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Get Out and Get Active

Most of us are aware of the benefits of maintaining a healthy exercise and eating routine. Exercise is simply moving your body, which can be almost anything that gets you active. Throwing a Frisbee or playing catch are perfect examples of light activity that keeps you moving without being too daunting. Regular exercise not only builds your fitness, it also boosts your brain power. One study found that teens who are more active do better on tests, and academically overall. Choosing to start and maintain a healthy lifestyle definitely has its perks, like having a more restful nights sleep. You can even begin to feel more energetic and less stressed.

Stick with it! Setting short-term goals that are not only easy to attain, but to also maintain, is one-sure fire way to keep yourself motivated and to also help build your confidence. The Centers for Disease Control and Prevention recommends that we should have at least one hour of activity a day. One suggestion is to start by walking for 20 minutes a day. Remember, it's not a rat race or a competition, you are you and you know your limits. If you feel that you can do more, then by all means have at it, but don't put yourself at risk for injury. Take your time, do your research and stick it out, it'll all pay off in the end.

Eco-friendly Spring Cleaning

Have you ever taken the time to actually read the ingredients that are in some of your favorite household cleaners? I don't know about you but the last thing that I want is to be dumping unnecessary, toxic chemicals around my children, pets, and food. Nowadays, you can take a trip to your nearest natural food store to seek environmentally-safe household cleaner, but even that comes at a hefty exchange. Premade, all-natural cleaners can cost a pretty penny, and they may not do the job of those name brand cleaners. Now, if you're like me and the other 71% of Americans who choose to go green on a daily basis, check out the list below to learn how to make your own cleaners and deodorizers. Enjoy!

Glass Cleaner– Mix 1/4 cup vinegar with one quart water in a spray bottle. Spray and wipe clean.

Mold and Mildew– Wipe with straight vinegar.

Air Freshener– Sprinkle your favorite essential oil on a cotton ball and stash in a corner of your home. Be mindful, that essential oil are mild and have a very strong scent. Be sure to keep away from kids and pets.

Disinfectant– 2 teaspoons borax, 4 tablespoons vinegar, 3 cups hot water and 1/4 teaspoon liquid castile soap. Wipe on with dampened cloth or use a spray bottle. Wipe clean.

Let's Celebrate St. Patrick's Day!

St. Patrick's day began as a religious feasts day for the patron Saint Patrick. A cultural and religious celebration of the Irish heritage occurring annually on the 17th of March, the date that many believe was the day that Christianity arrived in Ireland. Saint Patrick's Day is a public holiday in the Republic of Ireland, Northern Ireland, Newfoundland and Labrador and Montserrat. It is also widely celebrated by the Irish diaspora around the world; especially in Great Britain, Canada, the United States, Argentina, Australia and New Zealand.



While many around the world attend church services in observance of the holiday, just as many pack up for a day of parades, green beer, shepherd's pie and sham-rock shakes. In Boston, schools and offices close for the holiday, while over in Chicago the city dyes it's river green. In Washington, DC there's the St. Patrick's Day parade among other fun-filled activities, and they last all weekend long. The "wearing of the green" has been a St. Patrick's day tradition for over 300 years and it's still going strong. Saint Patrick's Day has come to be associated with everything Irish: anything green and gold, shamrocks and luck. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.



Photo of the Chicago river on St. Patrick's day.



Photo of St. Patrick's Day parade in Dublin, Ireland.