

# HEALTHY

## living

SPECIAL ONLINE ISSUE



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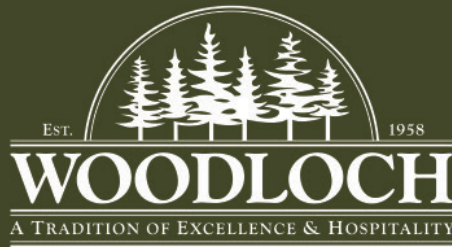
A graphic of a stylized building or mountain shape composed of several horizontal layers in shades of blue and light blue.

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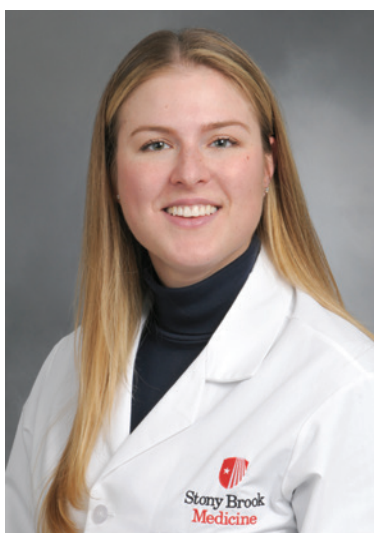
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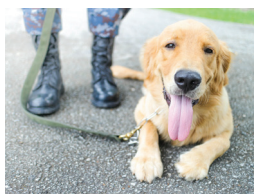
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## Extremely Cold Temperatures Can Cause Serious Problems For Your Pets

Extremely cold temperatures can cause serious problems for your pets who are outside even for short periods of time. Most pets are not bred to withstand temperatures below freezing, and even those that are if not acclimated to the cold are at risk. When is it too cold? A good rule of thumb is, if its too cold for you to be outside without a coat, it's also too cold for your pet. *Below are some things to keep in mind regarding the safety of your pet:*

Make sure your pet has a collar with identification. Snow can be disorienting for an animal and it is easy for them to get lost. Keep space heaters away from where animals can get to them. They provide a risk for the animal to get burned and for them to be knocked over, causing a fire.

Dogs and cats can quickly experience frostbite (especially ears and paws) and hypothermia. Symptoms of hypothermia include lethargy, decreased appetite, decreased responsiveness, low body temperature, discolored skin – especially red or black extremities.

Never leave your dog unattended in a car. Cars turn into freezers very quickly. Never warm your car up in the garage, this can trap carbon monoxide and kill people and pets in minutes. If you have chickens,

especially those with longer beards or combs, they are also susceptible to frostbite and hypothermia. Please use insulated walls and chicken coop heaters.

If you use ice melt on your driveway or walkway, this can be extremely painful for dogs who walk through it. If your dog has walked on it, immediately wipe you their paws with luke warm water after. Please note, a good alternative is pet friendly ice melt! Also, pet boots can be great way to keep your dog safe.

Lastly, bang on the hood of your car and check for cats who may have climbed under your car for warmth.

## WHY CAN'T I COME IN WITH MY PET?

## CURBSIDE CHECK-IN DURING COVID-19



**We understand that you would like to be with your pet in the examination room**

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It's much easier for us to talk to you directly about your pet's health.

However right now we are required to follow guidelines issued by New York State that state "Curbside intake and pickup of animals should be used, wherever practical, to minimize the numbers of clients in waiting areas and exam rooms."\*

Although that creates a lot of extra work for our staff, we are committed to complying with the NY State safety guidelines during the COVID-19 crisis, and to protect our client's health and safety.

\*Exceptions can be made in situations like euthanasia

**Why does NY State have such restrictive guidelines for animal hospitals?**

The NY State government has put detailed guidelines in place for all businesses, not just veterinarians. For example, medical facilities are required to screen patients before admitting them into the facility.

**Are these still necessary? Restrictions are lifted on other things.**

By July 2020, restrictions like curbside check-in have helped reduce the number of people diagnosed with COVID-19 in New York State down from over 10,000 a day to below 1,000. At the same time we have seen infections rise dramatically in other states who had fewer restrictions.

The government has lifted restrictions where it is essential to get other parts of the economy restarted, but we don't expect to see change for a while on safety measures like curbside check-in that have been seen to be effective.

