

# Happy Healthy Mother's Day

May 2004

On Sunday, May 9 we will observe a holiday whose roots historians trace back to the days of ancient Greece and Rome. It was a bit later, 1914 to be exact, when President Woodrow Wilson proclaimed Mother's Day as a national holiday in the United States to be held each year on the second Sunday in May. All across the world, more than 46 countries honor mothers with a special day. This year on Mother's Day help your mom keep her commitment to health and fitness. Surprise her with a gift of health! Here are a few suggestions to get you thinking.

- 1) A water bottle for exercise or for the office.
- 2) A sampler of healthy snacks.
  - Nuts, for example, provide vitamins, minerals and fiber plus new research shows that nuts are very satisfying leading people to eat less and control their weight.
  - Or treat mom to a fiesta. Fill a basket with a variety of salsas (high in phytonutrients and low in calories) and some baked tortilla chips.
  - Traditionally a gift of tea has symbolized warm good cheer and caring. Now research indicates that tea (both green and black) may confer certain health benefits as well. Arrange some green or exotic black teas in a basket with a china teacup and saucer.
- 3) A subscription to a health and fitness related magazine like Cooking Light.
- 4) A membership to a local fitness center.
- 5) A promise to walk with her three or four times a week.
- 6) Or skip the crowded, high calorie buffet and treat Mom to a backyard BBQ featuring grilled salmon or tuna with lots veggies and salad. Finish up with a special low fat dessert like frozen yogurt or light ice cream topped with fresh berries.

And remember, if Dad already has an adequate supply of neckties, these ideas will work equally as well for him on his special day—Sunday, June 20. Show your parents how much they really mean to you by giving them a gift of health. It will last much longer than a box of chocolates.

*"All I am or can be I owe to my angel Mother".*  
—A. Lincoln, U.S. President