



Spotlight

Huntsville Hospital Walking Club at Parkway Place

*Perfect for the young
and young-at-heart*

Join today!

- Quarterly chat with a Huntsville Hospital healthcare professional at Parkway Place
- Information by email on health and well-being
- VIP tips about Mall discounts and special offers

For more information, call Public Relations at 265-8317.

Spring Into Action

Before the arrival of summer heat, come out of hibernation and enjoy the great outdoors. North Alabama has plenty of places to walk, run, bike or play such as nearby Monte Sano State Park. To find something new in your very own city, browse recreation activities courtesy of the [Huntsville/Madison County Convention & Visitors Bureau](#).

The Benefits of Daily Physical Activity

- Reduces the risk of heart disease by improving blood circulation
- Keeps weight under control
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Releases tension
- Improves the ability to fall asleep quickly and sleep well
- Improves self-image
- Counters anxiety and depression and increases enthusiasm and optimism
- Increases muscle strength, increasing the ability to do other physical activities
- Provides a way to share an activity with family and friends
- Establishes good heart-healthy habits in children and counters conditions that lead to heart attack and stroke later in life (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.)
- In older people, helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer

Source: [American Heart Association](#)

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Egg-ceptional Egg Salad Sandwich *(low fat and low calorie recipe)*

8 large hard-cooked eggs
(use 2 whole eggs and 6 egg whites)
1/2 cup chopped celery

1/3 cup chopped green onions
1/3 cup chopped red bell peppers
2 tablespoons light mayonnaise

2 tablespoons non-fat sour cream
1 teaspoon Dijon-style mustard
Salt & pepper to taste

Wash eggs under cool water, place in a single layer in pan with enough cold water to cover completely. Bring water to boil, remove from heat, cover tightly with lid and allow to remain for 15 – 20 minutes. Place under running cold water to cool quickly. (This "coddling method" does not toughen the whites as boiling does.) Peel eggs, discard 4 egg yolks. In medium bowl, chop eggs and add other ingredients. Stir until well mixed. (Makes 6 servings. Per serving: 63 calories, 2.6 grams fat)

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ENJOY!