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Lakeshore Community  
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel  
infirmier praticien **Communauté de Lakeshore**

Ontario 

## Lakeshore Community NPLC Newsletter



# SPRING *into* Health

As blossoms unfold and nature renews itself, so too can we embrace a season of revitalization for our well-being. In these pages, you'll discover valuable insights on how to nurture your physical and mental health. We're excited to guide you through the vibrant season ahead, offering tips, resources, and support for a flourishing springtime.

Thank you for continuing this wellness journey with us!

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- Health Benefits of Gardening
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# Embrace the Energizing Essence of Spring: Outdoor Fitness and Recreation

As the world awakens from winter's slumber, it creates the perfect opportunity for us to revive our fitness routines by taking advantage of the beautiful spring weather. Step into the great outdoors and discover the joy of exercising in nature's vibrant beauty. Consider incorporating activities like:



Biking



Yoga/ Stretching



Walking



Tai Chi



Gardening

These activities provide a refreshing change of scenery for the mind. Embrace the invigorating energy of spring, breathe in the crisp air, and connect to your natural surroundings.

Whether you prefer solo adventures or group activities, the possibilities are as endless as the blooming season. So, lace up your sneakers and start your fitness journey under the open sky.

# Health Benefits of Gardening

**Stress Reduction:** Gardening provides a natural escape from the daily stresses of life. The relaxing motions of planting, weeding, and nurturing plants have been shown to reduce cortisol levels, promoting a sense of calm.

**Physical Exercise:** Digging, planting, and tending to your garden not only nurtures your plants but also nurtures your body! Gardening is an excellent form of low-impact exercise, enhancing flexibility, strength, and endurance.

**Improved Diet:** Growing your own fruits and vegetables can have a positive impact on your diet. After spending hours nurturing your plants, you can harvest them to enjoy the freshest and most nutritious produce.

**Mental Health Benefits:** Gardening is a mindful practice that promotes mental well-being. Focusing on the present moment, whether planting seeds or admiring blooming flowers, can be a meditative experience. Studies have shown that gardening can even reduce symptoms of anxiety and depression.

**Social Connection:** Gardening brings people together and strengthens social connections. The gardening community is full of people who want to share their expertise, time, and plants with new gardeners!

Incorporating gardening into your routine is more than just cultivating plants; it's about cultivating a healthier and more balanced life. Embrace the therapeutic benefits of gardening, and watch as your well-being blossoms alongside your garden. Happy gardening!



Resources: <https://www.stress.org/garden-reduce-stress>

## A RECIPE STRAIGHT FROM YOUR GARDEN

### Smashed Lemon-Garlic Zucchini with Parmesan

#### Ingredients

- 2 medium zucchini (14 ounces), trimmed and cut into 1/2-inch rounds
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- Zest of 1 large lemon
- 1 large clove garlic, grated
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon chopped fresh basil



PHOTO: BRIE PASSANO

#### Directions

1. Position oven rack 6 inches from broiler. Preheat to 400°F
2. Cut an X on top of each Zucchini round. Place in a single layer on the baking sheet and drizzle with oil and sprinkle salt
3. Bake on the upper rack until tender (10–12 minutes)
4. Remove from oven and flatten the rounds with the bottom of a mason jar or sturdy glass. Turn broiler to High.
5. Combine lemon zest, garlic, parmesan and basil in a small bowl. Sprinkle the mixture over the smashed zucchini. Broil until lightly browned and the cheese is melted, about 2 minutes.

# Seasonal Allergy Management

- 1 Stay Informed**  
Keep an eye on local pollen forecasts to plan outdoor activities on days with lower pollen counts.
- 2 Protective Measures**  
Wear sunglasses to shield your eyes and use a wide-brimmed hat to minimize contact with airborne allergens.
- 3 Allergen-Free Zones**  
Keep windows closed, use air purifiers, and frequently clean surfaces to create allergen free zones.
- 4 Morning Outdoor Activities**  
Pollen levels tend to be lower in the early morning, making it an optimal time for outdoor activities.
- 5 Proper Ventilation**  
When driving, keep windows closed, and use air conditioning with a clean filter to reduce exposure to outdoor allergens.
- 6 Nasal Irrigation**  
Consider using a saline nasal rinse to clear nasal passages and reduce the impact of allergens.
- 7 Medication Management**  
Discuss over-the-counter or prescription allergy medications with your healthcare provider to find the most effective solution for your symptoms.
- 8 Allergen Avoidance**  
Identify and avoid specific triggers, such as certain plants or outdoor activities that exacerbate your allergies.
- 9 Hydration and Nutrition**  
Stay well-hydrated and maintain a balanced diet, as proper nutrition can support your immune system in managing allergic reactions.
- 10 Consult with a Healthcare Professional**  
If symptoms persist or worsen, consult with a healthcare provider for personalized advice and potential allergy testing.

Resource: <https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343#:~:text=Take%20extra%20steps%20when%20pollen%20counts%20are%20high&text=If%20high%20pollen%20counts%20are,when%20pollen%20counts%20are%20highest.>



## WELLNESS EVENTS AND RESOURCES

**CONNECTYOUTH Program:** Do you know any youth aged 14–18 living or studying in Lakeshore? Encourage them to join the CONNECTYOUTH Program! This program provides a space for youth to socialize, participate in fun activities, and create lasting memories. There's no registration required – youth can simply join in at Atlas Tube (Program Room 1) every Thursday from 6pm–8pm.

**Weekly Wellness Walks:** Rain or shine, join the LCNPLC for weekly walks at Atlas Tube every Wednesday from 10:30 am to 11:00 am! All are welcome – no registration required. Walks take place through Atlas Tube's Earthwalk trail or indoor walking track depending on weather.

