

Happy Easter from all of us at FitnessWorks for Women



Sign up for Kate's Mindful Movement Yoga again, starting on April 19th! A fusion of smooth flow yoga postures to help relax and elongate your body, complimented by restorative poses.



April 2017 Newsletter



Vegan Chili

Ingredients:

- 1 1/2 tablespoons extra-virgin olive oil
- 2 cups (280 g) diced sweet onion (about 1 medium/large)
- 2 tablespoons minced garlic (about 4 large cloves)
- 2 medium jalapeños (80 g), seeded (if desired) and finely chopped
- 1 cup (115 g) finely chopped celery (about 2 large stalks)*
- 1 large red bell pepper, seeded and diced**
- 1 (28-oz/796 mL) can diced tomatoes, with juices
- 1 cup (250 mL) low-sodium vegetable broth
- 6 tablespoons (90 mL) tomato paste
- 1 (15-oz/398 mL) can kidney beans, drained and rinsed
- 1 (15-oz/398 mL) can pinto or navy beans, drained and rinsed
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 to 3/4 teaspoon fine grain sea salt, to taste
- 1 teaspoon hot sauce (optional)

Toppings:

- Cashew Sour Cream
- Chopped green onions
- Fresh cilantro, chopped

Directions:

1. In a large pot, sauté the onion and the garlic in the oil over medium heat until soft and translucent, about 5 minutes. Season with a pinch of salt and stir.
2. Add the jalapeños, celery, and bell pepper and sauté for another 5 to 7 minutes or so, until softened.
3. Now add the can of diced tomatoes (with the juice), broth, and tomato paste. Stir to combine. Increase heat to medium-high.
4. Add the drained and rinsed beans, along with the chili powder, cumin, oregano, and salt. Simmer the mixture, uncovered, until thickened, about 10 to 15 minutes.
5. Add the hot sauce to taste, if using. Taste and season with additional salt if desired.
6. Serve with chopped green onion, and cilantro leaves, if desired.



Soup of the Month

Hot and Sour Chicken Soup



Creating Community
Changing Lives

Ingredients

- 8 c. chicken stock
- 2 large boneless chicken breast
- 1 c. thinly sliced leeks (white section only)
- 2 tbsp. minced fresh ginger
- 5 tbsp. Chinese black vinegar (or Worcestershire sauce)
- 1 tbsp. apple cider vinegar
- 1/2 tsp black pepper
- 2 sm. bok choy, sliced
- 3-4 radishes, thinly sliced
- 2 tsp sesame oil
- 1/4 c. cilantro leaves
- 1 red pepper, thinly sliced

Instructions

1. In a medium pot, combine the stock and chicken, bring to a boil
2. Reduce heat and simmer uncovered for 10 minutes
3. Remove the pot from heat, let stand, covered for 10 minutes
4. Remove the breasts from the pot, reserving the stock.
5. When cool enough to handle, shred the chicken (not too small) and set aside
6. Strain the stock through a fine-mesh sieve into a clean pot
7. Add leeks, ginger, black vinegar, cider vinegar and pepper, bring to a boil
8. Reduce heat and simmer, uncovered until the leeks are tender (about 15 minutes)
9. Add the bok choy and radishes, allow to simmer for 5 minutes
10. Add the chicken and sesame oil
11. Ladle up steaming bowlfuls and scatter each other on with cilantro and chilies to add taste

Squat Variations!

There's just so many times you can squat continuously without it getting boring. Spice up your workout routine with these variations!



The Basic Squat

- Place your feet shoulder width apart or slightly wider. Hold your hands at chest level or behind your head as demonstrated.
- Bend at your knees and hips, pushing your hips back as if you're sitting into an imaginary chair. Keep your chest lifted and your spine neutral. Do not let your lower back round as you squat.
- Keep your core engaged as you press your heels into the floor to return to standing.



Squat with Weights

- Stand with your feet hip distance apart, holding a dumbbell in each hand directly over your shoulders. Bend your knees while keeping all the weight in your heels. Don't let your knees move beyond your toes or your knees roll out or in.
- Press through your heels, and straighten your legs to return to standing. Make sure to keep your spine neutral.



The Sumo Squat

- Stand with your feet wide, toes pointing out. Place your hands comfortably in the crease of your thigh, and bend your knees, lowering your hips deeply so your thighs are parallel with the floor. Make sure to keep your weight in your heels.
- Then rise back up, straightening the legs completely, squeezing the glutes at the top of the movement.



Bosu-Ball Squat

- Place your left foot in the center of the Bosu with your right foot parallel to your left on the floor. Bend down into a squat position, clasping your hands in front of you for balance.
- Squat down, keeping your spine neutral. Push through the heels to get back up and squeeze your glutes at the top of the motion.
- Having one foot on a higher surface will make this a one leg at a time dominant squat! Make sure to do both sides with each leg up!

Source : <https://www.popsugar.com/fitness/How-Do-Different-Squat-Variations-20349589>