

January 2012 ... New Beginnings and New Resolutions

The holidays have passed! The New Year has begun ... Did you know that one of the most common resolutions each year is to “get fit”?
As you begin to create our own “get fit” goals for 2012, consider these convincing reasons to make exercise a part of your healthy habits.



Exercise can help you sleep sounder and longer so you feel more awake during the day.

People who get at least 150 minutes a week of moderate exercise or 75 minutes of vigorous exercise (national exercise guidelines) reported better sleep and less daytime fatigue than those who didn't. Study from Oregon State University:
<http://yourlife.usatoday.com/health/story/2011-12-02/Study-More-exercise-could-make-for-better-sleep/51580450/1>

Exercise not only builds muscles, but helps us to build strong bones.

Young people who exercise regularly achieve greater peak bone mass than those who do not. Bone mass generally peaks by age 30; after that we begin to lose bone mass. To help prevent bone loss that can lead to osteoporosis, exercise regularly.
http://www.niams.nih.gov/Health_Info/Bone/Bone_Health/Exercise/default.asp

Exercise helps combat stress and improve your mood, so if you are feeling in a slump ... Get out and tackle those endorphins!

Physical activity increases the production of your brain's feel-good neurotransmitters called endorphins. This is also linked to an increase in self-confidence and lowers the symptoms associated with mild depression and anxiety.
<http://www.mayoclinic.com/health/exercise-and-stress/SR00036>

Exercise helps regulate blood pressure.

Regular physical activity makes your heart muscle stronger. A stronger heart can pump more blood with less effort. If your heart can work less to pump the blood through, the force on your arteries decreases, thus lowering your blood pressure.
<http://www.mayoclinic.com/health/high-blood-pressure/HI00024>

Recipe of the Month Puffy Chile Rellenos Breakfast Casserole

Ingredients:

- 2 cans (7 oz each) whole chilies
- 4 corn tortillas cut in wide strips
- 1 pound jack cheese shredded
- 1 large tomato sliced
- 8 eggs
- ½ cup milk
- ½ teaspoon of each: salt, pepper, ground cumin, garlic powder and paprika



Preparation:

Remove seeds from chilies.
Lay chilies in the bottom of a 9 inch square baking dish.
Top with ½ of the tortilla strips and ½ of the cheese.
Arrange tomato slices on top. Repeat layer.
Beat together eggs, milk, salt, pepper and garlic powder.
Pour evenly over casserole. Sprinkle with paprika.
Bake uncovered @ 350 for 40 minutes or until puffy in the center. <http://www.mealsmatter.org/>

Move of the Month: Eagle Pose Targeted Muscles: Neck and Shoulder Blades

How to:

- Hold your arms at your sides.
- Swing your arms toward each other, bringing your left elbow over your right.
- Bend your elbows so the back of your hands are touching.
- Hook one hand over the other so palms are facing one another.



For a visual watch the following demo:

http://www.ehow.com/video_2357527_yoga-eagle-arms-pose.html

Photo: <http://www.yogajournal.com/poses/785>

Save a Life!

January is National Blood Donor Month

Blood donors are especially important during this time of the year. According to the American Red Cross, during the holidays there is a serious shortage of blood.

Help relieve the shortage and give today!

<http://www.redcross.org/>