**Let's make this work together**

Curbside check-ins is inconvenient for you and creates a lot of extra work for our staff. It's hard on all of us. We don't get to see you like we used to.

But let's work together to make your visit as easy as possible, using our curbside visit protocols.



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## 5 Hobbies To Keep Your Body And Mind Healthy And Happy



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(StatePoint) As the pandemic continues to restrict many of the places you are able or inclined to go, finding ways to stay active is important for keeping the body and mind healthy and happy.

Here are some ideas for new hobbies to try.

• **Learn a language:** Bonjour! ¡Hola! With an array of online language classes and tutorials available at your fingertips, learning a new language is more accessible than ever. Start now while you fantasize about a post-pandemic vacation overseas.

• **Play an instrument:** Learning to play an instrument is not only a great distraction for the current moment, it can provide you with years of joy as your skill develops. Consider starting your musical journey on a Casiotone keyboard. By connecting the keyboard to the free Chordana Play app, you can easily learn

to play your favorite songs from downloaded MIDI files. Once you've mastered the instrument, the portability of the keyboard will come in handy, whether you play solo or join a band.

• **Become a home chef:** From sushi to soufflé to dumplings, there are likely a range of dishes you have never attempted making at home. Tackle your culinary bucket list, one-by-one.

• **Go hiking:** There is no better hobby for staying fit and communing with nature than hiking, which works every muscle of the body, boosts cardiovascular health and even improves mood and mental well-being. Track your hike using a wearable tech tool geared for outdoor enthusiasts, such as a watch from the Casio's Pro Trek line. Quad Sensor technology packs all the measurements you need into one compact hiking watch, including a compass,

altitude/barometer and temperature measurements, along with an accelerometer that tracks step count. Calorie calculations use both step count and altitude information to take upgrades and downgrades into consideration, and data is recorded by the Pro Trek connected app.

• **Volunteer:** At a time when many people are struggling, consider volunteering your time to serve those in need. There are plenty of safe, socially distant volunteer opportunities, from delivering meals to the homebound, to video conferencing with socially isolated seniors to helping boost adult literacy via remote tutoring.

Amid the ongoing pandemic, staying busy and positive may take creativity. However, discovering new hobbies and pursuits you love can nurture the body, mind and soul.

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## How Exercise Can Help You Live Longer

There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

WebMD says exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.

Research published in the journal *Immune Aging* found that how people age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people make.

### **Cardiorespiratory fitness**

Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels. People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the journal *Aging & Disease*. In a study involving 11,335 women, researchers compared V02 max, also

known as aerobic capacity, in women with mortality data. Women who were fit from a cardiovascular perspective had a lower death rate from all causes, irrespective of the women's weight.

### **Manage stress and mood**

Exercise has direct stress-busting benefits that can promote longevity. The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters. In addition, exercise can imitate the effects of stress, helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations. While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

### **Improve bone health**

Strength training and physical activity can stave off the effects of frailty and osteoporosis, which affects bone strength. A study published in the *Journal of Internal Medicine* in 2017 found that hip fractures are associated with diminished quality

of life and survival among the elderly. One in three adults aged 50 and over dies within 12 months of suffering a hip fracture, and older adults have a five- to eight-times greater risk of dying within three months following a hip fracture. Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

### **Addresses sarcopenia**

The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness. However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training. This is designed to improve muscle strength and help balance hormone levels by turning protein into energy for older adults.

These are just some of the ways exercise can help older adults live longer, healthier lives.





# The LIAD Center & Village Green Spread LOVE to Over 50 Families on LI

In a time where people are isolated more than ever, The Village Green Senior Living of Levittown and the Long Island Alzheimer's & Dementia Center teamed up for 1 mission: Spread LIAD LOVE.

"I think everyone, especially now, could use extra love and support," said LIAD Executive Director, Tori Cohen. "Our LIAD families are isolated right now and our goal with spreading LIAD LOVE was to show them how much we're thinking of them during these unprecedented times. This past year has been extremely challenging to so many of us, but someone with Alzheimer's disease and their caregivers are truly struggling which is why it's important for the LIAD Center to persevere to continue to provide critically needed support to families struggling with this devastating disease and we're anxiously looking forward to opening our doors soon."

During the week leading up to Valentine's Day, over 50 LIAD Center families were surprised with heart balloons, chocolates, love bears, personalized cards, heart lawn signs and a message of love from a LIAD staff member and Village Green.

