

### Strengthening Exercises for Beginners

For a beginner, it's VERY IMPORTANT to perfect your FORM... not only to avoid injury, but also, to make sure you're getting the most out of your exercise. It's worth it to take a few minutes before each different exercise to feel it out and make sure you're doing it right before you start counting reps.

#### Chair Squat

If you aren't familiar with squats or are worried about your form – try this. Stand in front of a chair with feet shoulder width apart. With your arms straight out in front of you, start sitting down just like you were going to sit in the chair, but as soon as you make contact with the chair stand back up steadily (you never actually sit down). When actually performing the exercise, you should be looking forward with your face straight ahead, but just to make sure you are using the right form, look down at your knees the first few times – they should NEVER go out further than your toes. Your hips and glutes should be pushing back and then pulling forward when you come up.



#### Seated Ab Rotation

Sit straight up with good posture (back flat, abdominals engaged) holding a medicine ball or dumb bell (or any object with the weight you would like) in front of your torso – elbows slightly bent. Keeping your abs contracted, rotate your torso to the right (WHILE KEEPING HIPS AND LEGS FACING DIRECTLY FORWARD). Contract abs to bring back to center and then go left. Move slowly, concentrating on the contraction of the torso.



### Spaghetti Squash Alfredo

#### Ingredients:

- 4 lb. spaghetti squash
- 1/4 tsp pepper
- 1/4 tsp salt
- 3 tbsp. butter
- 1 cup half and half
- 4 tbsp. mozzarella cheese
- 1 cup parmesan cheese

#### Directions:

1. Scoop out and discard seeds from spaghetti squash halves. Prick outsides all over with sharp knife; season insides with 1/4 teaspoon with each salt and pepper. Microwave, cut sides down, on large microwave-safe plate on high 10 minutes or until tender.
2. Meanwhile, in small saucepan, heat half-and-half and butter to simmering on medium-low; simmer 5 minutes, or until reduced slightly, then whisk in finely grated Parmesan cheese. With fork, scrape flesh of each squash half to separate into strands, leaving 1/2-inch border on sides; divide sauce among halves and top each with 2 tablespoons shredded mozzarella cheese. Broil 1 to 2 minutes or until bubbly and browned in spots.
3. Optional: Serve with green salad.

Serves 4

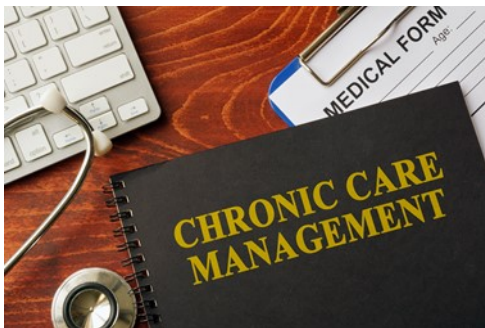
Recipe and photo by <https://www.goodhousekeeping.com/food-recipes/a11886/spaghetti-squash-alfredo-recipe-ghk1114/>

## Glute Bridge

Start by lying face up on the floor with arms to the side, knees bent, and heels on the ground. Lift your hips off the ground until knees, hips, and shoulders are in a straight line making sure to squeeze your glutes as you reach the top of the movement. All of your weight should be balanced between your shoulders and your feet. After holding for 2-3 seconds, slowly lower your hips back to the ground and allow it to slightly touch the ground before completing another rep. Try performing 2 sets of 8-10 reps of these exercises 2-3 times per week to start seeing results.



## Staying Healthy with a Chronic Health Condition



Are you living with a chronic health condition? Have you gotten it under control only to have symptoms return? Perhaps you are underestimating the power of complacency. When we feel good, often we don't think about our condition at all. We should. It is easy to drift towards

doing things, going places, and eating/drinking things, or participating in activities that will cause a deterioration of our health likely when we are feeling good. During this period of feeling good we may tend *not* to participate in practices that will *keep* us healthy. It is important to stay aware of your chronic disease and practice willpower when it comes to staying on track for ultimate health. Of course, we all get off track sometimes, but getting right back on is important. None of us wants to get to a crisis point where our health is out of control.

## Raising Self Esteem for a More Resilient You

How do you feel about YOU? The better you feel about yourself, the more resilient and capable you will be at work and in your personal life. You will be better able to make decisions, be confident, and feel hopeful during tough times. If you struggle with your self-esteem, try the following to boost it.



