



Tuesday, February 2, 2021

# Greater Newark Conservancy's Health Tip and Recipe

## Happy Heart Month!

### Happy Healthy Tuesday!

February is National Heart Month so I like to take this opportunity every year to reflect on some of the ways we can protect our hearts.

There are many precursors to heart disease, both diet-related and non-diet related. Stress, lack of exercise, depression, obesity, chronic lack of sleep, and diabetes are all potentially linked with heart disease later in life. We have all been under more stress so it is important to take even small steps to keep our hearts happy.

What is one step you can take? According to the Perelman Heart Institute, fifteen minutes of laughter is equivalent to thirty minutes of aerobic exercise in preventive value for your heart! Which would you rather do? Although there are plenty of things we can't do these days, seek out the opportunities for socializing safely!

Need a goal for the month? Here are some ideas to get you started:

- Lose a little weight – losing just 5-10 pounds can make a big difference for your blood pressure.
- Quit smoking (or cut back, if you're a heavy smoker).
- Watch out for sodium (canned soups, frozen pizza, frozen dinners, and bread are some of the ones to check).
- Add some color to your meals – try different fruits and vegetables.
- Reduce stress – try meditation or yoga (check YouTube; a lot of yoga studios stream classes online, or will be outside once it warms up).
- Laugh and stay social! Video chat with friends or go on socially distanced walks if the weather cooperates.

I encourage you to check out the American Heart Association [website](#) for tips on eating healthy, getting physical activity, quitting smoking, and other wellness ideas! This week's recipe is a delicious take on a heart-healthy veggie!

Wishing you wellness,

P.S. Have you registered for our virtual Beds & Breakfast Conference yet? Indulge in a day of gardening seminars to wash away the winter blues. This year's FREE virtual conference will empower communities to enact positive social change in this decade and beyond. Follow [this link](#) to learn more about the workshops and presenters and register.



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### Recipe of the Week Garlic Balsamic Roasted Brussels Sprouts

Adapted from

<http://www.yummly.com/>

Total time: 25 minutes  
Yields: 4 servings

#### Ingredients:

- 1.25-1.5 pounds Brussels sprouts, cut in half
- 3 cloves garlic, diced
- 2 1/2 tablespoons olive oil
- Salt and pepper to taste
- 1-2 tablespoons balsamic vinegar

#### Directions:

1. Preheat oven to 400 degrees.
2. Place Brussels sprouts on a baking sheet and sprinkle with the diced garlic and salt and pepper to taste.
3. Drizzle on the olive oil and mix with your hands to coat evenly.
4. Roast for 20-25 minutes until thoroughly cooked and the leaves brown.
5. Remove from oven and drizzle 1-2 tablespoons balsamic vinegar to taste, tossing to combine.

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