

# Front Raise



Standing with dumbbells in hand and arms straight, resting on hips. Bring arms up to shoulder level, parallel with the floor. Lower dumbbells, keeping arms straight and repeat.



Creating Community  
Changing Lives



**Wild Salmon** - Not to be confused with the farm-raised stuff. Wild salmon dish out more Omega-3 fatty acids that help fight inflammation and the risk macular degeneration, not to mention the niacin in wild salmon help reduce the risk of cataracts.



**Carrots** – Don't believe the hype – carrots are still great for eye health. Carrots are rich in beta carotene (Vitamin A) which helps prevent blindness.



**Eggs** - And by eggs, we mean egg yolks, before you roll your eyes, the lutein and zeaxanthin in yolks protect against vision loss. Indulge on moderation (no more than 4 per week) and you'll be just fine.



**Spinach & Kale** – S & K does your body & eyes good. If your yolks aren't your thing, one cup of either veggie is packed with 20mg of lutein and zeaxanthin. Spinach and Kale have shown to reduce the risk of AMD\* and cataracts.



**Bell Peppers, Broccoli and Brussels Sprouts** – Whether you steam them, roast them, or throw them in a soup, this Vitamin C trifecta keep your eyes feeling young and health while helping protect against AMD\* and cataracts.



**Sweet Potatoes** – Beat carotene, we meet again, just like carrots, sweet potatoes are good for your eyes...and the soul. Just add a little agave, a little cinnamon and simply mash and enjoy.



**Oranges** – Another Vitamin powerhouse, Oranges bring you that much closer to eye-topia. Vitamin C is essential to eye health and protects from oxidative stress – when possible, substitute its sugary, no pulp counterpart with like, a real orange.



**Oysters** – For those with a more adventurous palette, try adding oysters to the list of eye healthy foods. Oysters contain high concentration of zinc, that helps build up not just your eyes but your immune system too.



**Wheat Germ** – The jack of all trades. Wheat Germ is the most vitamin and mineral-rich part of the wheat kernel. It contains Mega-3 fatty acids, zinc, Vitamin E, a full inventory of nutrition-y goodness. Whatever your motive, just add it to your diet and thank us later.

\*Age-Related Macular Degeneration

Source: <http://myeyelab.com/blog/2014/02/26/best-foods-healthier-eyes/>

May 2015 Newsletter



**Happy Mother's Day!**  
From All of Us at  
**FitnessWorks for Women**

## Peach Sugar Scrub Recipe



### Mix Together:

- \* 1 cup white sugar
- \* 1/2 cup canola oil, plus 1 TBS
- \* 2-3 drops of peach aromatherapy oil
- \* approximately 10 drops of peach soap colorant

{this recipe makes about 1 1/2 cups prepared}

**Keep your family's eyes healthy**

Vision loss can happen to anyone, at any age. In fact, one in seven Canadians will develop a serious eye disease in their lifetime. But did you know that 75 per cent of vision loss can be prevented or treated? Preventive measures and early detection of eye disease significantly lowers your risk of vision loss.

**Source:** <http://cnib.ca/en/get-involved/join-an-event/Pages/vision-health-month.aspx>

**NICOISE SALAD** This classy salad is bursting with omega-3 fatty acids(DHA and EPA),lutein,zeaxanthin,vitaminC & vitaminE.

- Ingredients: Salad:** \* 1 can of boneless, skinless sardines, drained and cut into bite-sized pieces \* 1 tbsp capers, chopped roughly  
 \* 1 green onion, sliced thinly \* 1 cup romaine lettuce, washed, cut into bite-sizes pieces (Use the large romaine leaves)  
 \* 1 cup baby spinach, washed \* 4 black olives \* 1 hard boiled egg, cut in half  
 \* ½ cup green beans, blanched, then shocked in ice cold water to stop cooking.



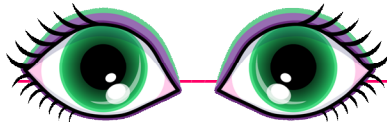
**Dressing:** \* 1 tsp lemon juice \* 1 tsp orange juice \* 2 tsp olive oil \* Dash Dijon mustard

**Directions:**

1. Make dressing: Mix lemon and orange juice together with mustard. While whisking, slowly add olive oil to create an emulsion. Add salt and pepper to taste.
2. Arrange lettuces, capers, green onion, olives, egg, green beans, and sardines on two nice plates.
3. Drizzle with salad dressing.
4. Enjoy!

