Nutrition Education

Physical activity and exercise benefit mental and physical health.

1. Improves thinking and judgment skills.
2. Heightens sleep quality.
3. Reduces risk of depression and anxiety.
4. Assists in weight management.
5. Reduces risk of diseases (cancers, heart disease, type 2 diabetes, etc.).
6. Strengthens bones and muscles.
7. Provides a sense of community.
8. Improves the ability to do everyday activities (climbing stairs, driving, working, etc.).

It is important to recognize the differences between strength training and cardiovascular exercise. Strive to incorporate both into your fitness routine to support your overall health.

Spring Into Fitness

By Tori Martinez, MS, RDN, LDN - District Registered Dietitian

As daylight gets longer and weather gets warmer, fitness opportunities blossom! Indoor physical activity is a year-round benefit, but as Winter moves into Spring, enjoy the benefits of soaking in the sun. Along with the sun, some foods and supplements contain Vitamin D, an essential nutrient for the human body because it helps bone growth and remodeling, reduces inflammation, and regulates biological processes like cell growth and immune function.

Consider spending time outdoors most days and incorporate 2 ½ hours of physical activity during the week. You can train for a marathon, go swimming or cycling, play tennis, or simply go for a peaceful walk. Exercise looks different for everyone because interests, schedules, and abilities are unique.

Strength training

is mostly anaerobic exercise that uses resistance to build strength. This includes lifting, weight training, and resistance training via free weights, weight machines, resistance bands, or your own body weight.

Benefits include increasing muscle growth, which leads to a better resting metabolism. It also supports improved bone health and mental health.

Cardiovascular exercise

is aerobic exercise that increases your heart rate and breathing for a sustained period. This boosts the flow of oxygen through your body. Examples include running, swimming, cycling, rowing, power walking, hiking, and dancing.

Benefits include improving heart health, supporting immune function, and boosting mood.

It is important to recognize the differences between strength training and cardiovascular exercise. Strive to incorporate both into your fitness routine to support your overall health.
Culinary Corner

Pan-Seared Crispy Skin Salmon over Chipotle Sweet Potato Mash
with Garlic Sautéed Green Beans

Crispy salmon is like the bacon of the sea, and it’s easier to do than you may think.

Prep Time: 10 Minutes
Cook Time: 25 Minutes

Ingredients:
- 1 fillet skin on salmon, at least 6 oz
- 2 sweet potatoes, peeled
- 1 chipotle pepper in adobo
- 1 Tbsp + 1 tsp olive oil, separated
- 2 Tbsp heavy cream
- 3 Tbsp butter, cubed
- 2 cloves garlic, minced
- 3 oz haricot verts, cleaned
- Salt and pepper to taste
- Hickory smoke balsamic (optional)

Directions:
1. Place salmon on a paper towel lined plate and pat both sides dry. Check for pin bones by running your fingers over the side opposite the skin. Salt the skin side and let rest.
2. Dice sweet potatoes into ½ inch cubes. Add to pot of cold water. Bring to boil, add salt, and cook until fork-tender. An inserted knife should offer no resistance.
3. Mince chipotle pepper, reserving sauce and set aside.
4. Returning to salmon, blot skin dry again. The salt helps extract residual moisture.
5. Heat a non-stick pan over medium-low heat. Add 1 Tbsp oil and place fish in pan skin side down. Apply some pressure to fish. You will feel bubbling in the pan under fish; keep applying pressure until bubbling subsides. This ensures the fat renders out in the skin resulting in crispy skin. Season the non-skin side with salt and pepper. Once skin is crispy, flip the salmon; cook a couple additional minutes until desired internal temperature is reached. Season top side of fish delicately, as you applied salt to skin initially.
6. Drain sweet potatoes. Add cream and cubed butter; mix until smooth consistency is reached. Add chipotle pepper and season to taste.
7. In a cold sauté pan, add 1 tsp oil and garlic. Heat on high, being careful that the garlic does not burn and turn bitter. Add green beans; season with salt and pepper. Cook until softened with a little bite.
8. Plate sweet potato mash, add green beans, and delicately place fish over top for elevation. Finish with flaky salt and add a swirl of smoky balsamic glaze if desired. Enjoy!

Do you have questions or ideas?
Reach out to Tori Martinez, District Registered Dietitian, at victoria.martinez@sodexo.com
You can also learn more at mindful.sodexo.com

NEXT MONTH: We will focus on mental health awareness!