

June 2019

Stretch, Stand and Stroll:

Whether your work day is physically demanding or sedentary, intentional movement is vital for optimal health. Take a few minutes during your break time to stretch out your muscles and reset your body to factory settings.

Reach for the stars. Interlace your fingers and reach up towards the sky, as high as you can, keeping your palms facing up.

Reach and bend. Extend your right arm over your head and reach out as far as you can to the left and gently bend over. Hold for a few seconds and do it the other way.

Knee hugger. With a bent knee, lift your right leg up and grab it with your arms and pull it in as close to your chest as you can. Hold for 5–10 seconds and make sure and do it on the left side, too.

Bobblehead. Drop your chin down towards your chest and gently roll your head from side to side.

Committing to Fitness at Work and Home

Life gets busy and it can be difficult to find ways to stay fit. If you work long hours, have family obligations or are just plain tired at the end of the day, check out these simple tips for fitting in fitness:

Make your workouts short: Quick bursts of exercise are proven to help curb appetites and improve your heart health. Try a brisk 10 minute walk on your lunch break!

Motivate yourself with simple habits: Give yourself a healthy reason to get up frequently, like drinking from a water glass that needs to be refilled. Check your posture every hour and stretch/adjust as needed.

Take the kids (or pup!) with you: Warm weather is finally here! Spend time with your kids (furry kids included) outside after work. Go for a family walk, short bike ride or just play in the yard. Not only will you benefit your health, they will have fun and burn off some of that extra energy!

There's an App for That!



Improve flexibility through goal-oriented video classes. World-class flexibility instruction, beautiful videos, descriptive voice cues, flexibility challenges, progress tracking, and more!

Stretch It

Cost: Free
Available on iOS & Android

Healthy Recipe: Quinoa Stuffed Sweet Peppers

Ingredients

- 1 quart water
- 2 medium sweet peppers, halved lengthwise and seeded
- 1 12 ounce pkg. frozen cooked quinoa with vegetables
- ¾ cup shredded reduced-fat Mexican-style 4 cheese blend
- 5 tbsp dry roasted salted sunflower seeds
- 2 tbsp snipped fresh basil or ½ tsp dried basil
- ½ tsp salt



Source: Better Homes & Gardens

Directions

1. Preheat broiler. In a medium saucepan, bring water to boiling. Add sweet pepper halves; boil 3 to 4 minutes or until tender. Using tongs or a slotted spoon, transfer peppers to a foil-lined baking sheet.
2. Meanwhile, microwave the frozen quinoa, ½ cup of the cheese, 4 tbsp of the sunflower seeds, the basil, and salt; stir well. Spoon quinoa mixture into pepper halves. Top with the remaining ¼ cup cheese.
3. Broil pepper halves 3 to 4 inches from the heat 1 to 2 minutes or until the cheese is melted and starts to brown. Just before serving, sprinkle with the remaining 1 tbsp sunflower seeds.

Community Events

REACH Rally & Run 5k

Saturday, June 29, 2019; Waupun, WI

Cost: \$25 Website:

runsignup.com/Race/Events/WI/Waupun/REACHRallyRun5k

Cougar Dash 5k

Saturday, July 4, 2019; Campbellsport, WI

Cost: \$30 Website:

runsignup.com/Race/WI/Campbellsport/CougarDash