Serves 2

**Tip:** To make more dressing, use same proportions and store in a glass jar with tight fitting lid in the refrigerator for up to 2 weeks.



**Eye food ingredients:** Sardines, green onions, romaine, lettuce, baby spinach, eggs, green beans

**FROM A TO ZINC: NUTRIENTS FOR VISION HEALTH** - *Healthy eating makes sense – for both our overall well-being and for our vision. Good nutrition for the eyes means a balance of vitamins, minerals, fats and other nutrients. But negotiating your way through a maze of nutrient-dense lingo can be difficult. Before you make any major changes to your nutrient intake through diet or supplementation, CNIB recommends that you consult your eye doctor or family physician.*

**Vitamin A** - helps the retina function properly, which is essential for good vision and the prevention of night blindness. It also is reported to lessen the risk of age-related macular degeneration (AMD) and cataracts. **Where to find it:** Found in animal sources (liver, eggs, fortified milk) and plants that contain carotenoids (red and yellow pigments such as beta-carotene that your body converts to vitamin A). Orange, green and yellow vegetables and fruits (such as carrots, sweet potatoes, spinach, kale, mango and cantaloupe) are great sources. **Vitamin C** - The lenses in our eyes contain vitamin C. Cataracts are caused by a clumping of the protein in the eye's lens, which clouds vision. According to some studies, vitamin C may play a role in preventing this clumping and reducing the risk of cataract formation. However more research is required before this theory can be proven. **Where to find it:** Vitamin C is found in citrus fruits, strawberries, raspberries, cantaloupe, sweet potatoes, bell peppers, kale and broccoli.

**Vitamin E** - is an antioxidant that seems to slow the body's normal oxidation process, helping to prevent or slow the progression of age-related eye disease. **Where to find it:** The best sources are nuts, green leafy vegetables and fortified products such as cereal. **Lutein** - Found in the lens and retina and is thought to protect the eye from oxidization that breaks down healthy tissue. It may also protect the eye's macula (responsible for central vision) by filtering blue light. **Where to find it:** Lutein is found in yellow and orange fruits and vegetables and dark leafy green vegetables, particularly in spinach, but also in kale, collard greens and broccoli. Slightly cooked vegetables are better sources, because cooking breaks down the cell walls to release lutein. Lutein is also found in egg yolk. **Omega-3 fatty acids** - Research suggests that consuming fish and other foods that contain omega-3 fatty acids may reduce the risk of AMD. Omega-3 fatty acids form a part of the cells in the retina. They have anti-inflammatory properties that can help to prevent many diseases. **Where to find it:** The typical North American diet is significantly lacking in omega-3 fatty acids. So load up by eating salmon and other coldwater fish, ground flax seeds (whole ones pass through your system without any benefits), seaweed and walnuts, which are all excellent sources.

**Selenium** - Is a mineral that aids in the body's absorption of antioxidants (particularly vitamin E), which, in turn, may help prevent eye diseases and slow their progression. **Where to find it:** Selenium can be found in seafood, walnuts, enriched breads and rice and macaroni and cheese. **Zeaxanthin** - Found in the lens and retina and protects the eye from oxidization and light damage. **Where to find it:** Zeaxanthin often appears in the same fruits and vegetables that contain lutein. Digging into your golden fruits and dark leafy green vegetables will ensure you get the zeaxanthin you need. **Zinc** - Is an important mineral that helps the body to absorb other antioxidants that protect the eye (like vitamin A). **Where to find it:** Oysters are an excellent source. Zinc is also found in cheese, yogurt, red meat, beans, nuts, seeds and whole grains.

*So those are the nuts and bolts (or seeds and nuts) of nutrition for better vision health. Keep in mind that the best sources of nutrients are those obtained through food sources and that you should not just include "good" foods in your diet, but also steer clear of others that are detrimental to eye health. Watch your sugar and salt intake, for example, and avoid processed foods (particularly refined grains), trans fats and excessive amounts of saturated fats.* **Edited from:** <http://cnib.ca/en/your-eyes/eye-care/nutrients/a-z/Pages/default.aspx>