

HEALTHY IS UNDERSTANDING ANTIOXIDANTS

ANTIOXIDANTS

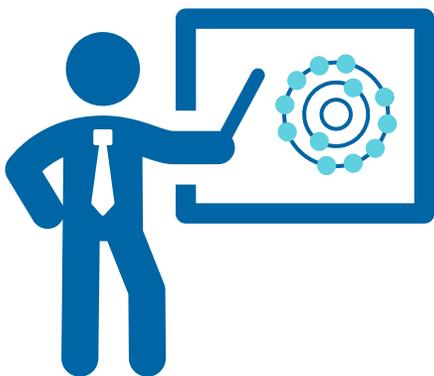
are molecules that can occur naturally in our bodies, but they are also found in many fresh foods and in drinks.

They are partly responsible for helping us stay healthy and for slowing the aging process.



Antioxidants are vital to our well-being and for their role in delaying and preventing damage to our DNA, cell membranes and other parts of our cells

Lack of antioxidants are linked to illnesses such as cancer, Parkinson's Disease, Alzheimer's, cataracts, arthritis, artery hardening, leg swelling and it also plays a role in premature aging.



SOURCES OF ANTIOXIDANTS

You need to make sure you are getting a balance of all the different types of antioxidants available from food, teas, supplements and exercise. The following are great sources of antioxidants:

Fruits: 

Blueberries
Blackberries
Raspberries
Strawberries
Cranberries

Vegetables: 

Sweet potatoes
Carrots
Red and green peppers
Kale
Spinach
Broccoli

Snacks: 

Walnuts
Pecans
Sunflower seeds
Dark chocolate

Beverages: 

Pomegranate juice
Red wine
Coffee
Tea

Inform your doctor about all the medications and supplements you take to ensure they are safe for you.

EXERCISE

There's one other way to get antioxidants: exercise. Yes, exercise. By choosing the right types of exercise and the correct level of intensity, you can make a more positive impact on your health. Try high-intensity interval training workouts, or ask your trainer at the gym about creating a routine. Be sure to consult with your doctor before engaging in any type of exercise.

Kickstart your healthy lifestyle with the health and wellness classes offered through our **Center for Healthy Living**.

ECHN Center for Healthy Living
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BENEFITS

Finally, try considering antioxidants as your best friends - invite them into your life in the form of a varied, colorful diet full of fresh, organic foods and teas and enjoy the benefits they provide.

These benefits include:

- Reduced risk of cancer and disease.
- Improved brain health.
- Reduced signs of aging.
- Healthier skin.
- Protection of eye health.
- Improved mood and mental health
- Helping to boost your immune system.
- Reducing oxidative stress.

RECIPES



Tulsi Tea

Works wonders for weight loss and helps in boosting your immunity.



Cinnamon Spice Roasted Pepitas

Pepitas are rich in a few important, tricky-to-find nutrients.



Pomegranate Sunflower Yogurt

Pomegranate juice is known for its antioxidant power.



Superfood Oatmeal

Oatmeal has fiber and prompts your brain to produce serotonin.



Easy Three-Bean Chili

This meatless recipe is a great source of plant-based protein.



Superfood Dark Chocolate Bark

It's a dessert that happens to be filled with superfoods.