

# Spring Newsletter 2011



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## Spring into Health!

Spring is in the air and with it comes longer days and warmer weather; two perfect ingredients for a new fitness plan.

The World Health Organization is now recommending that adults do at least 150 minutes of moderate aerobic exercise every week and muscle strengthening activities twice or more a week. Children require 60 minutes of activity every day.

This spring make it a mission to get off the couch and get

moving. Maybe you'll fall in love with running, or you'll join a recreational sports league. No matter what you do, keep these 3 tips in mind to help you spring into health:

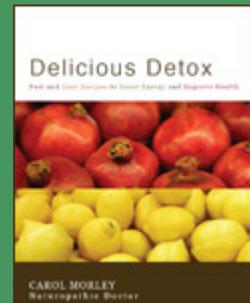
1. Do something that you enjoy. If you find an activity fun, then you are more inclined to stick with it.
2. Follow the Buddy System. Take classes with a friend, play soccer with the kids, or walk your favourite 4 legged companion. If you make a date to do it, you're more likely to follow through with it.

3. Get creative. Ever heard of boot camp? Give-it-a try triathlons? Or just go to your local park where a jungle gym can give you a full body work out free of charge.

The choice is yours and the benefits of fitness can be yours too. So get the most out this spring by getting out and getting active!

For more information on how to start an exercise plan, consult our Magna Health Centre team.

## What we're reading:



Delicious Detox  
by Carol Morley, ND

A great source of delicious recipes and tips for clean and healthy living!

### Learn to run a 5K - A beginner's guide on how to get into running

Running can be a very effective and rewarding form of exercise. If you have never run before, visit your health practitioner for medical clearance and tips on proper technique, and injury prevention. You'll be ready for a 5km race in no time! Follow the guidelines below. Each session should start with a 5 minute brisk walk warm-up and a 5 minute cool down. Work on your endurance first, and then once you are fitter you can focus on increasing your speed. Happy running!

**Week one:** Walk for 6 minutes, then jog at an easy pace for 1 minute. Repeat 3 times. Aim for three sessions with that same sequence for week one.

**Week two:** Walk for 5 minutes, then jog for 2 minutes. Repeat 3 times. Aim to do three sessions in week two.

**Week three:** Walk for 3 minutes, then jog for 4 minutes. Repeat 4 times. Aim for four sessions in week three.

**Week four:** Walk for 2 minutes, then jog for 5 minutes. Repeat 4 times. Shoot for four of those sessions in week four.

**Week five:** Walk for 2 minutes, then jog for 8 minutes. Repeat 3 times. Do four of those sessions in week five.

**Week six:** Walk for 2 minutes, then jog for 9 minutes. Repeat 3 times. Try to do four sessions for week six.

**Week seven:** Walk for 1 minute, then jog for 11 minutes. Repeat 3 times. Do four sessions this week.

**Week eight:** Yahoo, you've made it to week 8! For your first run this week, try walking for 5 minutes to begin and end the workout, and run for 20 minutes in between. By the end of the week, try to run for 30 minutes without stopping.

## Mean Green Spring Cleaning

All around us, signs of spring are appearing. Early-blooming flowers and plants are starting to show signs of life after a harsh winter. It's the time of year to refresh your home and renew yourself. However, most store-bought cleaners introduce toxic chemicals into your environment and consequently into your body.

Making your own non-toxic cleaning products can give you a deep feeling of gratification in knowing that your family's health is protected and that your home is a place for your bodies to rest and recuperate. You can use simple ingredients, such as baking soda, lemons, and vinegar to make effective cleaners that work in every room of your house. As an added bonus, homemade cleaners cost mere pennies and they help save our environment! Here are some tips to keep it eco-friendly and body-friendly: How to get started... you will need several basic supplies including:

- Distilled white vinegar -disinfects and loosens dirt
- Baking soda- gritty scrubber, also reacts with acids like lemon and vinegar
- Olive oil- picks up dirt, polishes wood
- Borax (sold in a box in the laundry aisle)- disinfects, whitens and deodorizes
- Liquid castile soap (like Dr. Bronner's brand, found in most natural foods stores)- all purpose foaming
- Essential oils (super concentrated natural plant oils found in natural foods stores, usually in the cosmetics section). Antiseptic essential oils include: thyme, sweet orange, lemongrass, rose, clove, eucalyptus, cinnamon, rosemary, birch, lavender or tea tree
- Lemon juice- disinfects, cuts through grease
- Microfiber cleaning cloths/ Newspaper
- Washing soda (sodium carbonate) -- a caustic cleaner, stain remover and laundry supplement

### No Streak Glass Cleaner Recipe

Dissolve 1 tablespoon baking soda in 1 quart of warm water (remember to mix hot materials in glass not plastic). Pour this into a spray bottle. Add ¼ cup of white vinegar. Shake to mix thoroughly before each use. Crumpled



newspaper can be used to buff to a shine for lint-free, paper saving cleaning.

### Antiseptic All Purpose Cleanser Recipe

Combine the ingredients (Up to 1 teaspoon antiseptic essential oil, 1 teaspoon washing soda, 2 teaspoons borax, ½ teaspoon liquid soap, 2 cups hot water) in a labeled spray bottle and shake to dissolve minerals. Spray onto surface and leave for 15 minutes or so before wiping with a clean rag. Not only does this recipe clean, but also the essential oils disinfect and provide a natural fragrance.

### Green all-purpose scrub cleaner

Mix vinegar and salt for a good surface cleaner. Coarser salt will produce a better scrubbing effect. Pour some baking soda and vinegar on a damp sponge. It will clean and deodorize all kitchen and bathroom surfaces.

### Furniture Polish

Mix 1 cup lemon juice with 1 tbsp olive oil and 1 tbsp water; lightly apply to furniture using a soft cloth. Let this sit for a couple of minutes, then buff.

Always remember, when storing your natural cleaning products, remember to label the container and keep any and all cleaning products out of reach of children. Happy cleaning!

## Fresh Asian Summer Rolls:



### Asian slaw:

½ cup fresh cilantro  
2 carrots julienned  
½ red cabbage julienned  
1 red pepper julienned  
¼ red onion, thinly sliced  
1 apple, sliced thinly  
Toss slaw together

- 2 cooked chicken breasts
- 1 package of Vietnamese Rice Paper Wrappers

### Sauce- can use on slaw or for dipping:

2 Tbs. fresh lime juice  
2 Tbs. almond butter  
1 ½ Tbs. sesame oil  
¼-½ cup water (to desired consistency)  
1 clove garlic, minced  
1 tsp fresh ginger, grated  
½ teaspoon garlic chili sauce  
¼ tsp sea salt

Fill a large bowl with warm water. Dip one wrapper into the hot water until softened. Lay wrapper flat. In a row across the center, place chicken and Asian slaw, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, and tightly roll the wrapper. Repeat with remaining ingredients. Serve rolled spring rolls with dipping sauce. Enjoy!