



# Spring into Health

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Spring has arrived! With the temperature rising, people often experience a boost in mood and energy. This is the perfect opportunity to step outside and embrace all that spring has to offer. The flowers and trees are blossoming, birds are chirping, and children are playing outdoors. Below, you'll find a checklist of ways to enhance your fitness this spring and summer. Once you complete most or all of these activities, treat yourself to a movie night, a new pair of shoes, a refreshing nap, or anything else that inspires you.

- Track the miles you have walked
- Try a new vegetable
- Walk on a trail
- Plant a garden
- Spend less time in front of a TV
- Try yoga
- Drink more water and less sweetened beverages
- Try a new healthy recipe
- Be physically active for 30 minutes most days of the week
- Try a new fruit
- Do yard work
- Eat breakfast
- Go for a walk with family
- Go for a bike ride
- Stop and smell the flowers
- Play a sport

## Mango Tango Black Bean Salsa



- 1 mango
- 1 (15 oz.) can black beans, drained and rinsed
- ¼ cup onion, finely chopped
- ¼ cup fresh cilantro, washed and coarsely chopped
- 1 (7 oz.) can whole kernel corn with peppers, drained
- 2 tablespoons lime juice
- 1 teaspoon garlic salt
- ¼ teaspoon ground cumin

1. Wash hands with soap and water. Next, wash and peel the mango, then slice it in half lengthwise. Discard the seed and cut the mango into ¾-inch cubes. In a medium bowl, combine all ingredients and mix well. Refrigerate until ready to use.
2. Serve wrapped up in a tortilla, on top of rice or with tortilla chips. Makes 16 servings. Each serving contains: Calories 50, Total Fat 0g, Sodium 200mg, Carbohydrate 10g, Dietary Fiber 2g, Protein 2g.

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*This publication has been peer reviewed.*