Exercise benefits, a vegan infographic, and maple almond ice cream are in this week's newsletter...
Exercise's effect on depression

Everyone has heard that they need to start exercising in order to shed extra pounds, but is that really all exercise does? What if you don't need to loose that much weight anyway? Well thankfully exercise kills more than just two birds with one stone. There are multiple benefits of exercise that you wouldn't be able to get any other way.

Read Blog Post

On the Web

Can You Get Necessary Nutrients From a Vegan Diet? [Infographic]

"You can't get your protein and
calcium just from plants," your friends will say. Well prove the naysayers wrong with this helpful infographic that explains how to get your essential nutrients while maintaining a vegan diet (Peta.org) Read More.

Refreshing Maple Almond Ice cream

As things start to heat up its great to have an easy ice cream recipe that's tasty and healthy. This recipe includes an instructional video as well. (Newstartclub.com) Read More.

Want to come and try the NEWSTART Lifestyle Program out for youself? There's still time to register for our program starting May 3. Give us a call at (800)-525-9192 to learn more.

Register Now
"Five weeks ago, I was scheduled for quintuple bypass surgery. While seeking second opinions, I heard about NEWSTART and the possibility of reversing my artery disease. It was the best decision I've ever made for my personal health. I've lost weight, inches, and doubts about my future. I can't wait to see how God is going to continue this work He has begun in me!" (Dennis)
Our happy student receptionist Renae is keeping her post at the front desk.

Come to Newstart

Or

Explore the blog

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You are receiving this e-mail because you are a member of the NEWSTART Lifestyle Club

Our mailing address is:
NEWSTART Lifestyle Program
The Joy of Exercise.

Most people today have heard that exercising is a great way to shed some extra pounds. However, have you ever thought to yourself whether or not it was worth going through “all that hard exercise” just to lose a few pounds and if there were other benefits that come from exercising that would help “outweigh” the all the effort put into it?

There’s great news! Did you know that physical activity helps you to achieve more than just losing weight? In fact, doing moderate exercise has been proven to help increase endorphin levels, which are your brain’s “feel-good” neurotransmitters, reduce stress, relieve headaches and sluggishness caused from staying in one position for too long, boost brain activity, and improve your quality of sleep. Exercising has also shown to help against depression (the world’s second leading cause of disability- WHO) caused by stress encountered from day to day life.

So the next time you go out to exercise, remember that it will not only help you shed some pounds but will also give you one of the greatest energy boosts that will help brighten up your day!

Sources:

http://www.who.int/mediacentre/factsheets/fs369/en/


Wondering About a Vegan Diet? (Infographic)

Want to know how to be healthy and cruelty-free? No worries—eating vegan is easy! Get all your answers and more with PETA's "Wondering About a Vegan Diet?" infographic, and don't forget to share this infographic on Facebook.
Hey, I need iron, too!

**Daily iron needs**
- Women: 8-18 mg
- Men: 8-11 mg

To increase iron absorption, eat foods rich in vitamin C, such as dark green, leafy vegetables and citrus.

**For easy extra iron:** Cook in cast-iron pans.

<table>
<thead>
<tr>
<th>Food</th>
<th>Iron (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup cooked soybeans</td>
<td>8.6</td>
</tr>
<tr>
<td>2 Tbsp. blackstrap molasses</td>
<td>7.0</td>
</tr>
<tr>
<td>1 cup cooked lentils</td>
<td>6.6</td>
</tr>
<tr>
<td>1 cup cooked kidney beans</td>
<td>5.2</td>
</tr>
<tr>
<td>1 cup cooked chickpeas</td>
<td>4.7</td>
</tr>
<tr>
<td>1 cup cooked lima beans</td>
<td>4.5</td>
</tr>
<tr>
<td>1 cup cooked Swiss chard</td>
<td>4.0</td>
</tr>
</tbody>
</table>

Are there fish-free omega-3 fatty acids?

Sure are! And they’re perfect for a healthy heart, brain, skin, and joints.

Eat flax seeds, flax oil, walnuts, hemp seeds, puréed tofu, and vegan omega-3 DHA.

What about vitamin D?

Vitamin D can be found in:
- Sunlight
- Fortified nondairy milks
- Fortified orange juice

Vitamin D helps maintain a healthy growing body.

What won’t you find in a vegan diet?

- Cholesterol: Vegan diets are also lower in saturated fat. Both of these can increase your risk of developing heart disease and high blood pressure.

A cholesterol level higher than 200 raises your risk for coronary heart disease.

<table>
<thead>
<tr>
<th>Average cholesterol level of an American:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat-eater: 210</td>
</tr>
<tr>
<td>Vegetarian: 161</td>
</tr>
<tr>
<td>Vegan: 133</td>
</tr>
</tbody>
</table>

You can save your green and eat it too!

Vegan options are cheaper at the grocery store and reduce the likelihood of needing expensive doctor visits, medicine, and heart surgeries in the future.

High consumption of animal protein is linked to these...
Are you ready to eat healthy? Pledge to go vegan for 30 days! Check out our vegetarian/vegan starter kit and free mouthwatering recipes for cooking inspiration! You may have been thinking about a vegan lifestyle for a while but didn’t know where to start. Well, it’s as easy as one, two, three! Here you can find out how to go vegan in three simple steps.

Embed “Wondering About a Vegan Diet?” on your site. Copy and paste the code below:
Maple Almond Ice Cream

Ingredients
- 3 c. almond milk, unsweetened
- 1½ c. raw cashews
- ¾ c. maple syrup
- 1 Tbsp vanilla extract, alcohol-free
- Pinch of salt

Instructions
1. Put all the ingredients into a blender and blend well until there are no chunks.
2. Put the mixture into an ice cream maker and follow manufactures instructions.

Preparation time: about 5 minutes

Ice-cream making time is subject to machine's instructions.

Serves: 2-4

Tags: Desserts, Gluten Free, Oil Free, Soy Free, Wheat Free, American, Michelle Irwin