

Ultra-Processed Foods are a NO!

Need another reason to eat whole foods? Ultra-processed foods, known as UPF's, are prepackaged, easy to prepare foods. They taste good and are full of things we shouldn't be eating. In fact, they can shorten your life.



Research has shown that children who consume too much ultra-processed food have poorer locomotor skills than children who consumed less of these foods. In addition, they had lower cardiovascular fitness, and it's not just because the UPF's contain too much sugar, salt, and unhealthy carbohydrates. It's the way these foods are made that is the hazard.

Check out further information at <https://www.eurekalert.org/news-releases/487842> and at <https://www.sciencedaily.com/releases/2022/06/220614122611.htm>. Save this type of food for the occasional treat or quick grab and go if at all. Instead, opt for food that comes from nature and meals that you make yourself.

Try doing meal prep – where once or twice a week you prepare your meals/snacks for the whole week so that you don't need to spend a lot of time when you are short on time. If you find this a difficult way to eat, consider the 80/20 rule. 80% whole, healthy food, and 20% not so great. The extra effort is worth it, though, and after a few weeks you will get used to prepping your food in advance. Your body, mind, and spirit will thank you!

Push-ups—An Oldie But a Goodie

Pushups are one of the oldest, most basic, and effective exercises around. They build optimal strength in the forearms, wrists, upper



Watermelon and Mint Juice

Makes 5-6 small servings, or one big-mama glass. You can easily double, triple, or quadruple this recipe to fit the amount of partygoers too.

Ingredients:

- 6 cups diced watermelon, chilled
- 3 springs fresh mint

Directions:

Simply place chopped watermelon into a blender and blend until watermelon is broken down. Using a very fine strainer or sieve, pour blended watermelon through strainer and into a large bowl to remove all pulp.

Once watermelon is strained, pour into a large pitcher or small glasses. Gently crush mint in your hand and place in glasses or pitcher to infuse. Place in refrigerator to keep cold.

Serve chilled and garnish with a fresh mint leaf!

Recipe and photo from: <http://www.vegukate.com/post.php?s=2014-06-01-watermelon-and-mint-juice>

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arms, shoulders and chest. In addition, if you are keeping good form with your abs pulled in tight, you are also working your core. Pushups not only build strength in your upper body and core, they also force your heart to work harder and increase your



metabolism, which helps you to burn more calories. And done regularly, you will find that you can build as much strength as people who spend hours in the gym.

The following are some variations of the PUSH-UP.

Standard Push-Up: The classic... with hands shoulder-width apart, keep the feet flexed at hip distance and tighten your core. Bend the elbows until the chest reaches the ground, and then push back up (make sure to keep the elbows tucked close to the body and keep your body in a straight line). A variation of this, if you are not strong enough, is to do the same thing, but on your knees rather than your toes. If even that feels too difficult at first, try wall push-ups. Keep your body and head in a straight line and push up and back from a wall.

Plank: Lie face down with forearms on the floor and hands clasped. Extend the legs behind the body and rise up on the toes. Keeping the back straight, tighten the core and hold the position for 30-60 seconds (or as long as you can).

Plank-to-Push-Up: Starting in a plank position (above), place one hand on the floor at a time to lift up into a push-up position, with the back straight and the core engaged. Then move one arm at a time back into the plank position (forearms on the ground). Repeat, alternating the arm that makes the first move.

Plyometric Push-Up: Start on a well-padded surface and complete a traditional push-up. Then, in an explosive motion, push up hard enough to come off the floor (and hang ten for a second!). You can also modify this by doing a knee pushup.

<http://www.livestrong.com/article/424727-what-is-a-push-up-plank/>
<http://www.livestrong.com/article/177164-push-up-standards/>
<http://www.weighttraining.com/exercises/plyometric-push-up>



Rainbow Kale Salad

Perfect to serve at summer BBQs!

Author: BeginWithinNutrition
 Recipe type: Main
 Serves: 6

Ingredients:

- 1 bunch kale, destemmed and chopped thin
- 2 cups purple cabbage, shredded
- 1 orange, peeled and cut into segments
- 1/4 cup red onion, thinly chopped
- 1 red bell pepper, chopped
- 1/3 cup pumpkin seeds
- 1/4 cup fresh cilantro, chopped
- 1/4 cup orange juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons extra virgin olive oil

Directions:

Add kale, cabbage, orange segments, red onion, red bell pepper, pumpkin seeds and cilantro to a big bowl.

Whisk together orange juice, balsamic vinegar, Dijon mustard and oil. Drizzle on top of slaw and mix well to coat.

Refrigerate for 1 hour to enhance flavors and soften kale.

