



### May is National Health and Fitness Month

Smola Consulting is supporting the President's Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we encourage all adults to get 30 minutes of physical activity on most days.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet in New York State nearly 52% do not get the recommended amount of physical activity.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. We hope you rise to the challenge and get more active during the month of May!

### Upcoming Rochester Area Health and Fitness Events

#### May

- Women's Health Day: Health is Power- May 18<sup>th</sup>, 9am-3am, Lexington Hotel, Rochester
- Paceline Cycling- (45 min. bike workout) May 18<sup>th</sup>, 5:45pm-8:00 pm 1046 University Ave.
- Rochester Gluten Free Health & Wellness Expo- May 20<sup>th</sup>, Pieters Family Life Center
- Lilac Run 5K & 10 K- May 21<sup>st</sup>, Highland Avenue, Rochester

#### June

- Paceline Cycling at Ink & Spokes Festival- June 3<sup>rd</sup> 12:15pm-1:30pm, Flower City Arts Center, 713 Monroe Avenue
- Outdoor Bootcamp and Juice Tasting on the Erie Canal- June 11<sup>th</sup>, Schoen Place, Pittsford

### Sweet Potato Salad with Black Beans and Peppers

4-Peeled Sweet Potatoes cut into one inch chunks  
1-Large Chopped Red Onion  
3-Tsp. Olive Oil  
1 Tbsp. Roasted Red Pepper  
1 Clove Peeled Garlic  
2 Cups Cooked Black Beans  
1 Cup Chopped Cilantro  
Juice of 2 Limes  
Salt and Pepper

Place potatoes and onions on a baking sheet, drizzle with olive oil, and sprinkle with salt and pepper in 400° preheated oven for 30-40 minutes, or until tender. Stir occasionally.

Blend roasted red peppers, garlic, salt, pepper, lime juice, and 1 tbsp. of olive oil.

To finish put warm vegetables, drained beans, and bell peppers in a bowl. Toss with dressing. Serve warm or at room temperature.

***“The hardest thing about exercise is to start doing it. Once you are doing exercise regularly, the hardest thing is to stop it.”***

*~ Erin Gray, Author*