



Tuesday, January 9, 2018

## *Tuesday's Health Tip:* *Week 2*

- **Dietary Tip - Let's start burning fat first thing each morning.** A sweeter way to get a healthy dose of omega-3s; **Flax!** This PUFA-rich, **high-fiber seed has been linked to lower cholesterol, and it can aid in digestion.** Sprinkle fresh-ground flaxseed on your oatmeal, or mix  $\frac{1}{4}$  cup of ground flaxseed right into your favorite muffin recipe. For a healthier take, try baking with whole-wheat pastry flour and swapping in almond milk for regular milk. Opt for a heart-healthy plant-based oil, like flaxseed oil, in your recipe. Include fresh blueberries!!
  
- **Exercise Tip - Continuing our slow, but steady work... *Stomach Vacuums***  
This is similar to what we call the cat stretch pose. This is also known as the four-point, transverse-abdominal stomach vacuum. Follow the steps below for this exercise; start reducing that mid-section's unwanted fat:
  - Go down to the ground on all fours, supporting your body on your hands and knees.
  - Inhale deeply and loosen your abdomen.
  - As you exhale, tighten the abdomen muscles.
  - Hold this position for 15-30 seconds.
  - Repeat the process.

***Here's to Your Health!!***

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