

Tuesday, February 6, 2018



Tuesday's Health Tip: Week 6

Dietary Tip – Consider these healthy whole food snacks

- **Whole fresh fruits**
 - apples, pears, oranges, berries, or bananas which can be kept at room temperature
- **Sliced fresh fruit or vegetables**
 - Once fruits or vegetables have been cut make sure they stay refrigerated
- **Unsalted nuts or seeds**
 - Almonds, cashews, sunflower seeds, pepitas, or walnuts; Pre-measure portions to help control calories and avoid salted nuts, or those made with artificial flavors or sweeteners
- **Yogurt**
 - Plain is best, and Greek yogurt is higher in protein which may keep you full longer; Skip artificially flavored or sweetened yogurts and add your own fruit, nuts, or spices

Exercise Tip - Yoga... GREAT at any age and for either gender!



Plank Tap

- Start in a high plank with your feet hip-distance apart.
- Then tap each hand to the opposite shoulder while engaging your core and glutes to keep the hips as still as possible.



Down Dog Tap

- Start in Downward Dog.
- Lift your right hand off the floor and reach toward your left ankle, gently tapping the front of your foot or ankle if possible.
- Return right hand to the floor and repeat with the opposite arm. Stay in Downward Dog throughout the exercise.

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Plank Up

- Start in a high plank. Bend one arm to bring the elbow and forearm to the floor.
- Bring the other arm down so you are in a forearm plank.
- Push back up to start, placing each hand where your elbows were.
- Continue, alternating the lead arm with each rep.

Here's to Your Health!!
