

Send Mother's Day into extra innings!

Mother's Day is the first day of National Women's Health Week. Women of all ages benefit by being active. Improve your health, increase your energy, and look and feel better mentally and physically.

In your twenties, do whatever activities you like unless there are health concerns. Do aerobic activities such as running, vigorous walking or cycling at least three times a week, and do weight training up to three times a week.

In your thirties, keep up with aerobic activity and strength training. If your schedule is very hectic, choose a vigorous aerobic activity like running to make the most of your limited time. Also include exercises that strengthen the abdominal muscles, like crunches or Pilates. Many women in their thirties have weakened "abs" because of pregnancy. Stronger abdominal muscles will also give you a stronger back.

In your forties, metabolism starts to slow down and muscle mass begins to decrease. Strength training becomes even more important. Try for three sessions a week; always skip a day in between. At

this age, women are more prone to injuries than younger women. Consider giving up high impact activities like running and switching to lower impact sports like walking, cycling or swimming.

In your fifties, exercise like walking or yoga can help reduce symptoms of menopause. Flexibility drops at this point, so stretching, yoga or tai chi are especially helpful. Cardiovascular fitness is still important too. Try for 20 minutes or more, three times a week. Prevent injuries and boredom by cross training (doing a variety of activities that work different muscles in different ways). Keep up with strength training.

In your sixties and beyond, keep aerobics, strength training and flexibility exercises in your routine. Tai chi, yoga and similar activities will help balance and flexibility.

From webMD.com. Also see CDC's women's health page (<http://www.cdc.gov/women/index.htm>) and The National Women's Health Information Center (www.4women.gov).

Recipe of the Week : Easy Curried Cauliflower Soup

Serves 6

- 1 onion, chopped
- 1 large celery stalk, chopped
- 1 large carrot, chopped
- 5 cups low-salt broth (chicken or vegetable)
- 1 bag of frozen cauliflower (16 ounces)
- 1 Tablespoon unsalted butter
- 1 teaspoon curry powder

1. Melt butter in a large pot over medium low heat.
2. Add onion, celery and carrot.

3. Cover and stew vegetables 5-7 minutes, until soft, stirring occasionally.
4. Add curry powder. Stir for about one minute.
5. Add broth and cauliflower. Bring to a boil, reduce heat, cover and simmer about 30 minutes, till cauliflower is soft.
6. Puree in blender or food processor.

Nutrition Facts:

Calories 91	Total Fat 3g
Sodium 115 mg	Protein 6 g

Tip of the Week: Make sure you are not eating more than you think you are. Use a kitchen scale for pasta, chicken and fish, and use measuring cups for grains and cereals. You don't have to do it every time you eat, just a few times till you get a sense of the appropriate amount. —from Cooking Light Magazine