



❄️ Feel the Burn to Beat a Cold this Winter ❄️

Did you know? Moderate exercise can help you stay healthy through the chilly winter months! Scientists have found that exercise can help prevent the common cold & flu and may even reduce your symptoms & sick days.

This is very important if you are overweight or have diabetes which may both increase your chances of getting sick.

Don't let the colder weather hold you back! Bundle up & feel the burn...

- ❄️ **Go for a walk or jog.** Track your daily steps using a free pedometer app and aim for 10,000 steps or "10K a day."
- ❄️ **Game Night!** Have a weekly Just Dance or other active game marathon with your family—winner can be excused from chore(s).
- ❄️ **Download a free training App.** Nike Training Club has tons of activities for all levels & durations. No equipment? No problem!
 - Bottles, canned goods, & textbooks make excellent weights.
- ❄️ **Find FREE Community Events.** Yoga in Poe Park & Wave Hill, Teen Dance in Poe Park, Kids Soccer at St. Marys, Van Cortlandt Run Club
 - Visit www.nycgovparks.org and click events for more info
- ❄️ **Recreation Centers are great places to find gyms, classes, & activities.** Here are a few centers in the Bronx:
 - Williamsbridge Oval, (718) 543-8672
 - West Bronx, (718) 293-5934
 - St. James, (718) 367-3657
 - St. Marys, (718) 402-5155
- ❄️ **Don't forget your warmer weather favorites!** Basketball, Kickball, Football & Soccer in the park.

Beyond Exercise: A Checklist to Keep You Healthy

- ✓ Wash your hands often-- NOT just sanitizer
- ✓ Stay hydrated by drinking plenty of water—aim for 8+ cups/day
- ✓ Dress in layers, so you can add or remove as needed
 - Limit time outside to 30min. if wind-chill is less than 20°F
- ✓ Get at least 8 hours of sleep—teens should aim for 9 hours
- ✓ Eat foods high in Vitamin C & Zinc to prevent illness!
 - Vitamin C: Bell peppers, citrus, berries, kiwi, & leafy greens
 - Zinc: Lean & dark/red meats, shellfish, beans, & nuts

Ask Endo-Nutrition Send your questions to mbrownst@montefiore.org and look out for answers in next months issue!

Recipe of the Month

Chicken & Cashews

Servings: 4

Total time: 25 min

Faster than delivery

Ingredients:

- 2 tablespoons canola oil
- 1lb boneless, skinless chicken, cubed
- ¼ teaspoon pepper
- 2 cloves garlic, chopped
- 1 ½ cups low sodium chicken broth
- 2 tablespoon lower sodium soy sauce
- 3 cups baby spinach
- 2 bell peppers, diced—add color!
- 3 tablespoon cornstarch
- ½ cup whole cashews

Preparation:

1. Heat oil in skillet over medium high heat. Add chicken and cook just until there's no pink on the outside, ~about 2 min/side, then sprinkle pepper & garlic and stir.
2. Add 1 cup broth, soy sauce, bell peppers, & spinach. Cover skillet, reduce heat to low and simmer for 3 minutes.
3. Mix cornstarch & ½ cup broth in small bowl. Add it to the skillet, increase heat to medium and boil for 1 minute.
4. Remove skillet from the heat & sprinkle with cashews.

Serve with 1 cup of brown rice per person

Nutrition Facts (¼ of recipe WITHOUT rice)

Energy: 365Cal **Fat:** 19g **Carb:** 17g

Fiber: 2.5g **Protein:** 33g

****Zinc: 2.5mg Vitamin C: 82.5mg****



Our Dietitians



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