



# Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services".

### Inside this issue:

How Much Physical Activity Do Adults Need?	1
5 Benefits of Doing Planks	1-2
How to Perform a Basic Plank	2
4 Common Plank Mistakes	2
Why Are Fried Foods Terrible For Your Health?	3

Physical activity is anything that gets your body moving. According to the *2008 Physical Activity Guidelines for Americans*, you need to do two types of physical activity each week to improve your health-aerobic and muscle-strengthening.

Adults need at least: 2 hours and 30 minutes of moderate-intensity aerobic activity (brisk walking, water aerobics, pushing a lawn mower) every week **and** muscles strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

**OR**  
1 hour and 15 minutes of vigorous-intensity aerobic activity (jogging, running, basketball) every week **and** muscle-strengthening activities on 2 or more days a week that work all the major muscle groups listed previously.

**OR**  
An equivalent mix of moderate and vigorous-intensity aerobic activity **and** muscle-strengthening activities on 2 or more days a week that work all the major muscle groups.

So what is aerobic activity? Aerobic activity or "cardio"

gets you breathing harder and your heart beating faster.

So what counts as muscle-strengthening activities? These are activities that should work all the major muscle groups of your body. To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help. A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8-12 repetitions per activity that count as 1 set. Try to do at least 1 set, but to gain even more benefits, do 2 or 3 sets.

### Special points of interest:

\* September 2015 Monthly Challenge Options: Complete the 30 Day Plank Challenge; Eliminate eating/cooking fried food for the entire month of September 2015.

Planking has become increasingly popular for core strengthening, and for good reason: it works, in large part because it engages multiple muscle groups simultaneously. What are some of the benefits you can expect

## 5 Benefits of Doing Planks



from adding this exercise to your regular routine?

1. A toned belly. Planking will help build your deep inner core muscles that lay the groundwork for that 6-pack look.

## 5 Benefits of Doing Planks (continued)

2. **Reduce Back Pain.** Planks work for back pain because they strengthen your core, which has the pleasant “side effect” of reducing back pain. They also strengthen your back muscles, especially in your upper back.

3. **Flexibility.** While building strength, planks also increase flexibility in your posterior muscle groups. The muscles around your shoulders, collarbone, and shoulder blades will expand and stretch, as will your hamstrings and even the arches of your feet and your toes.

4. **Improve Your Mood.** Virtually every exercise has the potential to give you a mood boost, and planks are no exception. Planks are unique, however, in that they help stretch and ultimately relax muscle groups that often become stiff and tense from prolonged sitting. The tension release that planks provide is uplifting for your spirit.

5. **Improve Your Balance and Posture.** To do a plank correctly, you must engage your abs to stay upright. Side planks or planks with extensions are

particularly beneficial for building balance, as are planks performed on a stability ball. To test and strengthen your balance, try a side plank with a leg raise—get into side plank position, then lift your top leg and hold for one count. Lower it and repeat, then switch sides. In addition, planks work all the muscles you need to maintain proper posture, like your back, chest, shoulders, abs, and neck. If you do planks regularly, you’ll find you’re able to sit or stand up straighter with ease!

## How to Perform a Basic Plank

- Hold your elbows directly under your shoulders and place your wrists in line with your elbows.
- Push your body up into your upper back and hold your chin close to your neck.
- In this position, brace your abdominals—contract them like expecting a punch in your stomach, squeeze

your gluteal and thigh muscles simultaneously while continuing to breath normally.

- Hold a plank at least 20-30 sec-



onds. Rest for approximately one minute and repeat 3-5 more times.

- Start doing the plank using your elbows and toes and progress up to a high plank when you feel you have developed the necessary strength.

## 4 Common Plank Mistakes

Proper form is very important when performing planks and overdoing it could lead to injury.

Be particularly careful doing planks if you have back pain or injury. And if you’re just starting out, try holding the plank position for several seconds only, slowly working your way up to where you can hold it longer. In addition, be careful to avoid these common plank mis-

takes:

1. Allowing your hips, head, or shoulders to drop
2. Placing your hands too close together, which creates internal rotation and instability at your shoulder joint
3. Holding your breath
4. Trying to hold the position too

long—it is better to maintain proper form for a shorter period of time than to hold improper form for longer

## Why Are Fried Foods Terrible For Your Health?

Fried foods damage your body and brain in many different ways, and it's not just a long term consequence, but a short term detriment as well. Face the facts:

- Fried foods clog arteries and lead to strokes and Alzheimer's
- Clogged veins and arteries cause heart attacks and aneurysms
- Canola oil is one of the top 3 GMO products (genetically modified to contain pesticides) in the US and is used by almost all restaurants and for nearly all fried products you find in stores.
- Canola oil is synthetic and deprives cells of oxygen, causing emphysema and respiratory distress
- Soy and soy by-products are almost all GMO
- Most fried food contain MSG to enhance "dead food" flavor
- Fried means inflammatory foods which create problems with joints
- Arterial plaque increases blood pressure
- Potatoes and most bread soak up the canola oil and turn to sugar in the stomach
- Empty calories are totally void of nutrients, so the body keeps searching for anything of nutritional value. Feeling "full" wears off sooner.



## Brandi's "Clean Eating" Recipe of the Month

### Baked Buffalo Chicken Jalapeno Poppers

#### Ingredients:

- 10 jalapeño peppers, sliced in half lengthwise
- 4 oz 1/3 less fat cream cheese
- 3 medium scallions, green part only, chopped
- 2 oz shredded low fat sharp cheddar (I used Cabot 50%)
- 4 oz shredded chicken
- 1/4 cup Franks Hot sauce (or any buffalo wing sauce)
- 1/2 cup egg whites, beaten
- 3/4 cup panko crumbs
- 1/8 tsp paprika
- 1/8 tsp garlic powder
- 1/8 tsp chili powder
- pinch salt and pepper

cooking spray

#### Directions:

Preheat oven to 350°F. Spray a baking pan lined with parchment or foil with cooking spray. Wearing rubber gloves, cut peppers in half lengthwise and scoop out the seeds and membrane. Combine cream cheese, cheddar and scallions in a medium bowl. Mix in shred-

ded chicken and hot sauce.

Combine panko, paprika, chili powder, garlic powder, salt and pepper in another bowl.

Fill peppers with chicken cheese filling with a small spoon or spatula.

Dip peppers in egg, then in panko mixture to coat and place on prepared baking sheet. Spray the peppers with more oil and bake until golden, about 25-30



minutes. Remove from oven and serve immediately. Serve hot. Makes 20.

Recipe from [skinnytaste.com](http://skinnytaste.com)

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