

# Positive Pulse Wellness Newsletter

Volume 2, Issue 1

July 1, 2015

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

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## Healthy Eating Recipes

Healthy eating recipes begin with nutrient dense foods from plants. In order to maintain a change to healthy eating, the foods we change to must be pleasing to the taste buds or we will return to the old, unhealthy way of eating.

Healthy eating recipes are going to be all about ingredients such as potatoes, rice, legumes (peas, beans, and lentils), or whole grains which simply replace animal products.

The next step is to add vegetables and some fruit. What kind of vegetables? Green ones, yellow ones, purple ones, orange ones, red

ones...create a colorful plate full of beautiful vegetables and fruit. Now that is a healthy meal!



Most families have a limited number of meals they eat over and over again. So, how many new healthy recipes or meal ideas will it take to replace the old unhealthy ones?

It is fun to explore new foods when looking for healthy eating recipes. One can begin by eliminating some of the unhealthy foods and recipes and adding some of the healthy ones, or one can just make the change all at once and reap the wonderful benefits of healthy eating.

**Special points of interest:**

- \* July 2015 Monthly Challenge Options: Complete the 30 Day Guns, Buns, and Ab Challenge; Try a new healthy recipe at least once a week for the month of July 2015.
- \* Mandatory Positive Pulse Wellness Screenings scheduled for July 7th, 2015.

## Taste Is Very Important With the Foods We Eat

There is no doubt about it, meals prepared with animal products are very tasty. So where do we start to create the tasty in healthy eating? Developing yummy tastes with healthy eating recipes start with ingredients such

as: onions, garlic, fresh and dried herbs, concentrated vegetable products, nuts, seeds, and wine.

Both Vietnamese and Thai cuisines are known for their balance of four taste senses

in each dish or overall meal:

- Sour
- Sweet
- Salty
- Bitter
- Spicy

## Eating Healthy On A Budget

With the economy struggling, many of us find we are cutting costs to ease our budgets.

Cooking at home instead of bringing home unhealthy take out meals or eating out is an easy way to save money.

Why not think about eating healthy on a budget as something the whole family participates in? Make a weekly trip to a local farmer's market. Produce is usually very fresh and affordable...and a twenty dollar bill goes a long way when shopping for produce in these local mar-

kets.



## Benefits of Strong Abdominal Muscles

Strong abdominal muscles are essential for a strong body. They help stabilize your torso, which reduces aches and pains in your lower back and hips.

However, if your belly is like jelly instead of a washboard, don't count on abdominal exercises to trim your tummy fat. Your genetics, diet, and overall activity level determine the amount of

fat stored in the abdominal area. The best way to reduce abdominal fat is a combination of aerobic and strength training exercise, plus eating only the amount of calories you need each day for your gender, age, and activity level.

**Exercise Guidelines:** Do the following exercises on the floor, keeping your feet, lower back, and tailbone in contact

with the mat. Keep your legs bent and feet flat on the floor, with your heels 12 to 18 inches from your buttocks.

**Reverse Crunches:** These are for your lower abdominal muscles. Lie on your back with your arms spread out to the sides and your palms down. Keep your feet flat and knees bent. Contract your lower abdominals to slowly curl your

hips off the ground about five inches, with your knees approaching your chest. Slowly lower your hips back down to the ground.

**Crunches with a twist:** These strengthen your obliques and lateral flexor muscles. Lie on your back with your ankles crossed and your knees bent and out to either side. Contract your abdominals to lift your shoulders and back off the floor. Twist trunk, bringing left elbow to right knee. Return to

floor and repeat to opposite side.

**Upper Ab Crunches:** These are for your upper abdominals. Lie on your back with your knees bent and feet flat on the floor. Grasp hold of your ears. This will keep you from locking your hands behind your head and putting too much pressure on your neck. While looking straight up and leading with your chin, contract your abdominals to curl your shoulders and upper back off the floor. At the same time, press your

lower back to the floor and exhale. Hold for two counts, then return to starting position while inhaling. Maintain proper form and keep your neck relaxed throughout the exercise.



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

### Tomato, Cucumber, Avocado Salad:

#### Ingredients:

- 1 1/2 Cups of chopped tomatoes
- 1 cucumber—peeled, seeded, then diced
- 1 avocado—diced
- 4 oz feta cheese—cubed
- 2 tbs minced red onion
- 1 handful parsley—minced—about 2 tbs
- 2 tbs olive oil
- 1 tbs red wine vinegar

8 twist of black pepper from a pepper mill

#### Instructions:

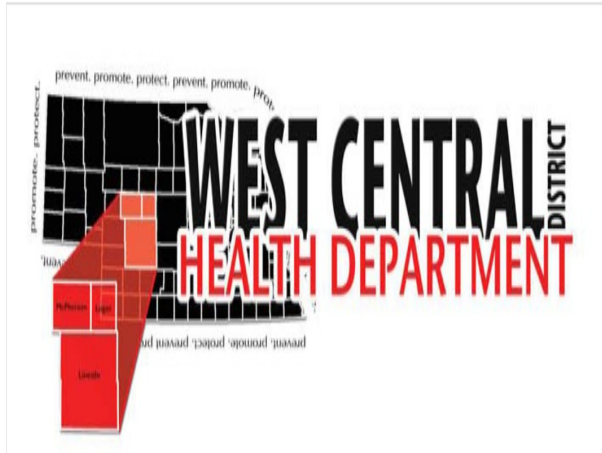
1. Chop tomatoes into a medium dice, add to a bowl
2. Peel and seed 1 cucumber and dice, add to bowl
3. Dice avocado and using a spoon scoop out the avocado from the peel, add to bowl.
4. Cube feta and add to bowl
5. Add minced red onion and minced

parsley to bowl.

6. Whisk together olive oil, red wine vinegar, and black pepper—pour over salad.
7. Toss gently so the feta and avocado don't break up. Serve immediately.
8. If refrigerating—keep the avocado aside and add before serving.



**Positive Pulse Wellness  
Newsletter**



## Business Name

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Your business tag line here.

We're on the Web!  
example.com



**Organization**

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a

listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a

regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.