



It's easy to feel overwhelmed by fitness trends or goals. While research shows that 11 minutes of moderate-to-vigorous exercise daily may lower your risk of cancer, cardiovascular disease or premature death, another health expert is praising the accessible exercise form of walking.

The National Jewish Health's director of cardiovascular prevention and wellness expressed that even a short amount of walking—just five minutes—has health benefits and supports future exercise goals. Walks improve the body's blood flow and

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2Tbsp. lemon juice  
¼ cup fresh basil  
¾ tsp. black pepper (divided)  
1 avocado (cut into chunks)  
1 Tbsp. olive oil (divided)  
¼ tsp. salt  
2 small boneless, skinless chicken breasts  
1 large red bell pepper  
½ medium onion (chopped)  
1 clove garlic (minced)  
3 cups water  
3 tsp. sodium-free chicken bouillon  
1 ½ cups red quinoa (uncooked and dry)



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