## About the Long Island Alzheimer's & Dementia (LIAD) Center

For over 30 years, the LIAD Center has been providing supportive community-based services to Long Island families living with Alzheimer's disease and other forms of dementia. The LIAD Center offers hands-on and stage-specific programs and services to diagnosed individuals and caregivers. The 501 (c)(3) takes considerable pride in its pioneering role in cutting-edge services that foster the independence, dignity, well-being, and safety of individuals with dementia. Its state-of-the-art center is located at 1025 Old Country Road in Westbury. Until there is a cure, the LIAD Center is the best place for families to find support, guidance, and hope.



**Bill, LIAD Participant**

[www.lidementia.org](http://www.lidementia.org).

Village Green, Carlisle Senior Living Communities, Inc., an affiliate of The D&F Development Group, LLC (Carlisle), offers the right combination of experience and knowledge to ensure that the highest quality level of care is provided to meet all of our residents' supportive lifestyle needs. Village Green is the second community within the Carlisle portfolio, following Village Walk in Long Island's Suffolk County. Carlisle is also in the process of planning development for The Village Reach in Hauppauge. Village Green Senior Living in Levittown, New York. Contact- Lisa Santiago [santiagolisa@villagegreenseniorliving.com](mailto:santiagolisa@villagegreenseniorliving.com)



**LIAD Staff Member Rascha and LIAD Participant are reunited**



**(Left to right) Danielle Schwartzberg, LIAD Center Director of Community Outreach Special Events, Lisa Santiago Village Green Business Development)**

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# The Importance Of Rest

Regular exercise has been linked to a host of health benefits. People who exercise regularly can lower their risk for chronic diseases like heart disease and diabetes, and routine exercise can improve mood and potentially delay the onset of cognitive decline.

As vital as physical activity is to a healthy lifestyle, there is such a thing as too much exercise. According to the U.S. National Library of Medicine, rest is an important part

of training. Without ample rest, the body does not have time to recover before the next workout. That lack of rest not only adversely affects performance, but also increases a person's risk for health problems, including injuries that can sideline athletes for lengthy periods of time.

Committed athletes may have a hard time recognizing when they are pushing themselves too hard, and the line between perseverance and overdoing it can be thin. Many athletes credit their ability to push themselves mentally and physically with helping them



achieve their fitness goals and thrive as competitors. But it's vital that athletes learn to recognize the signs that suggest they're

exercising too much. The USNLM notes that the following are some signs of overdoing it with an exercise routine.

- An inability to perform at your established level
  - Requiring longer periods of rest between workout sessions
  - Feeling tired
  - Feeling depressed
  - Experiencing mood swings or irritability
  - Difficulty sleeping
  - Feeling sore muscles or heavy limbs
  - Suffering overuse injuries such as runner's knee, achilles tendinitis, shin splints, and plantar fasciitis
  - Loss of motivation
  - Getting more colds
  - Unintended weight loss
  - Feelings of anxiety
- The USNLM urges anyone experiencing these symptoms to rest

completely for between one and two weeks. After that period of rest, the body should be fully recovered. However, if any of these issues linger after two weeks, seek the advice of a health care provider. A health care provider may recommend additional rest and/or conduct a series of tests to determine if an underlying issue is causing any of the aforementioned symptoms.

Rest is as vital to an effective exercise regimen as proper technique, ensuring the body has ample time to recover and reducing the risk of overuse injuries.

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## Long Island Smoothie Cafe Under New Management, Now Owned By A First Responder!

Michael Eagle, a Brooklyn resident who worked as a first responder for thirty years, now owns *Long Island Smoothie Cafe*, which he purchased months into the pandemic. Although located in Bethpage, Long Island Smoothie Cafe will attract customers from all over due to their extensive menu, seasonal smoothies, vegetarian options and first responder discount! When asked "Why did you decide to open a cafe during the pandemic?", Michael simply answers, "People always need to eat and drink." It's as simple as that...with a passion for great food and beverages, excellent customer service and giving back to other first responders, Mr. Eagle took a leap of faith and opened for business.

Some of their

menu options include Cinnamon French Toast, a Zesty Chicken Wrap, Blue Cheese & Bacon Pizza, a Fit & Trim Sandwich, a Maple Honey Turkey Sandwich, a Fajita Fiesta Wrap, a Thai Twister Wrap and a Santa Fe Chicken Quesadilla, amongst

many, many others.

