

The Importance of Thoracic Spine Mobility

Do your shoulders slump and round when you walk, sit, or stand? Do you have trouble keeping your chest up when squatting under a bar or lifting heavy things off the ground? Do you get lower back or neck pain when doing twisting or rotational movements?

Have you resigned yourself to living with that nagging rotator cuff pain that flares up during workouts and in bed?

If you answered “yes” to any of those (and most people will answer yes to at least one), you may have poor thoracic spine mobility. Establishing good habits by actively maintaining and training mobility, as opposed to being content with what you have (even if it's not optimum), is always a good move. Scoff at the prospect of thoracic spine mobility all you want; you still gotta have it.

The Thoracic Spine is built for rotation, flexion and extension. It is highly mobile, or rather has the capability for high mobility. Because of its mobility, the thoracic spine must be used, must be moved. The lumbar spine is built for stability – supports the weight of the body, and resists excessive rotation and twisting. It remains stable and acts as a conduit for power generated by the hips and fed to the mobile thoracic spine. It is not meant to twist and bend and do all sorts of the acts that active, thoracically-immobile folks expect it to. It can move, obviously, but it's not meant to be wildly mobile. It's meant to be solid, reliable.

Extracted from : <https://www.marksdailyapple.com/the-importance-of-thoracic-spine-mobility/>



Sideline Thoracic Rotational Stretch

Here's a great stretch meant to develop mobility in your thoracic spine, which will help ensure stability and health in both the lumbar spine and the shoulder girdle :

Lie on your right side with legs bent comfortably, so the spine is neutral, and right arm is straight and perpendicular to the body. With left arm on top of right arm, push left arm slightly forward first, then lift it straight up and rotate it back, making a large arch in the air. Let your left arm fall as far as possible to the left side, without allowing your hips to move in the direction of your arm. Allow your nose and gaze to follow the left arm, slowly turning the neck to the left. Move slowly, holding for a few seconds at the end of the stretch before returning to starting position. Repeat 10 times, then switch to the other side.



Come Cheer us on and have some fun during Movie Nights in the Beech Village!!!
Enjoyed your workout today? That's Fantastic!! Tell us how much by adding a comment on Facebook, Google and Yelp!!

Baked Avocado Egg Recipe

This no mess, no fuss oven-baked egg is the perfect punch of protein for breakfast, or breakfast for dinner and its only 4 SmartPoints!

Ingredients : 2 avocados, 4 egg(s), a pinch each of salt, pepper and paprika, 1 Tbsp chives, chopped. 1 Tbsp Sriracha hot sauce

Instructions

Preheat oven to 425F. Halve avocados and scoop out a small amount of flesh to create a pocket. Place on baking sheet/dish. Crack egg into each pocket

Bake 15-18 minutes. Remove from oven and sprinkle with salt and pepper

Garnish with hot sauce and chives

Serving Size: 1/2 an avocado with one egg

<https://www.weightwatchers.com/ca/en/article/baked-avocado-egg>



August 2018 Runs in and around Toronto

August 9, 2018 Sunset Shuffle 6K, Toronto Islands

August 11, 2018 MEC Toronto Trail Race FOUR

August 11, 2018 Caledon Pit Run

August 12, 2018 The ENDURrun, Waterloo

August 12, 2018 WingFest 5km Fun Run, St Catherines

August 18, 2018 The Color Run Toronto

August 18, 2018 Iroquoia Trail Test Trail Race

August 19, 2018 MEC Toronto Road Race FIVE

August 24, 2018 Ragnar Trail Cottage Country-ON (Relay), Orillia

August 24, 2018 The Runway, Kitchener-Waterloo

August 25, 2018 Toronto Women's 10K/5K

August 25, 2018 Shakespeare Runs the Night 15K/30K

August 25, 2018 Mud hero North Toronto

August 26, 2018 The Smiles Run, Willet Creek Park

August 30, 2018 SuperPower 5K

<http://www.runguides.com/toronto/runs>





Saturday/Sunday Supper**

**this recipe can be prepared well ahead of time with the exception of the meatballs.

Change from soup this month. This recipe is not for the faint of heart but you can cut down on the **harissa** paste and use a mild paprika.

Yogurt sauce: 1 c. plain yogurt, 2 tbsp chopped cilantro

Tomato salad: 2 c. cherry tomatoes, halved, 1 shallot thinly sliced, 1 tsp olive oil, ¼ tsp ground cumin, salt and pepper

Meatballs: 1½ lean ground beef, ¼ c. breadcrumbs, 1 egg, 1 green onion, finely chopped, 1 tsp harissa paste, 1 tsp paprika, ½ tsp ground coriander, ½ tsp ground cumin, ½ tsp salt, 2 tbsp olive oil.

Bread: 6 naan or pita

For yogurt sauce, in a small bowl, combine all ingredients. Refrigerate until ready to serve.

For tomato salad, combine all ingredients, season with salt and pepper. Set aside.

For meatballs, with the rack in middle position, preheat oven to 350 degrees.

In a bowl, combine all ingredients except for the oil.

With a 2 tbsp ice cream scoop (or just a good guess as to size) shape meatballs and flatten slightly. In a large non-stick skillet over medium heat brown the meatballs for about 5 minutes on each side until meat is fully cooked. Keep warm.

On a baking sheet, warm the naan three to five minutes. Top each naan with the yogurt sauce, meatballs, tomato salad and cilantro leaves to taste.

Makes 6 servings.

You'll have to figure out the nutritional value – covers most of the food groups!

-Judy

Eat right to maintain healthy joints.

What you eat can keep your joints and the bones that support them strong. Eating an anti-inflammatory diet will help your joints, says sports nutritionist Nancy Clark, author of *Nancy Clark's Sports Nutrition Guidebook*.

Here are some foods to include in your diet:

1. Cherries : Cherries get their crimson color from natural plant chemicals called anthocyanins. Several studies have shown that fresh cherries and tart cherry juice may curb inflammation. A few studies have also linked fresh cherries to fewer flare-ups of gout.

Other foods to try :It's the color that counts. Other richly colored fruits (such as blueberries, blackberries, and pomegranates) could also deliver similar effects.

2. Red Peppers : Red peppers are brimming with vitamin C. Vitamin C helps your body make collagen, which is part of your cartilage, tendons, and ligaments that cushion your joints and hold them together.

Other foods to try: Citrus fruits (such as grapefruit and oranges), tomatoes, and pineapple

3. Turmeric : Turmeric is a staple in Indian food. It's rich in a chemical called curcumin. One study found that a curcumin extract worked as well as ibuprofen at easing knee aches and pains.

•Other foods to try: Cinnamon and ginger are two other spices that have some anti-inflammatory properties.

4. Walnuts : Although Walnuts have a high calorie count, they have several nutrients including Omega-3 fatty acids which counter inflammation.

•Other foods to try : Flaxseeds and Canola Oil, both have the Omega-3's found in walnuts.

5. Kale : Kale and other dark, leafy greens are rich in nutrients that are linked to joint health, including the antioxidants beta-carotene and vitamin C. Some, including kale and collard greens, are also an excellent source of calcium, which helps keep your bones strong.

•Other foods to try: broccoli, bok choy, and collard greens

6. Oatmeal : Whole grains like oatmeal are linked to lower levels of inflammation. While exercise helps strengthen bones and muscles, it also puts a strain on joints. It is necessary to eat healthy for recovery and healing.

•Other foods to try: Quinoa, brown rice, and barley

<https://www.webmd.com/arthritis/features/joints-food#2>