

Celebrate Women's Health Week With Self Care

Mother's Day is a great time to show the moms in your life how much you appreciate them. But this month, in addition to giving flowers and candy, encourage the girls and women you love to start caring for themselves. What better time to start than during during Women's Health Week, May 12-18?

Need inspiration? Here are some ways to do that:

Schedule your annual check-up

Don't skip your annual "well woman" exam. It is the perfect time to share any health concerns you may have.



Get active

Start small with an activity you enjoy and increase the time or pace as you are able. Every step counts!

Enjoy a balanced diet

Add more fruits, vegetables, and whole grains to your plate. Try a variety of protein foods like seafood, lean meats, eggs, legumes, soy, nuts, and seeds.



Learn how to cope with stress

Find time to rest and do something you enjoy. The work will still be there, but you will be better prepared to do it.



Surprise Mom this Mother's Day with a cool, creamy, delicious smoothie. It can be enjoyed with breakfast in bed, after a peaceful walk, or while enjoying a favorite hobby.

Banana Berry Smoothie

Ingredients

- 1 cup sliced banana
- 1 cup unsweetened frozen berries
- 1 cup nonfat or 1% milk
- 1 cup orange juice

Directions

1. Place all ingredients in a blender. Put the lid on tightly.
2. Blend until smooth. If too thick, add 1/2 cup cold water and blend again. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Resources: www.cdc.gov/women/nwhw/index.htm

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