair of hiking boots. He grabbed some poles and gear. And he headed about as far south as you can go to Ushuaia, Argentina.

That's where he started walking. For the next 17-1/2 months, he walked every day. His journey included border crossings, bad weather, health problems, and other challenges.

But Harrison didn't let those things stop him. He kept going. And eventually, he reached his goal, arriving in Prudhoe Bay, Alaska, after walking more than 15,000 miles.

"As it turns out, my walk took me to a place that I never expected to go," says Harrison. "Physically, I arrived at Prudhoe Bay, but emotionally, I reached a place deeper within myself..."

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How to walk 10,000 steps per day
<https://tinyurl.com/2epdtf98>

A simple way to improve your health:
Walk more

At some points during his journey, Harrison walked 30 miles a day. That's a lot. You don't need to exercise that much to improve your health. But you should be active.

• **How much exercise do you get?**

About 77 percent of adults don't get enough aerobic (30 minutes a day) and strength exercise (2 days a week).

But if you want to improve your health, feel better, manage your weight, and prevent chronic disease, a little more exercise can help.

Here's an easy way to start: Go for a walk.

Make it a regular part of your day. If you don't have a 30-minute block of time, take three short walk breaks throughout the day.³

Take one step, and then another. And track your progress. That's the same way Harrison made it all the way from Argentina to Alaska.

Spice Up Your Meals to Improve Heart Health (continued from page 1)

one-third, compared to those who ate the same meals without spices.

Be generous with the spices you add to meals you prepare. (Note that salt is not a spice.)

And don't be afraid to order the spicy entrée or seasoned soup if you go out to eat. You'll enjoy the taste, and the spice of life.

MORE

Add flavor with herbs & spices
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References

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3. Dohrn, I.M., et al. (2018). Replacing sedentary time with physical activity: A 15-year follow-up of mortality in a national cohort. *Clinical Epidemiology*, 10:179-186. From: <https://tinyurl.com/y7og39k4rinzi>
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