

SMART tips

Spring 2026

APRIL IS “MOVE MORE MONTH”

An annual initiative by the American Heart Association to combat sedentary lifestyles by encouraging daily physical activity to improve heart health, mental well-being, and sleep.

Purpose:

To encourage, on average, 150 minutes of moderate-intensity aerobic activity per week to improve cardiovascular health.

Benefits:

Regular movement reduces stress (lowers cortisol), boosts mood, improves cognitive function, and helps maintain a healthy weight.

How to Participate:

- ✚ Start a Step Challenge: Engage friends, family, or colleagues in a, month-long, step-counting competition.
- ✚ Take Active Breaks: Incorporate short, active breaks during the workday, such as taking the stairs or walking during phone calls.
- ✚ National Walking Day: Participate in the American Heart Association's kickoff, typically held on the first Wednesday of April.
- ✚ Use Active Transportation: Walk or bike for short errands instead of driving.
- ✚ Family Activity: Plan weekend activities like hiking, biking, or playing in a local park.

Source: American Heart Association



STRESS MATTERS

Chronic stress increases your risk of heart disease and stroke, and is linked to anxiety disorders and major depression.

Stress can also underlie other problems, such as irritability, sleep disruption, headaches, changes in appetite, gut discomfort and reduced fertility.

Tips to Reduce Stress:

- Get out of the house and take a walk in nature.
- Reach out and connect regularly with family and friends.
- Lean on a furry friend. Pets may help reduce physiological reactions to stress.
- Set a regular bedtime and wakeup routine and turn off or dim electronic screens as bedtime approaches.
- Explore mindfulness and meditation.
- Get regular physical activity – the AHA recommends 150 minutes of moderate activity, 75 minutes of vigorous activity, or a mix of both weekly.



We're Here for You

If you have questions about your care, upcoming appointments, or need help coordinating treatment, we're here to guide you every step of the way.

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Air Fryer Greek Chicken

Equipment

- Air Fryer
- Air Fryer Parchment

Ingredients

- 2 teaspoons extra virgin olive oil
- 2 ½ tablespoons lemon juice
- ½ teaspoon dried oregano
- ¾ teaspoon Dijon mustard
- ¾ teaspoon kosher salt
- 12 ounces boneless skinless chicken breasts (cut into 1-inch cubes)
- 1 medium zucchini (8 ounces, sliced into ¼-inch thick half moons)
- ½ cup cherry tomatoes (halved)
- ½ small red onion (cut into wedges)
- ½ cup canned chickpeas (rinsed and drained)
- ¼ cup kalamata olives (pitted and sliced)
- 3 tablespoons feta cheese (crumbled)
- 1 tablespoon fresh dill (chopped)

Instructions

Add the olive oil, lemon juice, dried oregano, Dijon mustard and salt to a mixing bowl and whisk to combine.

Add the chicken, zucchini, tomatoes, red onion, chickpeas, and olives to the bowl and toss to coat everything in the marinade.

In a single layer, (in batches as needed for smaller baskets), transfer the chicken and vegetables to the air fryer basket and cook 400°F about 10 minutes, shaking the basket 2 to 3 times, until the chicken is browned and the vegetables are tender.

Top with feta cheese and chopped dill and serve right away.

By Skinny Taste

<https://www.skinnytaste.com/air-fryer-greek-chicken/>