



Spring and Love are in the Air

Springtime evokes a sense of hope, heightened emotions, renewal, and new beginnings. The freshness of a new experience comes to mind as we think of warmer weather, sunnier days, and how we can be healthier in our choices, like maybe going for a walk with a friend outside and enjoying the weather. Focusing on your health with another person be it a partner, friend, spouse, etc., is a good idea and practicing good habits together with another person to help hold you accountable can help to encourage change.

Spring fever is often connected to the seasonal slump many people feel during the long winter months. As the weather changes, we see blue skies, and sunshine returns, rising dopamine levels can boost our mood and energy.

Just for fun, here are a few fun quotes about spring:

“Some old-fashioned things like fresh air and sunshine are hard to beat.”

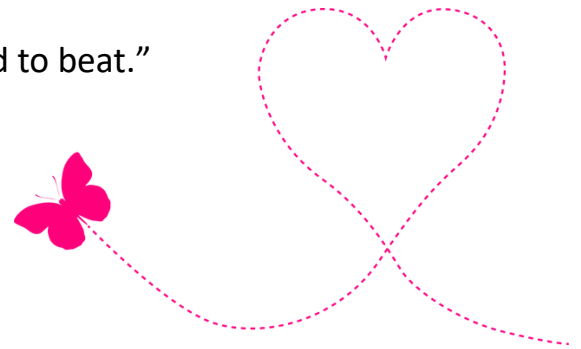
Laura Ingalls Wilder

“When one flower blooms, spring awakens everywhere.”

John O’Donohue

“In the springtime, the heart regrows hope.”

Angie Weiland-Crosby



Living Life with Purpose

We live in a time where we have had advances in science and technology, including new treatments and cures for disease. Because of this, we are also living longer. Most important, however, is our ability to live with dignity and respect on our own terms. Now more than ever, we have the opportunity to write the stories of our own lives.

Our lifespan is one thing, but do we think about our own healthspan—the period of life spent in good health, free from chronic disease? The goal is to expand our healthspan!

We can achieve this by choosing to adopt a lifestyle focused on nutrition, exercise, sleep and social connection. We have a responsibility to ourselves to stay active and take care of our bodies so that we can enjoy a long healthspan. That happens with a plan, one that involves thinking about what we are nourishing our bodies with, staying socially engaged and involved in society, and staying physically active through regular, consistent movement.

By bringing these priorities to the forefront of our minds, we find purpose and naturally lean towards healthier behaviors. Healthy living can help lower the risk of chronic diseases, improve focus and mood, and give us greater resilience against stress.

Aging isn’t about giving up on new experiences. Aging is about embracing new ones, and continuing to growth. Keep climbing!

March is National Kidney Month—Foods to Eat and Avoid if You Have Gout

One of the key jobs done by your kidneys is filtering uric acid from your blood. Lowering uric acid and reducing inflammation in the body are goals for someone who has gout—which is a form of arthritis caused by high levels of uric acid in the blood. High uric acid levels can cause sharp crystals to form in the joints causing sudden pain and swelling. Diet plays a significant role in managing flare-ups and it can also support kidney function by helping the body regulate uric acid levels.

Best Foods to Eat for Gout:

1. Low-Fat Dairy Products
2. Fruits & Vegetables
3. Whole Grains
4. Legumes & Plant-Based Proteins
5. Water & Unsweetened Drinks

Kidney.org

Foods to Avoid if you have Gout:

1. Red Meat & Organ Meats
2. Seafood
3. Sugary Drinks & Sweets
4. Alcohol, Especially Beer
5. Highly Processed Foods

Colorful Couscous Salad

Ingredients

- 2 cups cooked couscous
- ½ cup frozen corn, thawed
- 1 cup cherry tomatoes, halved
- 1 cup zucchini, diced (about 1 small zucchini)
- 1 cup orange bell pepper, diced (about 1 small bell pepper)
- ¼ cup extra-virgin olive oil
- 2 tablespoons fresh squeezed lemon juice (about 1 small lemon)
- 1 tablespoon fresh thyme leaves
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper



Directions

Before you begin: Wash your hands.

1. In a large bowl, add cooked couscous, corn, tomatoes, zucchini and bell pepper and stir until combined. Set aside.
2. In a small bowl or glass jar with lid, add olive oil, lemon juice, thyme leaves, salt and black pepper. Stir or shake until dressing ingredients are combined.
3. Pour dressing over couscous mixture and stir until evenly coated. Chill before serving.

Nutrition Information

Serving Size: 1¼ cup (185 grams) *Serves 4*

Calories: 214; Total Fat: 13g; Saturated Fat: 2g; Cholesterol: 0mg; Sodium: 106mg; Carbohydrate 22g; Fiber: 3g; Sugar: 3g; Protein: 4g; Potassium: 296mg; Phosphorus: 54mg.

This recipe originally appeared in Food & Nutrition Magazine[®], published by the Academy of Nutrition and Dietetics.

Eatright.org



Join us
from the
comfort
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Join our remote instructors for these fun classes that keep you moving!

To join, open the Zoom App on your device, and use the provided meeting ID and passcode.

Enhanced® Fitness: Mondays, Wednesdays, & Fridays at 10 a.m.

Meeting ID: 811 4831 7906 Passcode: 605250

Tai Chi: Tuesdays & Thursdays at 9 a.m.

Meeting ID: 848 9546 9619 Passcode: 913966

Chair One Fitness: Wednesdays at 1 p.m.

Meeting ID: 816 1771 1375 Passcode: 501124

Thursdays at 10 a.m.

Meeting ID: 860 4132 4734 Passcode: 516541

Chair Yoga: Thursdays at 1 p.m

Meeting ID: 829 9516 5046 Passcode: 591441

Fridays at 9 a.m.

Meeting ID: 812 5495 6562 Passcode: 155051

**Old enough to know better,
FIT enough to do it anyway!**

For more info call 1-800-748-7826, ext. 237 or
email information@goaging.org.




March

March forth into Spring!

2026



March Fitness Plan

Monday	Tuesday	Wednesday	Thursday	Friday
02 Walk 5 minutes Find a new hobby to start.	03 Walk 5 minutes	04 Walk 6 minutes Plan an indoor herb garden.	05 Walk 6 minutes	06 Walk 8 minutes
09 Walk 10 minutes	10 Walk 10 minutes Time to start spring cleaning.	11 Walk 12 minutes	12 Rest from walking and stretch Join us on Zoom at 1pm for Chair Yoga Meeting ID: 829 9516 5046 Passcode: 591441	13 Walk 12 minutes Fly a kite.
16 Walk 15 minutes	17 Walk 15 minutes Visit a botanical garden.	18 Walk 17 minutes 	19 Walk 17 minutes	20 Walk 18 minutes Take a camera and appreciate nature.
23 Walk 20 minutes Take a nature walk.	24 Walk 22 minutes	25 Walk 24 minutes Start planning your spring garden.	26 Walk 26 minutes	27 Walk 30 minutes Buy yourself some flowers.
30 Join us on Zoom Enhance@Fitness MWF 10am Meeting ID: 811 4831 7906 Passcode: 605250	31 Join Tai Chi for Arthritis and Falls Prevention TTH 9-9:45am Meeting ID: 873 8873 3058 Passcode: 939119	01 Join us at 1pm on Zoom for Chair One Dance Fitness Meeting ID: 816 1771 1375 Passcode: 501124	02 Join us at 10am for Chair One Dance Fitness Meeting ID: 860 4132 4734 Passcode: 516541	03 Finish the month with Chair Yoga on Zoom Fridays 9am Meeting ID: 812 5495 6562 Passcode: 155051