



# March Newsletter 2017



## Benefits of Drinking Water!

1. **Relieves Fatigue** – Water helps the body function, and without enough water, the body cannot work as efficiently. In these cases, there is a drop of blood volume which causes the heart to work harder to pump oxygenated blood throughout the body. Therefore, drinking water makes it easier on your body, reducing fatigue.
2. **Improves Mood** – Research has shown that even mild dehydration, whether it be 1-2% below the optimal hydration level, can negatively effect your mood and ability to think.
3. **Treats Headaches and Migraines** – One of the first symptoms of dehydration is headaches. Drinking water has actually been proven to reduce the length and/or severity of headaches.
4. **Helps in Digestion and Constipation** – The consumption of water improves the functioning of the gastrointestinal track. Furthermore, drinking sufficient levels of water consumption actually boosts your metabolism and helps the body properly digest food, promoting regular bowel movement.
5. **Promotes Weight Loss** – Often, one will make the mistake dehydration for hunger. If you feel hungry, grab glass of water, you might actually be thirsty! Moreover, when drinking more water, it fills you up, and reduces your tendency to overeat.
6. **Flushes out toxins** - Drinking water is an excellent option of you want to flush your body of toxins and to help get rid of waste primarily through the means of sweat and urine.

Source : <http://www.top10homeremedies.com/kitchen-ingredients/10-health-benefits-of-drinking-water.html>

## International Women's Day 2017

On March 8<sup>th</sup> of every year since 1914, International Women's Day has been celebrated. It all began with woman wanted the equal right to vote, and women have shown so much progress since then. For International Women's Day of 2017, we're asking you to #BeBoldForChange. Call on the masses or call on yourself to help forge a better working world - a more gender inclusive world. The World Economic Forum predicts the gender gap won't close entirely until 2186. This is too long to wait.

Visit [internationalwomensday.com](http://internationalwomensday.com) to see what you can to change the world one small step at a time.



WE ARE ALL WONDERWOMEN!



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## First Day of Spring 2017, The Vernal Equinox

On March 20<sup>th</sup> the first day of spring will finally arrive! Enjoy the longer days, with earlier sunrises and later sunsets. At the Vernal Equinox, Earth's two hemispheres are receiving Sun rays about equality because the tilt of Earth is relative to that of the Sun's. Because of this, all over the world, days and nights are almost exactly equal.

Source: <http://www.almanac.com/content/first-day-spring-vernal-equinox>

## Let's Celebrate St-Patrick Day!

It's that time of year again! Happy St-Patrick's Day to all our members at FitnessWorks for Women! On March 17<sup>th</sup>, celebrate, stay active, and eat your green veggies!



# Soup of the Month!

## Curried Lentil and Vegetable Soup

### Ingredients

- 1 tbsp of canola oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tsp of grated gingerroot or ½ tsp of ground ginger
- 4 tsp of mild curry paste or powder
- 2 medium carrots, peeled and diced
- 1 large potato, peeled, if desired, and diced
- 1 cup of red lentils
- 5 cups of chicken or vegetable broth
- 2 tbsp of tomato paste
- Salt and freshly ground pepper
- ½ cup of Balkan-style yogurt
- ¼ cup of minced fresh coriander (cilantro), optional

### Instructions

1. In a large saucepan, heat oil over medium heat.
2. Add onion, garlic and gingerroot.
3. Fry, stirring often, until onion is soft, this takes approximately 5 minutes.
4. Stir in curry paste; cook stirring for 1 minute.
5. Add carrots, potato and lentils; stir to coat with curry mixture.
6. Pour in broth and tomato paste; bring to a boil.
7. Cover, reduce heat to low and simmer until vegetables are tender and lentils have much softened almost to mush, this takes approximately 30 minutes.
8. Season to taste with salt and pepper.
9. Puree or mash, if desired.
10. Top each bowl with a spoonful of yogurt and sprinkle of coriander, if you chose to use it.

## Do It Yourself Home Beauty Products

Take care of your body with these natural, homemade beauty products!

### Sugar Cookie Foot Scrub

#### Ingredients

- 2/3 cup granulated white sugar
- 1/3 cup packed brown sugar
- 1/2 cup olive oil
- 1 tbsp vanilla extract
- 1 half pint mason jar



#### Instructions

1. In a medium sized bowl, combine your brown sugar and white sugar. Whisk them together until they are completely combined.
2. Add in your olive oil and vanilla extract and mash together with a fork until all of the oil is combined into the sugar mixture.
3. Pack the mixture down into your mason jar (or any small container).
4. If you want, create your own label and stick it on the front of the jar.

### Make your own bath bomb.

#### Ingredients and Supplies:

- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup Epsom salts
- 1 tsp. water
- 2 tsp. essential oil
- 3 tsp. oil (olive oil)
- food coloring (any color you want, optional)
- bowl
- whisk
- jar
- bath bomb mold (anything you can find!)



#### Instructions

1. Place all dry ingredient in a small/medium bowl and mix together evenly with whisk
2. In a separate bowl, mix the liquid ingredients together, including the optional essential oils, fragrances and colors
3. One small spoon at a time, slowly add the liquid mixture to the dry mix
4. When well mixed, pack this mixture into a bath bomb mold (or any mold) and pack tightly, then let it dry. Work quickly to ensure your bath bomb mixture does not dry out!