

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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March Spotlight: Exercise & Fitness

This month, we're highlighting information about exercise and fitness. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about working out and staying fit from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the "ES" icon in the top right corner.

- [Learn to love exercise](#)
- [Aprenda a amar el ejercicio](#)
- [Exercise and age](#)
- [Ejercicio y edad](#)

These additional links from other health organizations offer more information about exercising:

- [Fitness basics](#)
- [Adding physical activity as an adult](#)
- [Exercise & fitness](#)
- [Yoga for health](#)

Healthy recipes

- [Baked Fish and Vegetables](#)
- [Chicken Stir-Fry](#)
- [Great Northern Bean Soup](#)

Mental health awareness

We've all heard the phrase "you are what you eat." And while most of us picture what that means for our physical health, it also applies to our mental health. Your diet can impact your mood, stress, energy level and even conditions like depression and anxiety. [Learn how to follow a diet that's good for your mental health.](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Bounce your way to better fitness](#)

Rebounding may be the playful new workout you're looking for.

[Sleep and your health](#)

Find out how the amount — and quality — of your sleep could be affecting your well-being.

[Developmental disabilities](#)

Learn what qualifies as a developmental disability and some facts about the most common types.

Find the entire [Winter](#) issue *here!*