

# September & October 2018 Newsletter

Moving towards Fall and the holiday season, its time to rev up our workout plans, and set some **SMARTer** goals to help us maintain a good level of fitness.

Your goals should be **Specific**, for example, I want to increase my daily steps by 2000.

This goal is **Measurable**, and so you keep track of how many steps you complete every day until you reach your goal.

The goal should be **Action-oriented and Achievable**, and so there should be a definite plan in place to be able to achieve your goal.

At the same time, the goal should be **Realistic and Relevant**, and should be achievable by you.

It helps to set a **Timeframe** within which you want to achieve this goal.

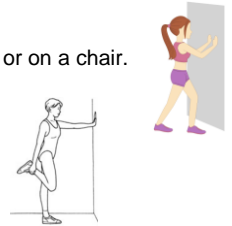
Make sure you periodically **Evaluate** your progress.

Could be you need to tweek your plan and make it more realistic?

No worries if it comes to that, **Readjust the plan!!**

Tired of waking up sluggish and achy? Here are 7 easy morning stretches for every muscle :

**Calf Stretch** : Place your feet one in front of the other, put your hands against a wall or on a chair. Keeping your heels on the ground, lean into the wall or chair.  
*The calf stretch relieves foot, shin, hip, and knee pain, and can safeguard the Achilles tendon. Complete 3-5 sets X 30 seconds.*



**Quadriceps Stretch** : Standing feet together and hips straight, bend your right knee back and take the front of your right foot in your right hand. Keep your knees even as you bend your right knee back. Continue to keep your body straight as you hold this stretch, feeling it on the top of the quadriceps.  
*Stretching the quads can help improve knee and back pain in addition to improving circulation and even help reduce stress. Complete: 3-5 sets x 30 secs.*



**Shoulder Stretch** : Stand shoulder-width apart, raise your right arm to shoulder height, and move it across the front of your body. With your left arm pull the right arm as close to the chest as possible and hold. Switch arms and repeat.  
*The shoulder is one of the most delicate joints in the body, this shoulder stretch helps improve flexibility and mobility. Complete: 3-5 sets x 30 seconds.*



**Triceps Stretch** : Keeping feet shoulder-width apart raise your right arm over your head. Bend your elbow so that your right hand is reaching for your left shoulder. Use your left hand to pull back on your right elbow. Hold and switch arms. *Although a small muscle group, the triceps help support the shoulder and biceps. Maintaining mobility and flexibility is critical for athletic longevity. Complete: 3-5 sets x 30 seconds.*

**Runner's Stretch** : Sit down with one leg stretched out in front of you and the other knee bent, with toes pointing in the same direction as the straight leg. Lean forward with your arm extended trying to grab your foot. If you cannot grab your foot, lean forward until you feel your hamstring stretching.  
*The runner's stretch is a great combatant against hip and knee pain, which is prevalent among avid runners. Complete: 3-5 sets x 30 seconds.*



**Butterfly Stretch** : Sitting down, take both feet and align your heels and feet so that they're touching, then gently press down on your thighs with your elbows until you feel your groin area being stretched out.  
**Complete:** 3-5 sets x 30 seconds.  
*This stretch opens up the hips and thighs to improve flexibility.*



## Standing Side Stretch

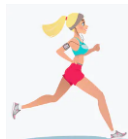
Standing straight up grab one hand over your head with the other and gently lean to each side while pulling on your hand slightly to engage your muscles between the ribs.  
*The standing side stretch safeguards the core, lower back, and spine. The stretch even assists with stimulating the digestive tract if you're experience gastrointest*  
**Complete:** 3-5 sets x 30 seconds.



