



## Walnut Energy Snacks

Need a healthy snack to keep you going? Try this easy, no-bake recipe made with walnuts.<sup>5</sup>

### Ingredients

- 1/2 C walnuts
- 3/4 C dates, freshly pitted
- 1/2 C almond meal
- 1 C rolled oats
- 1/2 C sunflower seeds
- 1/4 C cocoa powder
- 3 T maple syrup
- 1/4 C sesame seeds

### Directions

1. Use a food processor to lightly pulse walnuts into smaller pieces. Set aside.
2. Place remaining ingredients in food processor. Blend until mixed well.
3. Pour mixture into bowl. Stir in walnuts.
4. Roll mixture into walnut-sized balls.
5. With sesame seeds in a small bowl, roll balls in seeds to coat.
6. Serve right away. Or store in the fridge for a few days or freezer for a week.

Makes 10 servings.  
239 calories per serving.

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## The Hamster-Wheel Hack to Boost Your Immune System

20 minutes of treadmill running prevents inflammation

Susie Chan took up running a few years ago to stay in shape. As a busy mom, it wasn't always easy to make time to exercise. But she stuck with it, often running on a treadmill at home.

Then she ran a half marathon with her brother, and kept going. Chan recently set a new world record for running 68.54 miles in 12 hours on a treadmill. But it was close. She beat the old record by just 1.75 miles.

You don't need to crush treadmill miles like Chan. But a little exercise IS good for your health.

New research shows that just 20 minutes of moderate exercise (like walking fast on a treadmill), helps prevent inflammation and strengthens the immune system.<sup>3</sup>

### Researchers also found that moderate exercise helps:



Speed recovery after an injury



Protect the body against viruses and bacteria



Repair tissue damage



Control blood sugar levels



Support weight management



Prevent chronic diseases

Want to boost your immune system and protect your health? Hop on a treadmill and go. Or get outside for a walk. You'll feel better, be healthier, and live longer.

## Munch & Crunch Whole Grains for Heart Health (continued from page 1)

Researchers found that eating at least three servings of whole grains per day (like two slices of bread and a bowl of oatmeal) can make a difference.

### Add more whole-grains to your diet

The U.S. Department of Agriculture recommends eating 3 to 5 servings of whole grains per day.

Here are some easy ways to add more whole grains to your diet:

- Use whole-grain bread for toast or sandwiches
- Serve whole-grain pasta with lunch or dinner
- Use brown rice instead of white rice
- Try whole-cereal or oatmeal for breakfast

- Choose whole-grain tortillas instead of ones made with white flour

Crunch & munch more whole grains to protect your heart and your health.

### MORE

Try these whole-grain recipes  
<https://tinyurl.com/4k68yru5>

### References

1. American Psychological Association. (2021). Stress in America 2021: One year later, a new wave of pandemic health concerns. From: <https://tinyurl.com/8wtvc6c9>
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3. Stoyan, D., et al. (2016). Inflammation and exercise: Inhibition of monocytic intracellular TNF production by acute exercise via  $\beta$ 2-adrenergic activation. *Brain, Behavior, and Immunity*, 61:60-68. From: <https://tinyurl.com/kh9mhy3d>
4. 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(0). From: <https://tinyurl.com/4cbp9hvf>
5. Radd, S. (2016). High energy balls. *Food as medicine: Cooking for your best health* (p. 265). Warburton, Australia: Signs Publishing Company.



## Take the April Health Challenge!

### Build Core Strength: Exercise to strengthen your core

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
How can I exercise if I'm always busy?