



# Health Focus



June 2015: Exercise



Exercise is so important for good health. It helps you look better, feel better, sleep better, and even boosts your mood. Consistent exercise is key for maintaining health. Try working out or walking in ten minute bursts at a time to start, then increase minutes over time. Vary your routine so you stay interested. Get family and friends involved so you stay more accountable and motivated to stay active.

[Read here for Tips on Increasing Physical Activity](#)

## June 25th

Alexa will be doing a demo and providing food samples and information in CEAP's Lobby!

A common exercise misconception is you need to spend money on gyms or spendy fitness classes to be active. Your body's own resistance can create a fantastic workout. Try different exercises like running outside, doing squats, push ups, or sit ups. You can even use a table or steps to do arm dips or lunges. Be creative! You'll see being active anywhere on any budget is possible.



[Read more on Physical Activity on a Budget](#)

## Stop by CEAP's Health Table

Stop by CEAP's health table at the Brooklyn Center office for free handouts, recipes, and information on the monthly focus.



Getting outside is so fun in the summer time! Take your whole family outside for a day you'll enjoy. Go for a walk, bike ride, or swim at the beach. Being outside also offers many benefits to children. Studies have shown children develop natural leadership skills, problem solving, and even have better attention spans when they spend time outdoors.

[Read more on Reasons to Play Outside with Your Children](#)

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Check us out on Facebook and Twitter for even more health updates. Help us get to 500 likes!

## HEALTHY FUN FACT

There are over 640 muscles in your body.

## Featured Recipes

Mediterranean Style Chicken Breasts, Southwestern Black Eyed Pea and Corn Salad, and Shrimp Pad Thai

These tasty and fresh summer meals are also great sources of protein for after a workout.

Click here for the recipe: [Mediterranean Style Chicken Breasts](#)

[Southwestern Black Eyed Pea and Corn Salad](#)

[Shrimp Pad Thai](#)



## Worth the Read!

Exercise can help you stay young. Not only may it affect your appearance on the outside, studies show that your insides reflect youth as you stay physically active throughout your life.

<http://well.blogs.nytimes.com/2015/01/07/how-exercise-keeps-us-young/>

