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Bartlett Library patrons commit to be fit

On Monday, March 6, Bartlett's own Kasia Andrzejuk presented to 25 patrons at the Bartlett Library on tips and tricks to lead a healthier life.

Andrzejuk started out the program by asking the audience what healthy ways they start out their days, to which the answers ranged from having hot water with lemon, eating oatmeal, having fruit smoothies and more.

Most of the audience made mention of starting out the day with some sort of beverage, which Andrzejuk said is great because bodies need to be properly hydrated to be healthy. The importance of drinking plenty of water is crucial for good health.

Some basic nutrition tips Andrzejuk brought up were to drink a lot of water, which you can infuse with fruits, vegetables and more, eat clean and have smoothies to boost your day.

"We only have one body," Andrzejuk said. "If you don't take care of it now, it'll be harder later down the road."

Infusing water has many health benefits on top of tasting great. It helps burn fat and calories, boost energy levels, is a great detox for skin and more. Andrzejuk made a sample of water infused with lemon, tangerine and basil for the audience to taste test. The group consensus was that the drink was refreshing and delicious.

Smoothies also have great health benefits such as providing vitamins and antioxidants, satisfying thirst while adding nutrition and more.

Andrzejuk made mention that different ingredients can be added to smoothies depending on what health benefit is being sought after. The examples she gave were cayenne pepper can be added to boost metabolism or oatmeal can be added for extra fiber.

A sample of a smoothie was passed out to the audience to taste and enjoy. The beverage consisted of bananas, almond butter, ice and water. It was an easy and tasty recipe that quenched the audience's thirst.

Besides what is put into the body, Andrzejuk brought up the importance of also being active such as stretching, walking, pilates and more. Something that Andrzejuk does to start off her mornings is doing jumping jacks. She says it's an easy way to become energized for the rest of her day; doing jumping jacks right after her alarm clock goes off gives her that extra boost she needs.

Another aspect Andrzejuk mentioned for living a healthy life is goal setting. For setting goals, it's important to be specific and realistic. Andrzejuk said that it is helpful to write out the goals on note cards and put them on mirrors at home. Having written reminders makes it easier for them to stay at the forefront of the mind.

Goals should also be action oriented, be measurable and have deadlines.

Andrzejuk explained to everyone that "the most important thing is to believe in yourself. If you really want something to happen, it'll happen."

After the presentation, Andrzejuk gave away plenty of goodies to all the audience members: Mason jars, infusing bottles, protein shakers, a \$25 gift card to ion nutrition, a shirt and a high speed blending machine.

If you missed this program, an upcoming Adult Services program at the Bartlett Library is the "Magic in Mind" on Thursday, March 23 at 7 p.m. In this fun yet enlightening talk, Magician Jeanette Andrews explores examples of how the senses can deceive the mind. She will also be discussing the history of magic in Chicago, and how magicians learn their craft and create new magic.

For more information and a complete listing of scheduled programs, call 630.837.2855 or visit www.bartlettlibrary.org.

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The Bartlett Public Library District, located at 800 S. Bartlett Rd., provides programs and services to meet the needs of the community. For more information and a complete listing of scheduled programs, call 630.837.2855 or visit www.bartlettlibrary.org.