Vegetarians can enjoy fresh salads, a cheese quesadilla, their delicious Veggie Delight wrap and they can personalize any menu item to be made with a veggie burger instead of another protein!

When it comes to smoothies, Long Island Smoothie Cafe doesn't mess around! From well-known smoothie flavors such as Blueberry, Banana, Chocolate and Strawberry to unique mouth-watering flavors like Kiwi, Apple Cider, Pumpkin and Lime, you'll be sure to find something that you love.

Looking for a healthy choice of smoothie? Try their Almond Power Smoothie, Boost Your Health Smoothie, O My Acai Smoothie, Nutty Explosion Smoothie or Go Green Smoothie, along with other options. (Kids size smoothies are also available.)

Don't forget dessert! Their Brownies, Nutella Pizza, a Fruit Parfait and Pitaya Bowls will leave you wanting more!

Michael, who operates the cafe with his two sons Justin and Andrew, cannot thank first responders enough for their bravery and service. First responders can enjoy 10% off their order at their cafe any day of the week.

Don't hesitate to stop by *Long Island Smoothie Cafe*, located at 582 Stewart Avenue in Bethpage, open 7 days a week.

Do you live local to the cafe? You can order delivery now on Seamless, UberEats, Postmates, GrubHub and Slicelife.





# Dental Visits Are Essential Health Care, Here's Why

(StatePoint) If maintaining good health is top of mind these days, as it is for many, be sure to factor dental hygiene into the equation. Medical experts say that a healthy mouth is critical to whole-body health, and warn that during the COVID-19 pandemic, certain stress-related oral health concerns are on the rise.

"Dental health and overall health are intrinsically linked. Beyond teeth and gums, the mouth serves as a window to the rest of the body, providing clues about health related issues that may be brewing," says Dr. Alice Boghosian, American Dental Association (ADA) spokesperson.

Dr. Boghosian reminds the public that dental visits have always been an essential part of health care and are safe during the COVID-19 pandemic. Thanks to ADA and Centers for Disease Control and Prevention guidance, dentists have increased their already strong infection control and office sterilization protocols when treating patients.

"Routine dental exams during the pandemic can help keep your mouth and body healthy. In addition, dentists can sometimes spot signs suggestive of medical issues, alerting you to the need for medical follow-up," says Dr. Boghosian.

According to the ADA, here's why you should be seeing your dentist regularly, and insights into how oral and overall health are connected:

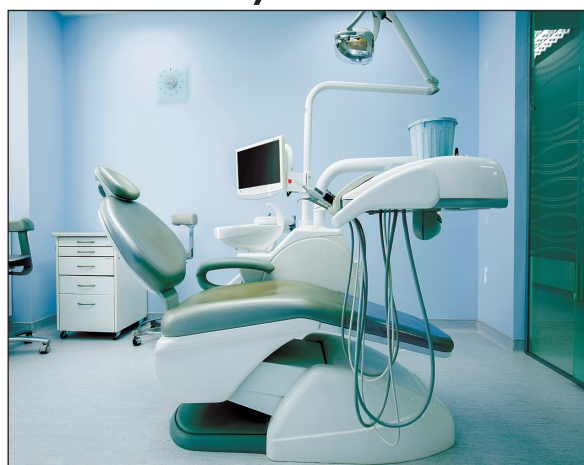


PHOTO SOURCE: (c) rilueda / iStock via Getty Images Plus

- The COVID-19 pandemic has been a tremendous source of anxiety and stress, which makes it no surprise that since its onset, a majority of dentists in an ADA Health Policy Institute survey report a rise in stress-related oral health conditions in their patients. If you are waking with a tired or sore jaw, find you're grinding your teeth or have a chipped or cracked tooth, a dentist can help.

- Dentists' areas of care extend beyond teeth, gums and supporting bone to include the muscles of the head, neck and jaw, the tongue, salivary glands and the nervous system of the head, neck and other areas. When appropriate, dentists can take samples of tissue to screen for chronic or infectious diseases, and even oral cancer. Catching oral cancer early reduces the risk of your being among the 10,030 people nationwide whose lives are claimed annually by the disease.

