

Tuesday, February 20, 2018

Tuesday's Health Tip: Week 8



Dietary Tip - SUMMER FARROTTO (ON A SUMMER-LIKE DAY)

Haven't tried farro? It's an Italian grain with a nutty flavor that is packed full of essential nutrients such as magnesium, B vitamins, niacin, zinc, protein, and fiber.

1 boneless, skinless chicken breast (3 oz)
2 Tbsp olive oil, divided
1/4 cup sliced red onion
1 cup diced yellow squash
1/2 cup dry farro
1 Tbsp chopped parsley
1 Tbsp grated Parmesan cheese

Pan-sear chicken in 1 Tbsp oil, seasoning with salt and pepper to taste, then dice. Sauté onion and squash with remaining oil. Stir in farro until coated in oil. Add 2/3 cup water, bring to a boil, stir, reduce heat, and cover. Cook 20 minutes or until soft. Stir in chicken, parsley, and cheese, and serve.

490 calories

<https://www.womenshealthmag.com/weight-loss/healthy-dinner-recipes/slide/2OTAL>

Exercise Tip – Freehand Jump Squat Instructions

<https://www.bodybuilding.com/exercises/freehand-jump-squat>



1. Cross your arms over your chest.
2. With your head up and your back straight, position your feet at shoulder width.
3. Keeping your back straight and chest up, squat down as you inhale until your upper thighs are parallel, or lower, to the floor.
4. Now pressing mainly with the ball of your feet, jump straight up in the air as high as possible, using the thighs like springs. Exhale during this portion of the movement.
5. When you touch the floor again, immediately squat down and jump again.
6. Repeat x 5. Increase repetitions daily this week.

Caution: Do not perform this movement if you have any knee or back injuries due to the impact involved. Also, make certain that your landings are controlled and that you land with your two feet straight (toes touching the floor first). The wrong landing can result in a sprained ligament.

Variations: You can also perform this movement with a barbell resting on your shoulders or while holding dumbbells by your sides.

Here's to Your Health!!
