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Movement at Work

Depending on your job, you may be sitting all day, or you may be on your feet all day. Research shows that we should move at least once every hour. Use these tips to help add movement to your workday.

- Use a step counting device or app to keep you motivated.
- Start a walking club.
- Get off the bus a couple stops early. Make this your new stop.
- Park further away in work the parking lot. Make this your normal parking spot.
- Start a lunch break exercise routine such as stretching, Pilates, yoga, etc.
- Try to take the stairs. If you need to go up 14 flights, take the elevator for half and walk the rest.
- Walk to do as many errands as possible. Walk to the bank on your lunch break or to the store to pick up groceries.
- Find a buddy to take a 15 - minute walk with you on your work break. Holding each other accountable will help you stick with it.
- Set a calendar reminder on your computer or phone to get up and move every hour.
- Make your meetings walking meetings.
- If you are on the phone, walk and talk.

Use It, or Lose It

Unfortunately, Alzheimer's disease is on the rise. Many lifestyle behaviors have been shown to slow down and even prevent the onset of the condition; one being limiting highly processed foods and excess sugar consumption.

Another important area of focus is to exercise your brain. Some activities that have been shown to help in prevention are:

- Complete crossword and number puzzles.
- Learn something new like a language, a musical instrument, or an art technique.
- Read and write often.

I consider my refusal to go to the gym today as resistance training.
~Author Unknown

Short and Sweet

The research is out; short bursts of exercise do indeed have a positive effect on our health. Don't let your schedule beat you! Give this a try instead ... Pick a day and commit to doing 3 bursts of short segments of exercise.

For example:

- First thing in the morning, run in place for 3 minutes, followed by jumping jacks and squat jumps.
- On your lunch break, commit to a short walk and some stretching.
- In the evening, put on some music and for the length of 2 songs do some strength training exercises such as sit-ups, plank variations and calf raises.

Knock Out the Night Time Munchies

Extra calories—even if they are coming from healthy snacks—are still a problem. Here are some tips to limit night-time mindless munching:

Have an after-dinner plan.

- It's harder to eat when you are physically doing something else. Try doing something that keeps your hands or body occupied.

Do not bring problem foods into the home.

- If ice cream is a food you tend to want to eat in the evening, do not bring it into the home. Instead, plan a special evening in which after dinner you visit a local ice cream parlor.
- The great thing is you're not depriving yourself, you're just having ice cream in its proper context.

Practice self-talk. If you wander into the kitchen, ask yourself out loud:

- "What I am doing in here?"
- "Am I really hungry?"
- "Am I eating out of habit?"

For a detailed guide email:
nutrition@willclower.com

Making Your Bones the Best

Caring for bone structure goes way beyond dietary measures. In fact, two areas that are extremely crucial for our bones are participating in strength training exercises and managing the stress in our lives. Both are great treatment and preventative measures for osteoporosis.

When it comes to bones, we tend to only think about calcium. Yet, healthy bones go way beyond that nutrient. Focus on eating a diet that is very rich in vegetables as they contain nutrients necessary to build and preserve a healthy bone structure. An easy way to make this happen is to try to have at least 2 servings of vegetables at both lunch and dinner. For example, enjoy a salad with lunch and one small sweet potato and a ½ cup of cooked broccoli with your dinner.

RECIPE CORNER

Butter Mochi

This is a very rich dessert so a little goes a long way. Mochi has its roots in Japan and has become a popular dessert that is naturally gluten-free.

You'll Need:

- 1 box or 3 ½ cups mochiko flour (rice flour)
- 1 ½ cups sugar
- 3 teaspoons baking powder
- 1 can coconut milk
- 1 ¾ cups cup milk
- 1 stick (1/2 cup) melted butter
- 5 eggs
- 1 teaspoon vanilla

Directions:

- Preheat oven to 350 degrees.
- Mix dry ingredients together.
- Next mix in remaining ingredients.
- Pour into a greased 9" x13" pan.
- Bake for approximately 1 hour or when a toothpick placed in the center comes out clean.

Note: Cut into 1- inch by 1- inch squares.