Enjoy!

Recipe and photo by <http://www.beginwithinnutrition.com/2015/05/11/rainbow-kale-slaw/>

Self-Massage—Foam Rolling

Foam Rolling is used as a self-massage technique utilizing your body weight to target areas of tightness. It is used to ease muscle soreness, correct imbalance, improve mobility, and most importantly, prevent injury.

Instructions: Ideally you want to take about 15 minutes per day allowing for approximately 60 seconds per target muscle group.

Quadricep and Hip Flexors (front of legs and hips): Place the foam roller under your hips roll down to about mid-thigh to target mainly hip flexors and to just above the knee for the quadriceps, pausing over areas of tightness.



IT Band (outside of thighs): Side lying in a plank position. Position the foam roller under your hip moving up and down the outside of the upper leg between the hip and knee, pausing on areas of increased tension for maximum benefit.



Hamstrings and Adductor Complex (back of thighs and inner thighs): Sitting on the floor with knees bent, position the roller under your gluteals. Roll down to the knee and back up without forgetting both the inside and outside of the backside of your legs. Do both legs either at the same time or one at a time. *Single leg increases the load on the muscle group increasing the intensity.



Avocado and Pea Guacamole

This healthy guacamole with frozen peas is lower in fat and calories than traditional, but tastes just as delicious as the real deal. The peas add a subtle sweetness and give the guac a vibrant green color!

Ingredients:

- 1 cup frozen peas, slightly thawed
- 1 medium avocado, peeled, pitted and chopped
- Juice from 1 lime
- 1/2 cup grape tomatoes, cut into 1/4-inch dice
- 1/2 cup red onion, cut into 1/8-inch dice
- 1 jalapeno, seeded and minced
- 1/4 cup chopped, fresh cilantro
- 1-2 cloves minced fresh garlic
- 1/2 teaspoon sea salt

Directions:

Place peas in the bowl of a food processor or mini chopper and pulse until the peas are smooth.

Transfer peas into a medium bowl and add lime juice, tomato, onion, jalapeno, cilantro, garlic and salt.

Stir everything together with a fork. Add avocado chunks to the bowl and mix well, mashing the avocado as you stir.

Serve with an assortment of raw vegetables and tortilla chips.

Servings: 2

Calories: 91 cal, Carbohydrates: 10 g, Protein: 2 g, Fat: 5 g, Fiber: 5 g, Sugar: 3 g

Recipe and Photo from <https://www.eatingbirdfood.com/healthy-guacamole-frozen-peas/#wprm-recipe-container-33767>



Gluteals (buttuks): While seated on the floor place the roller under your bottom, place either your right or left leg in a figure four position in order to expose and emphasize the gluteal muscle group rolling forward and back targeting all aspects of the gluteals.



A Stress Reduction Technique List

We all have stress at one time or another, and when it strikes, do you know how to manage the extra pressure and stress you feel – techniques that work for *you*? We are all unique and each of us responds differently to tension. It is wise to develop support tactics that keep you resilient and able to cope when you feel your worst.

Such techniques might include walking the dog, meditation, breathing techniques, listening to calming music or inspirational stories, and so many more. Make a list with whatever works for you. Look online for “*ways to manage stress*”, and you will come up with dozens of ideas to work with.

Have your list ready for whenever you might need it. Work on developing it when you are not stressed out! It will come in quite handy, and you will feel much more relaxed for having it available!

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Charred Broccoli, Lemon and Walnut Pasta

Ingredients:

- 1 head broccoli, cut into small florets and cut stalk into small pieces
- 3 tsp. olive oil
- 8 oz. penne or fusilli pasta
- 2 garlic cloves, crushed
- 1 Tbsp. roughly chopped walnuts
- Pinch chili flakes
- 1/2 lemon, juiced and zested
- 1/4 cup parmesan cheese, grated

Directions:

Heat the grill to high. Put the broccoli on a baking tray and drizzle over 1 tsp of the oil. Season and toss together. Grill for 8-10 minutes, tossing around halfway through, until crispy and charred.

Cook the pasta in salted water following pack instructions. Drain, reserving a cup of the cooking water.

In a frying pan, heat the remaining 2 tsp oil over medium heat, and fry the garlic, walnuts and chili flakes for 3-4 minutes until golden.

Tip in the pasta, broccoli, lemon zest and juice, reserving a little of the zest. Add a splash of the reserved cooking water and toss everything together to coat the pasta. Serve in warmed bowls with the remaining lemon zest scattered over. Top with parmesan cheese.

Recipe and photo by <https://www.bbcgoodfood.com/recipes/charred-broccoli-lemon-walnut-pasta>