



Tuesday, February 13, 2018

Tuesday's Health Tip: *Week 7*

Dietary Tip - An apple a Day.... <http://health.facty.com/food/nutrition/10-health-benefits-of-apples/4/>

- Whiter, Healthier Teeth
- Shown to improve greater intellectual capacity - laboratory results
- Great source of antioxidants
- Possible defender against cancers
- Great mid-day/pre-game snack - better benefits than a burger & fries!

Exercise Tip - Thigh Exercise -- Strengthen muscles that support your knees.

Sore knees after a long day or working a game for our student athletes?? Try an isometric stretch for your thighs that helps strengthen and support the muscles around your knees.

To do: Sit on the floor or a bed with one leg straight and the other bent. Then tighten the thigh muscles of your straight leg as hard as you can and count to six. Relax, and then repeat. Do it with the opposite leg, gradually increasing up to five, then 10, then 15 repetitions, twice a day with each leg. If it hurts your joints, ask a trainer to show you another isometric thigh exercise.

Here's to Your Health!!
