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CrossFit FAQ

CrossFit is a high-intensity strength and conditioning workout. It emphasizes dynamic exercises such as Olympic lifting, plyometrics, and kettlebells.

Who can do CrossFit?

CrossFit can be modified for a variety of ages and fitness levels. There are even CrossFit classes for kids and seniors.

Is CrossFit safe?

Because CrossFit is a high-intensity form of exercise, it may not be the best choice for everyone. Check with your doctor to make sure CrossFit is right for you.

What are the benefits of CrossFit?

Regular CrossFit workouts can build strength and improve cardiovascular endurance. It counts towards your recommended 150 minutes of moderate to vigorous-intensity exercise.

Are there risks to CrossFit?

Any form of high-intensity exercise carries the potential for injury. To reduce your risk, get clearance from your doctor first and remember to increase gradually.



Make your food sustainable

A sustainable food system is one that provides health and food security both now and in the future.

Food may be grown, processed, distributed, and prepared in ways that protect, or do not protect, the future ability to produce food. As a consumer, you can make choices that increase the demand for sustainable food.

SUSTAINABLE FOOD SYSTEMS

The term food system refers to the elements and activities that relate to the food you eat. This includes agriculture, production, processing, distribution, preparation, and consumption of food.

A sustainable food system encompasses three pillars:

- *Environmental:* A sustainable food system protects natural resources through efficient use of land, water, forest, and fisheries.
- *Economic:* A sustainable food system protects and improves livelihoods and requires responsible and efficient governance.
- *Social:* A sustainable food system supports the resilience of the community and enhances social well-being.

WHY IT MATTERS

If any aspect of a food system degrades the ability to continue to produce nutritious food, that practice is considered unsustainable.

For example, some farming techniques may deplete the health of the soil. Over time the soil may be less able to support healthy crops, making the practice unsustainable.

In addition, a sustainable food system ensures no one goes hungry, now or in future generations.

WHAT YOU CAN DO

Much of the work to make food systems sustainable requires top-down regulation and innovation. However, there are things you can do to support sustainability efforts:

- Grow some of your own food.
- Purchase from local growers.
- Cook at home.
- Compost food scraps.
- Reduce food waste.
- Volunteer with non-profit organizations that are working to fight hunger.



Walking meditation

It's not uncommon for people to find meditation challenging.

Everyone can benefit from the peace and focus meditation provides. This is where a walking meditation can help. Instead of sitting still, walking offers a point of focus for meditation while also allowing gentle movement.

Walking could be the key to making meditation work for you.



BENEFITS OF WALKING MEDITATION

Research shows walking while meditating is good for you! It combines the health benefits of walking with the mindfulness of meditation. Together they may provide:

- Decreased anxiety and depression symptoms
- Better pain control
- Lower blood pressure
- Better mood
- Improved sleep

HOW TO PRACTICE

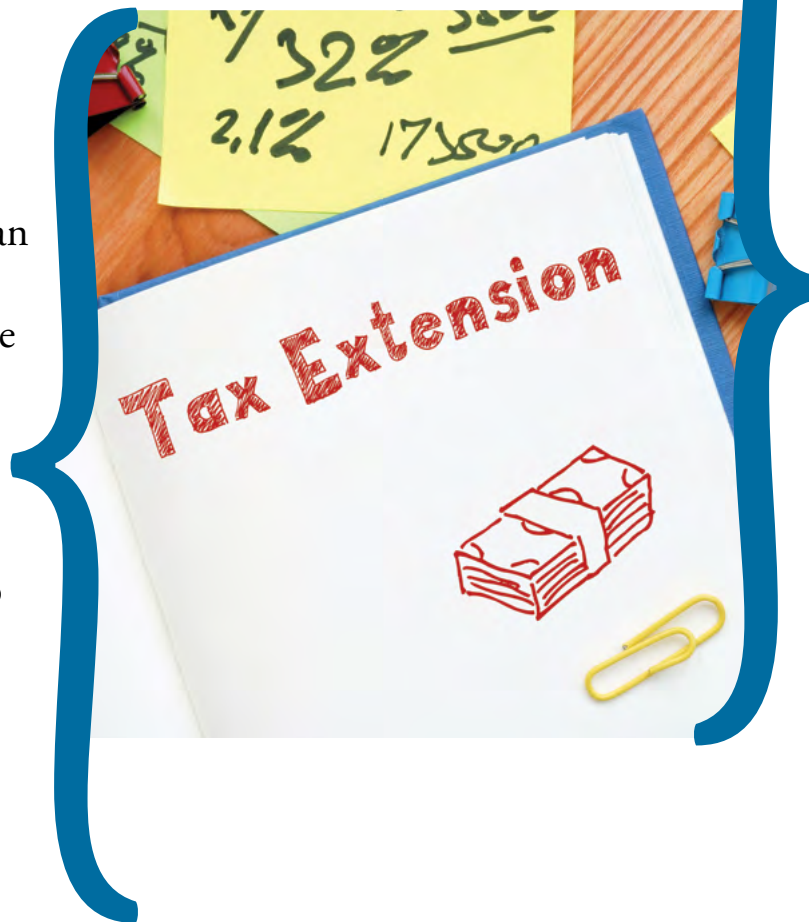
Try this simple walking meditation to see if it is right for you. Remember, practice makes progress! The more often you practice, the easier meditation (and walking) will become.

1. Find a place you can walk safely.
2. Begin at a slow, comfortable pace. No speed walking!
3. As you walk, focus on the movement.
4. Observe the feel of your feet and legs. Notice any physical sensations.
5. Focus on your steps and your breathing.
6. Try for 10 to 15 minutes every day.

You can even do this practice indoors, walking a slow pattern around your home.

Filing for a tax extension

A federal tax extension allows you extra time to file your taxes. You can request an extension for any reason and receive an additional six months to complete your return. Here's what you need to know.



You must request an extension before your filing deadline. Don't delay or you risk a penalty.

Fill out the *Application for Automatic Extension of Time To File U.S. Individual Income Tax Return* available at [irs.gov](https://www.irs.gov).

Submit the form via mail or electronically by your regular tax return deadline, usually April 15th.

To avoid any potential penalties, pay estimated taxes at the time you submit the form.

If you cannot pay what you owe, you can request a payment plan. Visit the IRS website to learn more.

Use the extra time to file your return. The IRS does not allow a second extension, so don't let the time slip away.