*Adapted from <https://www.mensjournal.com/health-fitness/7-top-early-morning-stretches-build-better-body/>*

## Tips & Techniques for Safe Running :

1. Keep your head straight
2. Don't hunch your shoulders
3. Keep your hands relaxed
4. Keep your arms at 90 degrees
5. Lean forward when running
6. Keep your hips stable
7. Don't lift your knees too high
8. Aim for a mid-foot strike
9. Don't strike the ground heavily
10. Breathe deeply and rhythmically



<https://www.nhs.uk/live-well/exercise/how-to-run-correctly/>

## Applesauce Bran Muffins

### **Healthy and tasty**

**Ingredients:** ¾ c. wheat bran, 1 c. whole wheat flour, ½ c. granulated sugar, 2 tsp cinnamon, 1 tsp baking powder, ½ c. raisins, 1 c. applesauce (or stewed rhubarb or pumpkin), 1 egg, lightly beaten, ½ c. buttermilk\* or low-fat yogurt, ¼ c. vegetable oil

### **\*to make buttermilk, simply add 1 tbsp lemon juice to milk**

In bowl, combine bran, flour, sugar, cinnamon, baking powder and baking soda: stir in raisins.

Combine fruit, egg, buttermilk and oil; pour into flour mixture and stir until just combined.

Spoon into greased nonstick muffin tins (or lined with paper cups). Bake in 400F oven for 25 minutes or until tops are firm. Makes 12 muffins.

## **Lets take extra care of our skin this Fall!! Here's how to make an All-Natural Facial at home.**

### **Part I : Prepping your Face**

1. Pull back your hair and wear a comfortable T-shirt or shirt.
2. Use a gentle cleanser to wash your face. Room temp water is best for your facial skin. *To create your own luxurious cleanser, rub olive, almond or jojoba oil into your skin, then wipe it off with a towel dampened with warm water.*
3. Exfoliate with a home-made scrub and rinse with warm water:  
*For Oily skin, mix 1 tsp sugar, 1 tsp honey, and 1 tsp water*  
*For normal skin, mix 1 tsp ground oatmeal, 1 tsp honey and 1 tsp milk*  
*For dry skin, mix 1 tsp ground almonds, 1 tsp honey and 1 tsp olive oil.*
4. Do a Facial Massage to increase circulation in your facial tissue :  
*Massage your cheeks with your fingertips using a wide circular motion. Massage your forehead , starting with the temples and moving in toward the center. Massage your eye area, starting at the arch of your brow, moving down past the outer corners of your eyes, sweeping under your eyes toward your nose, and back up to your brows.*



## Garlic shrimp Linguine

**This dish is ready in 30 minutes**

**Ingredients:** 1 lb uncooked linguine, 1 tbs butter, 3 tbs white wine, 2 tsp grated Parmesan cheese, 3 cloves garlic - minced, 1 tsp chopped fresh parsley, 1 lb medium shrimp, peeled and deveined.

Bring a lg pot of slightly salted water to a boil, add pasta and cook 8-10 minutes; drain.

In a medium saucepan, melt butter over med/low heat; add white wine, cheese, garlic, parsley, salt and pepper to taste. Simmer over low heat 3-5 minutes, stirring frequently.

Increase heat to medium high add shrimp to saucepan; cook for 3-4 minutes or until shrimp begins to turn pink. Do not overcook.

Divide pasta into portions (3 or 4) and spoon sauce on top; garnish with Parmesan cheese and more parsley.

**Serve with Caesar salad – perfect dish for guests!**

### **Part 2 : Doing a Steam Mask Treatment**

1. Steam your face to open up your pores and allow impurities to come out. *Add 5 drops of Lavender essential oil* to make it herbal.
2. Make a Facial Mask, and apply it for 20 minutes. *For any type of skin, use plain honey as it has excellent anti-bacterial and moisturizing properties for any skin.*
3. Rinse with warm water.

### **Part 3: Toning and Moisturizing your skin.**

1. Apply a home-made toner. *You could use 1 tsp Apple Cider Vinegar with 1 tsp plain cool water, witchhazel or rose water.*
2. Moisturize your face. *Use jojoba oil or aloe for oily skin. For normal skin, use olive or almond oil, for dry skin use coconut or argan oil.*
3. Wait several hours before applying make-up. All that scrubbing, steaming and soaking can make your facial skin sensitive to the chemicals in make-up.

Article adapted from <https://www.wikihow.life/Make-an-All-Natural-Facial-at-Home>