

### It's Better Outside!

Over the last decade, researchers have realized what most of us know intuitively: Nature is good for us! It is well documented that being regularly immersed in a natural setting, like a park, field or forest, can lower blood pressure, anxiety, stress levels, and boost immunity.



From a fitness aspect, the allure of the gym — climate-controlled, convenient and predictable — is obvious, especially in winter. However, emerging science suggests there are benefits to exercising outdoors that

can't be replicated on a treadmill, a recumbent bicycle or an elliptical trainer.

Outdoor exercise tends to be more strenuous than the indoor version. In studies comparing the exertion of running on a treadmill and the exertion of running outside, treadmill runners expended less energy to cover the same distance as those striding across the ground outside, primarily because indoor exercisers face no wind resistance or changes in terrain, no matter how subtle. That means if you have limited time and want to burn as many calories as possible, you should hit the road instead of the gym.



Exercising in nature improves self-esteem, energy and pleasure, and decreases depression, tension and tiredness, more so than light activity indoors.

So if you want to feel better and work harder, just get outside!

**Share your outdoor activities on social media #TriFitOutdoors**

### Tri Fit Green Tips

#### How Does Your Urban Garden Grow?

Growing your own herbs and vegetables gets a "Green" thumbs up! Not only is it economical and environmentally smart, your family will benefit nutritionally as children are more likely to eat home-grown food. But urban dwellers with limited space need not despair. The following are options for the space-challenged healthy gardener.

**Community Gardens** – This is a great way to learn about gardening and give back to the community. Volunteers tend municipally-owned gardens and share the harvest with community groups, shelters and food-banks. Some locations rent out spots for exclusive use.

**Container Gardening** – Half-barrels, old tires, wood-constructed raised beds or old kiddie pools/sandboxes are perfect for a small garden. Lettuces, cherry tomatoes, peppers, chives, radishes all grow well in a confined sunny space. For more information visit: <http://www.torontogreen.ca/wp-content/uploads/2013/03/container-gardening.pdf>

**Indoor Gardening** – Apartment dwellers with a sunny window can grow a variety of lettuces and herbs. Soil and water requirements differ from outdoor plants so check with your local gardening center for the best options.

***If you find uninvited guests such as mites and aphids, try the non-toxic pest deterrent on the next page.***

## Autoliv Canada Rides To Conquer Cancer!

The Enbridge Ride to Conquer Cancer (ERTCC) is an annual 2-day 220km bicycle journey held across Canada to raise money for cancer research and to date is Canada's largest cycling fundraiser.

The "Autoliv Pedal Posse" from Autoliv Electronics Canada located in Markham, Ontario has participated in the Ontario chapter of the ERTCC for the past 5 years. In 2014 these dedicated riders, along with 5200 others, travelled between Toronto and Niagara Falls, through Southern Ontario's picturesque countryside. Although a physical challenge, the many "pit stops" and the non-competitive nature of the event makes it suitable for all levels of cycling experience. The emphasis is on banding together for a common purpose and enjoying the experience.

To use the term "EPIC RIDE" is truly an understatement! Every year this event represents a great opportunity for the Autoliv team to be part of something extremely powerful and uplifting with numerous inspiring moments throughout the ride. Like many teams the "Autoliv Pedal Posse" make a point of crossing the finish line together.



The "Autoliv Pedal Posse"

Autoliv, once again, is training and fundraising for the 2015 Ontario ERTCC in June. The team raised \$40,000 in 2014 and is hoping to match or surpass that amount this year. You can get involved in this amazing event as a donor, volunteer, or as a RIDER! The ride is a great experience, an opportunity to get in shape, but most importantly a way to contribute to cancer research. If you think this might be something for you, visit the ERTCC website and find a ride in your area. [www.conquercancer.ca](http://www.conquercancer.ca).

Thanks to Diane McCabe – Tri Fit Autoliv Fitness and Wellness Consultant

## Upcoming Events

### Mental Health Week – May 4 to 10, 2015

*"Maintaining your mental health is a lot like staying fit; it requires a little effort each day."*

Get the facts on mental health and learn about events in your area at:

<http://mentalhealthweek.cmha.ca/>

### Bike Day In Canada – May 25, 2015

The 2nd annual National Bike Day kicks off bike month across Canada to promote biking as a healthy, environmentally and economically friendly form of physical activity, transportation and tourism. Leave your car at home and take part in a bike event in your community. <https://www.cycleto.ca/bike-month-2015> <http://www.biketowork.ca/>

### Featured Recipe

#### Non-Toxic Plant Spray

(for mites, aphids, mealybug infestations)

Stay away from insecticides and try this environmentally-friendly solution to your pest problem.

1 Tbsp (15mL) Canola Oil

A few drops Ivory soap

1 scant Litre of water

Add ingredients into a container, shake well and pour into a spray bottle. Spray infected plant from above down and below up to coat underside of leaves.

[http://eartheasy.com/grow\\_nat\\_pest\\_cntrl.htm](http://eartheasy.com/grow_nat_pest_cntrl.htm)