



December Newsletter

5 Benefits of Stretching

Although it is hotly debated whether or not stretching helps prevent injury, the other **benefits of stretching** are numerous and factual. Heavily utilized in pilates and yoga, stretching is widely supported today as a vital part of fitness. With the ability to reduce stress, ease lower back pain, increase flexibility and more, stretching should become a part of everyone's exercise routine.

1. Increased Circulation - While it is widely debated whether or not stretching prevents injury, it has been proven to increase circulation. Although stretching does not necessarily directly prevent injury from overuse, it does increase the blood flow and supply of nutrients to muscles and cartilage. This reduces muscle soreness after working out. The less sore your muscles are, the less painful it will be to work the same muscles and to exercise in general, and the more comfortable your day-to-day life will be.

2. Flexibility - There are four main measures of overall fitness: aerobic, muscular, body composition and flexibility. The main way to increase your flexibility is by stretching.

As you age, your muscles gradually become shorter and tighter, reducing your overall flexibility. This restriction makes you more susceptible to muscle, tendon and joint injuries. Stretching is primarily responsible for increasing flexibility, and reduces these risks. Increased flexibility also allows you to exercise more easily.

3. Increased Range of Motion - Stretching has been shown to effectively increase range of motion in joints. Better range of motion enables you to keep better balance. Better balance means you are less susceptible to falls and the resulting injuries (of particular importance as you age). Increased range of motion also helps to keep you up and moving.

4. Reduce Stress - Everyone has stress. Everyone is constantly looking for new methods of relief. Like all types of exercise, flexibility exercises like stretching have powerful stress-busting abilities. Stress causes your muscles to contract, becoming tense. This tension can have negative effects on just about every part of your body. Gentle stretching exercises relax tense muscles associated with stress. Also, since stretching is an exercise, it has the same endorphin-boosting effects, improving your mood and the way you feel in general.

5. Alleviate Lower Back Pain - Millions of people struggle with chronic lower back pain. Stretching is an excellent way to strengthen the lower back muscles, alleviating soreness and pain. Since many muscles (quadriceps, hamstrings, lower back muscles and hip flexors) contribute to your posture, stretching these muscles has the ability to greatly reduce or eliminate lower back pain.

The truth of whether or not stretching prevents injury can change from one day to the next, depending on what expert you're consulting. However, the fact still remains that stretching has numerous benefits outside of preventing injury. You can live a more comfortable daily life, increase your flexibility and alleviate stress and pain just by doing a few stretches before, after or separate from your workout.

<http://www.fitday.com/fitness-articles/fitness/stretching/5-benefits-of-stretching.html>

Ladies! Help FitnessWorks support a family in need this Holiday!

We are sponsoring a local family of four.

Mom- 43 years

Daughter- 13 years

Daughter- 12 years

Son- 3 years

What do we need?

- Gifts + Toys
- Food Items
- Personal Care Items
- Cash Donations (to buy a grocery gift card - \$200 goal)
- Family Winter Clothing (hats, mittens, etc)

Thank you for your kindness and generosity to those in the community who need support!

Donations will be picked up 1:00pm Thursday, December, 19th

For more information: westhillharvest@gmail.com or Westhillharvest.weekly.com



* Stay tuned for our stretching issue continued next month!

20 Tips for a Positive New Year

- 1. Stay positive.** You can listen to the cynics and doubters and believe that success is impossible or you can know that with faith and an optimistic attitude all things are possible.
- 2. When you wake up in the morning complete the following statement:** My purpose is _____.
- 3. Take a morning walk of gratitude.** It will create a fertile mind ready for success.
- 4. Instead of being disappointed about where you are...**think optimistically about where you are going.
- 5. Eat...**breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
- 6. Remember that...**adversity is not a dead-end but a detour to a better outcome.
- 7. Focus on...**learning, loving, growing and serving.
- 8. Believe that everything happens for a reason.** Expect good things to come out of challenging experiences.
- 9. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.** Instead invest your energy in the positive present moment.
- 10. Mentor someone...**and be mentored by someone.
- 11. Live with the 3 E's.** Energy, Enthusiasm, Empathy.
- 12. Remember...**there's no substitute for hard work.
- 13. Zoom focus.** Each day when you wake up in the morning ask: "What are the three most important things I need to do today that will help me create the success I desire?" Then tune out all the distractions and focus on these actions.
- 14. Implement the No Complain Rule.** Complaining is like vomiting. Afterwards you feel better but everyone around you feels sick.
- 15. Read more books than you did in 2013.**
- 16. Get more sleep.** You can't replace sleep with a double latte.
- 17. Focus on "Get to" vs "Have to."** Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
- 18. Each night before you go to bed complete the following statements:** I am thankful for _____. Today I accomplished_____.
- 19. Smile and laugh more.** They are natural anti-depressants.
- 20. Enjoy the ride.** You only have one ride through life so make the most of it and enjoy it. <http://www.pickthebrain.com/blog/20-tips-for-a-positive-new-year/>



Happy Holidays
from all of Us at
FitnessWorks!



Holiday Hours

We are CLOSED:



December 24th to 26th &
December 31st - January 1st



Creating Community
Changing Lives



Start the new year right with this detoxifying salad

This recipe is inspired by the detox salad found in the Whole Foods salad bar.

Why call it a detox salad? - World's healthiest Foods reports that cruciferous vegetables (such as broccoli, kale, cauliflower, cabbage, watercress, and mustard greens) are said to be detoxifying because they provide support for the immune system, inflammatory system, hormonal system, detoxification system, and antioxidant system. These vegetables contain a wide variety of vitamins and minerals as well as phytonutrients. For example, one group of phytonutrients found in cruciferous vegetables is called glucosinolates, and these are thought to have anti-cancer properties according to results in a variety of research studies. World's Healthiest Foods also suggest consuming three servings of cruciferous vegetables each week for maximum benefit. No matter what your reason is for making this salad, it provides a healthy addition to any lunch!

DETOX SALAD - Vegan, gluten-free, oil-free, soy-free.

Packing a powerhouse of nutrients, this light and energizing salad will have you bursting with energy. It makes 10 cups so you can enjoy it all week long for easy, energizing lunches. It is recommended not to skip the currants and raisins as it adds a much-needed sweetness to balance out the vegetables and lemon juice. Drizzle with a touch of maple syrup just before serving. Feel free to use any herbs and spices you wish. Sprinkle of cinnamon on top.

Ingredients:

- * 2 heads broccoli, stems removed/diced
- * 2.5 cups shredded carrots
- * 1 cup currants
- * 1/2 cup raisins
- * Kosher salt, pepper, to taste
- * Pure maple syrup, drizzle on before serving
- * 1 head cauliflower, stems removed/diced
- * 1/2 cup sunflower seeds
- * 1/2 cup finely chopped fresh parsley
- * 4-6 tbsp fresh lemon juice, to taste
- * Kelp granules or Herbamare (optional), to taste
- * Sprinkle of cinnamon, to garnish

Directions:

1. In a food processor (or chop by hand) process the broccoli (no stems) until fine. Add into large bowl.
2. Now process the cauliflower (no stems) until fine and add into bowl. Do the same with the carrots.
3. Stir in the sunflower seeds, currants, raisins, and parsley. Add lemon juice and seasonings to taste.
4. Drizzle with maple syrup to taste. Add a sprinkle of cinnamon to garnish.

<http://www.chatelaine.com/health/diet/start-the-new-year-right-with-this-detoxifying-salad/>