

# September 2017 Newsletter

## PLANK IT THIS FALL!

**How To Plank :** Place the forearms on the ground with the elbows aligned below the shoulders, and arms parallel to the body at about shoulder-width distance. If flat palms bother your wrists, clasp your hands together.

**Straight-arm Plank :** This plank has been done at the top of push-up position. Kneel on all fours with hands directly under shoulders. Come onto toes, contract abs, and straighten legs; keep body in line from head to heels.



**Side Plank :** also called Vasisthasana in Yoga :

Lie on your side and prop up on your lower elbow. Engage your core and hips to raise your body off the floor so only your elbow and lower foot are touching. Hold the position for 10 seconds, then increase the duration gradually.

**On-the-Ball Plank :** Place shins and tops of feet on a [stability ball](#) with your hands on the ground in plank position. Engage your core, squeeze your butt muscles, and hold for 1 minute.



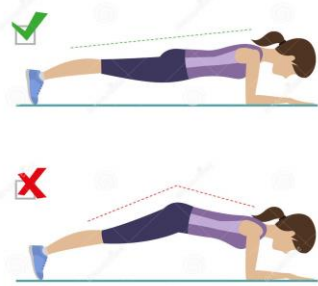
## Superman Plank :

While maintaining the **plank** position with the rest of your body, slowly lift and extend one arm and the opposite leg. Hold them in the raised position for five seconds (or less depending on how hard you're finding it), then return to the starting position. Repeat on the other side.



## Benefits of Planks :

1. Planks Strengthen Your Core Safely
2. You'll notice better posture
3. They help reduce back pain
4. Better movement and coordination



## Side Plank Vasisthasana

shoulders and hips stacked

balance on edge of foot

Modified pose



## September is Whole Grains Month

Despite all the carbohydrate *bashing* going on, some grains really are good for you. The key is to identify and choose **whole grains**. You want to mostly consume grains that contain the bran, germ and endosperm.

Depending on your weight and health goals, 2 to 6 half-cup servings daily is a reasonable goal.

Choose from :

- Amaranth
- Barley
- Buckwheat
- Corn
- Millet
- Oats
- Quinoa
- Wild Rice
- Rye

<https://www.healthcorps.org/september-whole-grains-month/>

## Yoga with Jenny this Fall!

**Gentle and Restorative Yoga**  
Starts Sunday, September 17<sup>th</sup>  
@ 12:15 am

Classes run – Sept. 24<sup>th</sup>, Oct. 1<sup>st</sup>,  
and Oct. 15<sup>th</sup>.

Signup sheet on front desk!

**YOU CAN'T SPELL  
CHALLENGE  
WITHOUT  
CHANGE**

IF YOU'RE GOING TO RISE TO THE  
CHALLENGE, YOU HAVE TO BE  
PREPARED TO CHANGE.

Health, Fitness, & Weight Loss

## Hungarian Mushroom Soup – Judy's favorite for Fall

This creamy mushroom soup is seasoned with dill, paprika, parsley and lemon juice. Sour cream is added at the end of cooking making the soup very rich and filling.

### Ingredients:

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1/3 c. unsalted butter            | 2-2/3 c. chicken broth       |
| 2-2/3 c. chopped onion            | 1-1/3 c. milk                |
| 1-1/4 lbs fresh mushrooms, sliced | 1/4 c. all-purpose flour     |
| 2-3/4 tsp dried dill weed         | 1-1/4 tsp salt               |
| 1 tbsl + 1 tsp paprika            | ground pepper to taste       |
| 1 tbsl + 1 tsp soy sauce          | 1/3 c. chopped fresh parsley |
| 2/3 c. sour cream                 |                              |

### Method:

Melt the butter in a large pot over medium heat. Sauté the onions in the butter for 5 minutes.

Add the mushrooms and sauté for 5 more minutes. Stir in dill, paprika, soy sauce and broth. Reduce heat to low, cover and simmer for 15 minutes

In a separate small bowl, whisk the milk and flour together, pour into soup and stir well to blend. Cover and simmer 15 minutes more stirring occasionally.

Finally, stir in salt, pepper, lemon juice, parsley and sour cream. Mix together and allow to heat thoroughly over low heat (3-5 minutes). Do not boil. Serve immediately.

Makes 8 servings



**Honeydew Kiwi Smoothie** : Save on calories and leave out the sugar in this recipe for a delicious all-fruit smoothie. Moreover, you'll get a hefty dose of vitamin C and potassium, which is great for healthy bones and teeth.

**Nutrition facts:** 110 calories, 0g fat, 27g carbohydrate, 3g fiber, 2g protein

**How to :** Blend together 2 cups cubed Honeydew, 1 small Granny Smith apple peeled, cored and cut up, 1 Kiwifruit peeled and cut up, and 1 tablespoon lemon juice (add a teaspoon of sugar if you want). Add some ice cubes and blend again until cubes are crushed and mixture is slushy. Garnish with fresh Honeydew and/or kiwi slices.

## Honey and Oatmeal Facial Scrub Honey, Oatmeal, Nutmeg, Lavender and Tea Tree essential oils are joined together in this simple exfoliating face scrub.

It may help to reduce breakouts, even skin tone, and moisturize. **You will need :** 1/2 cup of uncooked oats \* 2 tbsp honey \* 1 tsp nutmeg \* 15 drops Lavender essential oil \* 15 drops Tea Tree essential oil \* 1 tsp dried lavender (optional - Lavender adds that lovely fragrance) \*

**Here's how you do it :** Run oatmeal through the blender to break it up a bit and transfer back into the measuring cup. Add remaining ingredients and stir to combine. Add some more honey if necessary to combine. Transfer the scrub to a small Tupperware, or glass container with lid. Use this scrub as you would any other facial scrub/cleanser. Apply olive oil or other moisturizer as needed. One batch should last 2 weeks if used daily. Feel your soft skin!!

<http://homemadeforelle.com/honey-and-oatmeal-facial-scrub>