- For the 29.1 million people in the U.S. living with diabetes, and those at high risk of developing the disease, dental visits

are especially important. Untreated diabetes can take a toll on your mouth in numerous ways your dentist can detect. What's more, people with diabetes are more prone to periodontal disease, a chronic, inflammatory disease that can destroy gums, all the tissues holding your teeth and even bones. Research suggests that treating gum disease and then practicing good oral hygiene can help improve blood sugar control in people living with diabetes.

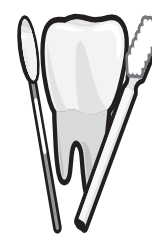
- With pregnancy come changes in your body, including an increased risk of the gum disease called gingivitis. Keeping up with regular dental cleanings during your pregnancy can help keep this issue at bay.

For more dental health tips and resources, visit [MouthHealthy.org](http://MouthHealthy.org). To find a dentist near you, visit [FindaDentist.ada.org](http://FindaDentist.ada.org).

"Dentists, along with your physician and other healthcare professionals, are part of your health care team," says Dr. Boghosian. "Your oral and overall health are our top priority."



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# Fresh Herbs That Can Reduce Your Reliance On Sodium

Salt has long been used to add flavor to people's favorite foods. In fact, the use of salt as a means to preserving foods and adding flavor to recipes dates back to ancient times and has led to countless conflicts ever since.

According to History.com, wars over access to salt reserves in China are believed to have been fought as early as 6,000 B.C. Though that shows just how valuable salt has been throughout much of

human history, it doesn't indicate the negative effects that can result from diets that feature excessive amounts of sodium.

The American Heart Association notes that sodium plays an essential role in the human body by regulating the kidneys and helping to control the body's fluid balance. Sodium also helps send nerve impulses and affects muscle function. However, excessive amounts of sodium can compromise heart health. The AHA notes that excessive amounts of sodium in the bloodstream pulls water into the blood vessels, increasing the total volume of blood within them. As more blood flows through blood vessels, blood pressure increases. Over time, that can adversely affect blood

vessels and speed up the build-up of plaque that can block blood flow. Higher blood pressure forces the heart to work harder and increases a person's risk for heart disease.

So what about sodium, a mineral so valued, and indeed vital to human existence, that it's led to wars and created countless devotees in kitchens over the centuries? If it's flavor cooks are aiming for, it's possible to reduce reliance on sodium and increase the use of fresh herbs without sacrificing flavor. Such a transition can improve heart health and introduce a host of new flavors at meal time.

## Basil

The AHA notes that basil has a sweet and fresh flavor profile and is best added to

a dish right before serving. Freshly cut basil leaves can be added to any number of dishes, including tomato sauces, pastas, salads, pizzas, and eggs.

## Cilantro

Cilantro are the delicate leaves and stems of the coriander plant. Like basil, cilantro should be added to a dish right before serving and should not be cooked. Cilantro can be paired with beans, tomatoes, corn, and avocados among other foods, and is widely used when preparing Mexican foods at home.

## Oregano

The AHA notes that Greek dishes often combine oregano, mint and lemon to create a memorable, delicious flavor profile. If chopping fresh oregano, strip the leaves from the

stem and then discard the stem.

## Parsley

Parsley isn't just a garnish used to add aesthetic appeal to plates. Flat-leaf parsley provides a light and fresh flavor, while the AHA notes that curly parsley offers a slightly peppery profile. Parsley is typically added

to a dish during the final minutes of cooking or right before serving, and can be paired with chicken, fish, potatoes, and pasta among countless other foods.

These are just a handful of herbs that can give meals a flavorful punch and help chefs avoid an overreliance sodium in their recipes.



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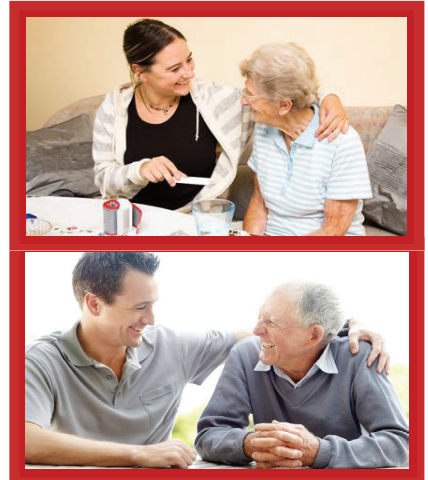


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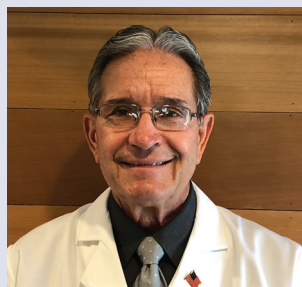
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## Preventive Care Involves Safeguarding Mental Health As Well

Preventive care is often looked at through the needs people need to do to protect their physical well-being. For example, a healthy diet and routine exercise, while beneficial to mental health, are often viewed as lifestyle choices that can make people feel better physically. But taking steps to protect one's mental health also is vital to a long, productive life.

