

Healthier Living

CREATE A HEALTHY LIFESTYLE THROUGH PHYSICAL ACTIVITY, NUTRITION, AND LIFE BALANCE



Learn to be flexible!

You may think of stretching as something performed only by athletes or yogis, but we all need to stretch to protect our mobility and independence. Inflexible and tight muscles put you at risk for joint pain, strains, and muscle damage. Many things can contribute to tight muscles such as, daily activities, repetitive or strenuous activities, incorrect posture, sitting too long, aging, or certain underlying conditions. Performing flexibility exercises like stretching, yoga, or tai chi can help you improve joint range of motion, limber up for sports, improve your balance to prevent falls, and even help relieve arthritis, back, and knee pain.

How to start a stretching routine?

Plan what you are going to do and when. If you do not have a stretching routine, find one online, download a stretching app, or take in person classes at a local gym. Another great tool, especially if you work on a computer most of your day, is a stretching browser extension. You will receive notifications at set times to get up and stretch and some even have video instruction!

Stretching pointers:

- **Stretch when muscles are warm.** Stretch when you get out of bed in the morning, after light activity like a short walk, or incorporate a stretching routine after regular workouts.
- **Frequency is good.** Complete flexibility exercises for all major muscle-tendon groups – neck, shoulders, chest, trunk, lower back, hips, legs, and ankles – at least **two to three times a week**, but daily stretching is most effective.
- **Hold the stretch.** Hold each stretch for about 10 deep breaths, or 10 to 30 seconds. For older individuals, holding a stretch for 30 to 60 seconds may confer greater benefit toward flexibility

Reference: American College of Sports Medicine

STRETCHING
SERIES



CLICK OR SCAN

QUICK CLICK

WeStretch

<https://westretch.ca/>



Tired of feeling stiff and sore? The WeStretch app offers customizable daily stretching routines that relieve pain, give you more energy, and help you move better. This is the only app that merges the science of kinesiology and the foundations of yoga and Pilates into a daily guided health and wellness stretching routine using artificial intelligence. ♦



FEATURED RECIPE MACRO ENERGY BALLS

INGREDIENTS:

- 1 cup old-fashioned rolled oats
- 1/2 cup mini chocolate chips
- 3 Tbsp. ground flax seed and/or chia seeds
- 1/2 cup peanut butter
- 4 Tbsp. honey
- 1/4 tsp. vanilla extract

INSTRUCTIONS

Mix all the ingredients in a bowl. Roll into 1 inch balls and place on parchment paper. Refrigerate 30-60 minutes. Then enjoy!



SWWC
LIVE WELL



FOOD FOR THOUGHT

SIMPLIFYING MACROS

Counting macros is a popular term, especially in relation to weight management, but macros are often not easily understood. **Macronutrients**, or **macros** for short, are simply **fat, protein, and carbohydrates**. Your body needs these three nutrients to keep running smoothly. If you find it intimidating trying to figure out what foods you should and should not eat, here is a simple guide:

Fats

Purpose: provide energy, help you feel full, regulate hormone production, help with nutrient absorption, and maintain body temperature.

Recommendation: 20-35% of your daily caloric intake.

Good unsaturated fats:

avocado, nuts and seeds, fatty fish, most vegetable oils.

Limit saturated fats:

coconut and palm oils, whole milk, butter, cream, shortening, cheese, meats.

Avoid trans fatty acids:

partially hydrogenated oils found in processed foods.

Proteins

Purpose: help your body grow and repair and boost your immune system.

Recommendation: 10-35% of your daily caloric intake

High-quality animal

sources: eggs, lean cuts of meat, poultry, fish, low-fat dairy products.

High-quality plant

sources: tofu, soy, beans, seeds, quinoa, nuts, and lentils.

Carbohydrates

Purpose: break down into glucose, or blood sugar, which your body either uses for immediate energy or stores as glycogen in your liver and muscles.

Recommendation: 45-65% of total daily calories.

High-quality sources:

lentils, beans, soy, whole grains, vegetables, fruit, and some low-fat dairy products.

Low-quality sources:

White bread, pasta, cereal, chips, most crackers, candy, baked goods, and syrup.

NOTE: Macronutrient needs can vary based on gender and activity level. Consult with a nutritionist to learn what is right for you.

MIND MATTERS

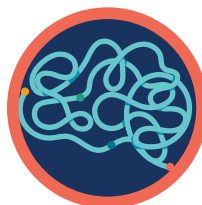
Ease Your Mind

While mental health is just that—*mental*—there are numerous ways the rest of your body can be impacted. **Acupuncture, acupressure, and chiropractic care** are all ways to get both physical and mental relief.

Put a pin in it

Acupuncture is a centuries-old tradition that provides countless benefits like relieving headaches, migraines, body pain, and nausea.

Although needles in your body may be intimidating, it has been known to relieve certain symptoms of depression by regulating neurotransmitters, similarly to how antidepressants would. It was found to be most effective when paired with other treatments.



Under pressure

Acupressure works just like acupuncture, but without all the needles. Instead, pressure is applied to the surface of certain points on the body. Unlike acupuncture, you can do this on your own by massaging the given points for 15-30 seconds. This can help with nausea, insomnia, and headaches, which are all frequent side effects of depression and anxiety.

Get crackin'

Chiropractic care has proven to have unique benefits that come without the side effects of medication. These include lowering blood pressure, triggering positive hormones by adjusting the spine, improving sleep and insomnia, relieving tension, stiffness, and headaches, and helping you relax. It's not a substitute for medication or other treatments, but it can boost feelings of relief especially when paired with other methods. ♦

Exercise Anywhere!



Energizing Breath

Sitting tall, place one hand on stomach and begin to deepen and lengthen the breath. Inhale and visualize drawing in energy through the bottoms of the feet all the way out through the crown of the head. Exhale and visualize sweeping away tension from the crown of the head all the way out through the bottoms of the feet. Continue for 5 - 10 deep breaths.

Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended.

Challenge of the Month:



That's a STRETCH!

Schedule **TWO** stretching sessions each week. Try a simple desk stretch, add several stretches after a workout, or take a yoga class.