

7 Habits for a Healthy Mind in a Healthy Body

Daily Physicality: Exercise for at least 20 minutes most days of the week.

Intellectual Curiosity: Spend some time in focused thought, exploring new ideas every day.

Foster Creativity: Challenge your mind to connect unrelated ideas in new and useful ways.

Human Unity: Create and maintain close-knit human bonds and a social support network.

Spiritual Connectedness: Identify a Source of inspiration that is bigger than you.

Energy Balance: Balance Calories in/Calories out, and reduce your carbon footprint.

Voluntary Simplicity: Embrace the liberty that comes with wanting and needing less.

<https://www.psychologytoday.com/blog/the-athletes-way/201302/7-habits-healthy-mind-in-healthy-body>

Natural ways to keep your skin moisturized during winter...

1. **Natural Oils such as jojoba, grape seed and almond** can be found at many health food stores. Some of them have anti-oxidant and anti-bacterial properties that can repair your skins collagen. These oils soften your skin and provide a protective barrier against wind and cold weather, and smell nice without any artificial fragrances added in. 2. **Olive Oil** .. A staple in most kitchens today, Olive Oil is a great natural moisturizer that can be used to soften your skin or condition your fly-away winter-ravaged hair. It also has anti-inflammatory properties to soothe reddened skin and some kinds of outbreaks and rashes. There have been claims it can protect against skin cancer, though we would advise using a sun block or covering your face while outdoors. 3. **Shea Butter**... is a fat

extracted from the nut of the Shea Tree found primarily in Africa where it has long been used to treat dry, sore skin, amongst other purposes. Shea butter melts at skin temperature so it is easily absorbed, and it contains Vitamin A, which is beneficial in repairing parched, cracked skin.

4. **Edible Remedies** .. Found right in your kitchen, the best examples are **Honey and milk-based products including yoghurt and cream**. When added to tea, honey acts as an anti-bacterial antioxidant to boost your immune system and fight off seasonal bugs. When slathered onto your face and body it offers unparalleled softness and smoothness. Yoghurt is also an anti-oxidant and anti-inflammatory that can take the edge off itchiness and loosen the tightness you feel when your skin dries out. As with honey, rub it in, let it soak in and rinse it off. You can mix and match these with **avocado, cream and oatmeal** to create a personal solution to your skins specific needs.

5. **WATER!** .. Keep yourself hydrated at all times. Even though you might not feel that thirsty, drink plenty of water. And take care of the dry air in your house by placing pans of water in strategic locations such as heating/air vents and radiators.

How to Serve a Slice of Eggnog!

Great way to use up excess eggnog. Good idea to only make at Christmas as certainly not terribly healthy but REALLY tasty.

Eggnog Quickbread:



Ingredients:

2 large eggs; 1 c. white sugar; 1 c. eggnog (commercial); ½ c. butter @ room temp; 2 tsp rum extract, 1 tsp vanilla extract (or real thing is you have it on hand); 2-1/4 c. all-purpose flour; 2 tsp baking powder; ½ tsp salt; ¼ tsp ground nutmeg.

Preparation:

Using electric hand mixer on med. speed, beat eggs in large bowl until frothy. Add sugar, eggnog, butter and extracts. Blend with mixer – 4/5 min. Add flour, baking powder, salt and nutmeg. Stir with wooden spoon just until dry ingredients are moistened. Pour into well-greased 9x5" loaf pan. Bake in pre-heated 350F oven for 50 minutes or until golden brown and tested inserted in centre comes out clean. Cool in pan on rack for 15 min. Remove from pan and cool completely on rack.

Ps. Made this for the 1st time with the help of my 4 year old grandson. Ended up making a second on immediately after tasting it! Has become a Christmas staple. J

To stay safe and get the most out of your workout you must always include a pre-workout warm-up before you begin and then finish with a cool down to get your body back into gear.

The difference between warm-ups and stretching

During a workout we can all go from zero to hero and push hard.

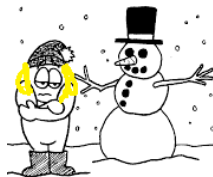
The safe way to train is to bring the body's temperature up slowly and loosen up the muscles before we get to do anything serious. That's what warm-ups are designed to do.

Stretching, on the other hand, is done in order to improve overall flexibility. Once muscles have worked they are at their most compliant state and they let us stretch further than we normally would gaining more ground while we are at it.

Timing :

We start with a warmup and then we finish our training session with a cool-down and some stretching.

Winter blahs



OR Naaah!!



December Fit Tip

Functional Fitness is the number one trend in fitness. And for good reason. So, **what is functional fitness?** It's moving your body the way you normally move in activities of daily living. Some examples are sitting down and standing up (squatting), pushing doors open (pushups), carrying and lifting things, (weight lifting), and rotational movements as you would when you need to reach into the back seat of the car from the front seat, (twisting core strengthening).

Strengthening the body using the variety of planes of motion that our bodies are designed to move in results in better overall fitness, and more resilience.

If you want more information on how to become more resilient so you can enjoy life to the fullest, please feel free to contact me. Or check out this article from the Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/functional-fitness/art-20047680>

by **Ariella Tsafatinos**

Spine Stretch : This core exercise for women is highly recommended to soothe pain in the lower back and the sides of the body.

First, you must lie on your back with knees bent. Keep your feet flat on the floor and place arms on the side.

Pull your right knee to your chest until you feel the muscle contraction in your stomach.

Keep your left leg straightened out on the floor. Right arm must be extended on the floor then; left hand should bring the right knee toward your left side. Your head should be facing down your extended arm. This should last for 20 seconds and remember not to curve your back.

<http://www.mmmglawblog.com/core-exercises-for-women/>