The U.S. Department of Health and Human Services notes that positive mental health and mental wellness can have a profoundly positive impact on a person's life. Positive mental health can help people realize their full potential, cope with the stresses of life and make meaningful contributions to their communities.

What can I do to protect my mental health?

Learning to recognize the early warning signs of mental health problems can help prevent such problems from escalating and compel people to seek help. The DHHS advises anyone



feeling these signs or recognizing these signs in others to seek help for themselves or their loved ones:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or as if nothing matters
- Unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Severe mood swings

that cause problems in relationships

- Persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- An inability to perform daily tasks, such as taking care of your children or getting to work or school

Taking steps to protect one's mental wellness is a vital component of preventive care. More information about mental health is available at [www.mentalhealth.gov](http://www.mentalhealth.gov).

## Marisa Striano, Founder of Spirit's Promise Equine Rescue Lunches Wellness, Education & Hospitality Brand, Marisa's

Marisa Striano is the founder of Spirit's Promise Equine Rescue, located at 2746 Sound Avenue in Riverhead. Their mission is to rescue horses who have been abused, neglected or unwanted. When these beautiful animals arrive, they give them a new educational and recuperative purpose. In return, they repay them with love, sensitivity and an innate spirituality unique to the species. They embrace the empathic gifts that come naturally to the horses to assist struggling humans and they unlock the horses' hidden potential. In doing so, they generate new opportunities for them and the humans fortunate enough to interact with them.

Marisa has announced the launch

of her privately owned wellness, education and hospitality brand named "Marisa's", which is a lifestyle brand focused on wellness, education and hospitality with several business entities including grief retreats, virtual coaching and equus coaching certifications.

This new brand is a culmination of Striano's professional and personal journey, along with her passion for bringing light into the world. It enables her to further explore experiences, places and connections to improve people's quality of life. Marisa's sole purpose is to help people love themselves again by giving them the tools and experiences they need to survive and thrive.

"I am beyond thrilled to take this next step

in my life. I've spent the last 10 years as Board President of Spirit's Promise. While I will continue to volunteer with all of my heart in that role every day; Marisa's allows me to grow as a small business owner, cancer survivor and life coach," said Striano. "The pandemic has forced people to really look at their personal and professional lives, including myself. I want to do my part to do more for the world. While adhering to all of the mandated public health requirements, we plan to provide services that align with the demands of today's environment."

Services being offered by Marisa's include:

**Wellness & Grief Retreats For Adults (Focused on Divorce,**

**Loss of Spouse, Loss of Child, Loss of Pet.)**

- April 9 - 11
- May 28 - 30 (tentative dates)
- October 1 - 3
- November 19 - 21
- December 3 - 5

**Anxiety & Depression Retreats For Teens and Adults**

- May 22
- October 9

All of the retreats will be offered in small groups at various private destinations based on Long Island, NY (North Fork, The Hamptons), Florida (Naples & Delray Beach) and Rhode Island (Newport) for locals.

Marisa is a mother, daughter, sister, small business owner,

breast cancer survivor, coach and friend. Leaning into Grief is the first step in healing," says Striano. "Grief can sometimes feel like you are dragging a steamer trunk. Other times it is an overweight suitcase, a backpack, or a handbag. Lighter or heavier and no matter what you carry it in, it will always be with you. I want to help

you carry that luggage together with you for your journey."