## Wild Rice Soup

### Ingredients:

#### Creamy base

- 1 cup unsweetened almond milk
- 1/3 cup raw cashews
- 1/4 cup cooked cannellini beans, drained and rinsed
- 2 tablespoons white miso paste
- 2 teaspoons Dijon mustard

#### Soup

- 2 tablespoons extra-virgin olive oil
- 1 bunch scallions, white and light green parts, chopped
- 1 celery stalk, chopped
- 1 large carrot, chopped
- 8 ounces cremini mushrooms, sliced
- 1 teaspoon sea salt
- 4 garlic cloves, minced
- 2 tablespoons minced rosemary
- 1 bunch of thyme, bundled
- 1 1/4 cups cooked cannellini beans, drained and rinsed
- 1/2 teaspoon freshly ground black pepper, more for serving
- 4 cups water
- 1 cup cooked wild rice
- 1 to 2 tablespoons fresh lemon juice
- 4 cups chopped kale
- Chopped parsley for garnish, optional
- Pinches of red pepper flakes, optional

### Directions:

Make the creamy base: Place the almond milk, cashews, white beans, miso paste and Dijon mustard in a blender and process until smooth. Set aside.

Make the soup: Heat the olive oil in a medium-large Dutch oven or large pot over medium heat. Add the scallions, celery, carrot, mushrooms, and salt and stir. Cook, stirring occasionally, until the mushrooms are tender, 8 to 10 minutes. Add the garlic, rosemary, thyme, cannellini beans, pepper, and water and stir. Cover and simmer for 20 minutes. Remove the thyme bundle and stir in the cashew mixture, rice, 1 tablespoon lemon juice, and kale. Simmer over low heat until the kale is wilted, about 5 minutes. Season to taste and serve with more lemon juice, parsley, and pinches of red pepper flakes, if desired.

Note: If you're not serving the soup right away, it'll thicken as it sits. If desired, stir in up to 1 cup additional water if it gets too thick.

Serves 4

Recipe and photo from - <https://www.loveandlemons.com/wild-rice-soup/>

**Identify your positive qualities.** You can find a HUGE list at <https://www.berkeleywellbeing.com/positive-qualities-activity.html>. You may be surprised at how many positive traits you actually possess.



self esteem

**Catch your ANTS.** ANTS are automatic negative thoughts. Ask yourself why you are thinking this way? As you become more aware, you can begin to work on seeing things from a different perspective and you may not tend to go right to the negative thought as often.

**Cut the self-criticism.** If you make a mistake, realize that it happens to us all, and instead of criticizing yourself focus on the changes you should consider next time.

**Dealing with negative emotions** – Discouragement and bad feelings happen to everyone on occasion, but a wonderful life skill to have is being able to overcome a negative emotional response quickly. Don't blow things out of proportion and try to be reasonable. Going over and over things in your mind will not help. Instead, try to accept that these feelings are occasionally unavoidable and think of ways to help yourself to feel better. Use relaxing activities like talking to a friend or taking a walk.

**Validate your self-worth.** Gravitate towards people who make you feel positive about yourself, especially those who are good listeners.

**Try not to be critical of others.** Sometimes those who struggle with self-esteem are not only critical of themselves, but also critical of others. Accepting the shortcomings of other people not only makes your life easier, but you will also find that your relationships improve both with others and with yourself.

At the Gameplan for Living, we know that the future of healthcare is in the *prevention* of illness and injuries.

It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!

[www.gameplanforliving.com](http://www.gameplanforliving.com)

Questions / Support:  
[info@gameplanforliving.com](mailto:info@gameplanforliving.com)



## Blackened Shrimp Rice Bowls

### Ingredients:

- 2 ears yellow corn
- 1 large (4-oz.) poblano chile
- ⅓ cup plain whole-milk Greek yogurt
- ½ cup fresh parsley leaves
- ¼ cup chopped fresh chives
- 1 ½ tsp. kosher salt, divided
- 1 lb. extra-large shrimp, peeled and deveined
- 2 tsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. garlic powder
- ¼ tsp. black pepper
- 2 Tbsp. extra-virgin olive oil
- 3 cups cooked white rice
- 1 (14-oz.) can black beans, drained and rinsed
- 2 avocados, halved, peeled, and thinly sliced

### Directions:

1. Preheat grill to very high (500°F and up). Place corn and poblano on oiled grates; grill, uncovered, until char marks form, turning occasionally, about 10 minutes.
2. Remove and discard skin, seeds, and stem of poblano. Place poblano in a blender with yogurt, parsley, chives, and 1 teaspoon of the salt. Blend until smooth, about 1 minute. Cut corn kernels from cob; reserve kernels.
3. Toss together shrimp, chili powder, cumin, garlic powder, black pepper, and remaining 1/2 teaspoon salt in a medium bowl until combined. Thread shrimp onto skewers. and drizzle with oil. Place shrimp skewers on oiled grates; grill, covered, until lightly charred and cooked through, about 2 minute per side.
4. Divide rice among 4 serving bowls. Top with shrimp, black beans, avocado, and reserved corn kernels. Drizzle with poblano dressing.

Recipe by Anna Theoktisto Photo by Victor Protasio  
<https://www.southernliving.com/recipes/blackened-shrimp-rice-bowls>