The American Heart Association recommends for adults:

- At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes or at least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 (or a combination of the two). They also recommend moderate to high-intensity muscle-strengthening activity at least 2 or more days per week for additional health benefits.

The AHA recommends:

- A simple positive change you can make is to start walking and taking the stairs more.
- AHA recommends that adults walk 10,000 steps per day, but in 30 minutes all at once, try for 10 to 15 minutes or hiking all count as exercise. And if you can’t fit in 30 minutes all at once, try for 10 for 15 minutes per day. A simple positive change you can make is to start walking and taking the stairs more.

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Information from: www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/American-Heart-Association-Guidelines_UCM_307976_Article.jsp

### Recipe: Kale Salad

I am sure you have heard of kale by now – that green leafy vegetable that is getting more attention every day. The benefits of kale are such that you want to start adding it to your diet as soon as possible. Kale is one of the healthiest green vegetables on the planet. It is packed with vitamins A and C, and calcium, magnesium, vitamin K, vitamin B6, vitamin B1, and iron. According to the U.S. Department of Agriculture, a serving of kale contains 3.2 grams of fiber. Kale also contains calcium, vitamin B8, magnesium, vitamin A, vitamin C and a ton of fiber. The AHA recommends that adults walk 10,000 steps per day, but in 30 minutes all at once, try for 10 to 15 minutes or hiking all count as exercise. And if you can’t fit in 30 minutes all at once, try for 10 for 15 minutes per day. A simple positive change you can make is to start walking and taking the stairs more.

**Recipe:**

1. Pull the kale leaves off from the tough stems and discard the stems. Use a chef’s knife to chop the kale into small, bite-sized pieces and add it to the bowl as well. Crumble the goat cheese over the top.
2. In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until the salad is evenly coated with the dressing ingredients. Serve immediately, or for even better flavor, let the salad marinate in the dressing for 10 to 20 minutes beforehand. Get involved

- We make a living by what we do, but we make a life by what we give.

- Winston Churchill

- Mizizi Maji Youth Mentoring

The Mizizi Maji Mentoring Program provides area youth ages 8-18 with adult mentors and a strong support system, helping them consciously take control of their lives, look towards the future, and begin making good choices. The program matches youth with individual mentors, and weekly group gatherings at Baxter feature guest presentations, group activities, or lessons on positive youth development (media literacy, healthy choices, etc.).

The intent of the Mizizi Maji Mentoring Program is to increase youth’s self-esteem, social competencies, academic achievement, and sense of hope. Ultimately, the mentoring program seeks to empower students to overcome socio-economic barriers and avoid the dangerous behaviors and disturbances that often accompany them, graduate from high school, attend college or pursue employment, and become healthy, responsible citizens.

The Mentoring Program has limited enrollment and therefore requires a commitment from youth participants and their families to complete an application process to enter the program. For further information or to get involved as a mentor or youth participant, call Leslie Funwell at Baxter Community Center by telephone at (616) 456-8593 ext. 233 or by e-mail at sharonl@baxtercommunitycenter.org.

**Wellness News Brought to You by GRCC Staff Development**

**Health Tips**

- Is your heart healthy?

- Are you familiar with the partnerships we have here at GRCC regarding wellness opportunities? Our mission is to enhance the health of all of our wellness exercise classes. They have classes on their downtown Campus and the downtown YMCA.

- To see their current offerings please click here: www.grcc.edu/staffdevelopment-faculty-staff-group-exercises-100.htm

**Mizizi Maji Mentoring Program**

**Sessions**

**Session 1:** May 13-June 28

**Session 2:** July 1-August 16

**Featurings**

**Location:** 332 Calvin Science Center

**Day & Time:** 10:00 a.m.-12:00 p.m.

**Food & Activity:**

**Week 1**

- **May 18:** Junior Girls on the Run 5K
  - www.diemerrun.com
  - Brian Diemer Family of Races
  - June 8
  - Kent County Girls on the Run 5K
  - www.cmgrandrapids.org
  - Wednesday Family of Races

**Week 2**

- **May 22:** Saturday Slip & Slide Fun Run
  - www.saturdayslipandslide.com
  - Saturday Slip & Slide Fun Run

**Week 3**

- **June 11:** Understanding Organics
  - 122 Calvin Science Center
  - 2:00-3:00 p.m.

**Week 4**

- **June 14:** Work/Office Organizing 101
  - 138 Calvin Science Center
  - 10:00 a.m.-12:00 p.m.

**Week 5**

- **June 18:** Yoga/Core Barre
  - 211 Spectrum
  - 12:15-1:00 p.m.

**Week 6**

- **June 22:** Urban Eco Trec
  - Meet at Ford Fieldhouse
  - 211 Spectrum
  - 5:30-6:15 p.m.

**Week 7**

- **June 25:** Yoga for Health 
  - Leslie E. Tassel M-TEC
  - 5:30-6:15 p.m.

**Week 8**

- **July 2:** Tai Kwon Do
  - 211 Spectrum
  - 5:00-6:15 p.m.

**Week 9**

- **July 5:** Core Barre
  - 211 Spectrum
  - 12:15-1:00 p.m.

**Week 10**

- **July 9:** Yoga/Barre
  - 211 Spectrum
  - 5:30-6:15 p.m.