

APRIL

Start making strides toward a more active lifestyle on **April 2, National Walking Day**. Not only is walking good for your heart, it's a great way to de-stress. Plus walking is fun and easy to do with a friend. With spring weather on the way, make plans to take a walk today!

Walking 101

Walking is low-risk and easy to start. It can help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes and more.

A regular walking program can also:

- Improve your cholesterol profile
- Lower blood pressure
- Increase your energy and stamina
- Boost “couch potato” bone strength
- Prevent weight gain

The American Heart Association recommends that adults get 150 minutes or more of moderate intensity physical activity or 75 minutes of vigorous activity each week. Even short 10 minute activity sessions can be added up over the week to reach this goal. If you would benefit from lowering your blood pressure or cholesterol, aim for 40 minute sessions of moderate to vigorous activity 3 to 4 times a week. You could do this by walking 2 miles briskly (about 4 miles per hour). If that's too fast, choose a more comfortable pace.

Make One Change for the Better

Thirsty? While it's important to stay hydrated, sugary drinks are not the way to go. Challenge yourself to **cut out sugar-sweetened drinks**. Better options include flat and sparkling water, unsweetened tea, and skim milk.



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Whole Wheat Pancakes with Strawberries

Serves 6

Ingredients

- ¾ cup whole-wheat flour
- ¼ cup oats
- 1 teaspoon baking powder
- ¾ cup fat-free milk
- 1 large egg (lightly beaten)
- 2 teaspoons canola or corn oil
- Cooking spray
- 3 cups hulled sliced strawberries

Directions

1. In a large bowl, combine flour, oats, and baking powder; mix well. In a medium bowl combine milk, egg, and oil; blend well.
2. Add dry ingredients all at once; stir just until dry ingredients are moistened.
3. Coat skillet with spray and heat to medium high. For each pancake, spoon ¼ cup of batter into skillet.
4. Flip when batter bubbles and edges begin to set. Remove from heat and top with the strawberries.



Nutrition Analysis (per serving)	Calories	120	Cholesterol	32 mg	Dietary Exchanges: 1 starch, 1 vegetable, ½ fruit, ½ fat
	Total Fat	3.0 g	Sodium	91 mg	
	Saturated Fat	0.5 g	Carbohydrates	20 g	
	Trans Fat	0.0 g	Fiber	3 g	
	Polyunsaturated Fat	1.0 g	Sugars	6 g	
	Monounsaturated Fat	1.5 g	Protein	5 g	

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