*For more information about Spirit's Promise Equine Rescue, visit [www.spiritspromiserescue.org](http://www.spiritspromiserescue.org).*

*For more information about Marisa's, visit [www.marisastriano.com](http://www.marisastriano.com).*







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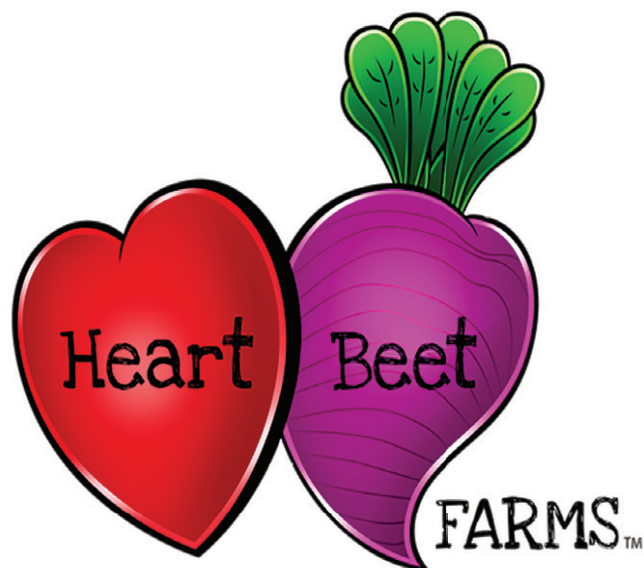
# Virtual Veggie Education To Inspire Healthy Eating

We love watching the expression on a child's face when they sniff a mint leaf and suddenly realize that mint is a real plant and not just an artificial flavor. Teaching kids about vegetables and nutrition is so inspiring and a lot of fun. At HeartBeet Farms, we are always focused on connecting people to where their food comes from.

HeartBeet Farms launched Root for the Beet, a children's comic book series designed to inspire healthy food and drink choices, and an active lifestyle. Our ambassadors, Heart & Beet, educate and inspire kids by taking them on fun, healthy adventures. Heart and Beet help kids and families understand where their food comes from and the importance of healthier – and delicious – food and drink choices.

Root for the Beet contains a series of thirteen comics originally illustrated by a local eleven-year-old student. Each comic explores an important nutrition topic including the

impact of eating a healthy breakfast and lunch, how drinking water helps keep our



bodies active and healthy, and tips for evaluating the ingredients in your favorite snacks. Many of the comics feature delicious, colorful vegetables such as beets, zucchini, squash, sweet potatoes, carrots, and cucumbers. Chapters include: Making a Sweet Splash, Break for Breakfast, Root for the Beet, Bag the Lunch, Attack

Your Snack, What's in that Chip?, Glu10, Heart & Beet Go Organic, Cukes, Crunch & Sip, Don't Squash Us, Smack Down Between Yam and Sweet Potato, and Squash the Spaghetti.

Now kids can experience virtual vegetable education that combines the Root for the Beet book with a series of 13 video lessons featuring Heart and Beet. After you enroll in the program, you receive a Root for the Beet book in the mail and a login to the video lessons. A brief quiz follows each video lesson to help

reinforce what has been learned. Once the course is completed, each student completes a brief questionnaire and Heart & Beet sends them a surprise gift in the mail. The virtual program is designed for elementary students (2nd - 5th grade). To learn more, visit [heartbeetfarms.com](http://heartbeetfarms.com).



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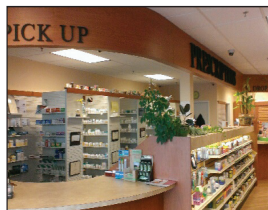
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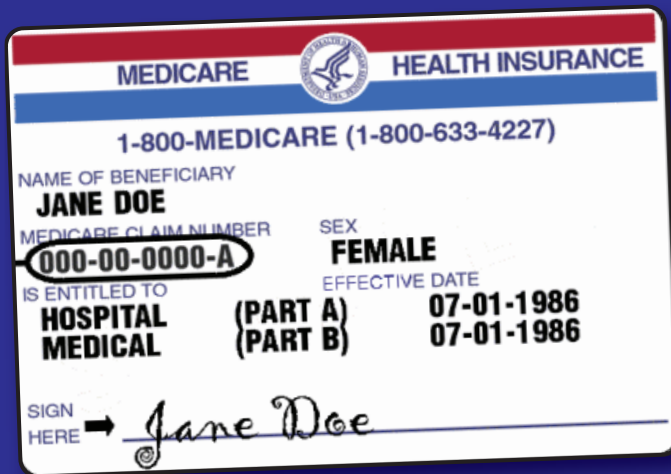
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