NINE YOGA STRETCHES TO HELP RELIEVE HIPS AND LOWER BACK PAIN

Courtesy of: ttps://www.beachbody.com/beachbodyblog/fitness/9-more-yoga-stretches-help-relieve-hip-lower-back-pain

Creamy Cauliflower Garlic Rice

277 Calories | 4g Fat | 45g Carbs | 8g Protein

INGREDIENTS

- 6-8 cups chopped cauliflower
- 4 cups vegetable broth + 2 cups water
- ½ cup milk
- 1½ cups brown rice (I used a brown rice blend)
- 1 teaspoon salt (plus more to taste!)
- 2 tablespoons butter
- 6-8 cloves minced garlic
- ½ cup Mozzarella cheese for topping (more to taste)

INSTRUCTIONS

1. Cook the rice according to package directions. Set aside.
2. Bring the vegetable broth and water to a boil in a large pot. Add the cauliflower and boil for about 10 minutes, until tender. Transfer cauliflower pieces to a blender or food processor.
3. Puree the cauliflower, adding milk or extra vegetable broth to get a smooth, creamy consistency. Season with salt. Pour over the cooked rice and stir to combine.
4. In a large nonstick skillet, melt the butter and add the garlic, sauteing over low heat until the garlic is very fragrant, about 3-5 minutes. Add the creamy rice mixture and stir until butter and garlic is incorporated. Add cheese on top or stir it throughout the rice to get it melted. Season with additional salt and pepper to taste.

Courtesy of: http://pinchofyum.com/creamy-cauliflower-garlic-rice

Roasted Detoxifying Vegetables

This roasted veggie combo is insanely and addictively delish--and it also packs a detoxifying punch. Yes, this delish salad helps your body to fight damaging free radicals and aids the liver in both phases of it's detoxification. Yes! who's got your back (and your body) baby? We do! ☺

Author: NutritionTwins.com
Serves: 6

- 4 Large Carrots (7-1/4" to 8-1/2" long, cut in sticks)
- 2 Large Turnips (about 2 -1/2 cups, cut in sticks)
- 1 small Rutabaga (about 2 cups cut)
- 1 medium- large parsnip (abotu 1 cup sticks)
- 4 watermelon beets (or two cups sliced) regular beets are ok)
- ¼ cup chopped parsley
- 2 cloves garlic, pressed (or as an alternative, blend them in food processor)
- dash of cayenne pepper (paprika is OK, if prefer)
- dash of cinnamon (optional)
- Olive in spray container
- ⅛ teaspoon sea salt

1. Preheat oven to 425 degrees. Spritz a baking sheet with oil to prevent sticking. Slice all veggies in large stick-like shapes except rutabaga. Chop rutabaga horizontally so that you get coin-shapes. Cut them in half to make a half moon-shape.
2. Lay the veggies on a flat layer on the baking pan and add parsley and spritz with olive oil so that all veggies are evenly very lightly coated with oil.
3. Mix the spices together in a small ball and sprinkle over veggies.
4. Place veggies in oven and allow to roast for about an hour, stirring them after about 30 minutes to prevent burning and cook evenly. The longer you roast them (without burning them, the sweeter they get).

Serving size: 1 Serving Calories: 88 Fat: <1 g
Carbohydrates: 20 g Sodium: 155 mg Fiber: 6 g Protein: 3g

10 tips

Nutrition Education Series

be food safe

10 tips **to** reduce the risk of foodborne illness

A critical part of healthy eating is keeping foods safe. Individuals in their own homes can reduce contaminants and keep food safe to eat by following safe food handling practices. Four basic food safety principles work together to reduce the risk of foodborne illness—**Clean, Separate, Cook, and Chill**. These four principles are the cornerstones of Fight BAC!®, a national public education campaign to promote food safety to consumers and educate them on how to handle and prepare food safely.

CLEAN

1 wash hands with soap and water

Wet hands with clean running water and apply soap. Use warm water if it is available. Rub hands together to make a lather and scrub all parts of the hand for 20 seconds. Rinse hands thoroughly and dry using a clean paper towel. If possible, use a paper towel to turn off the faucet.

2 sanitize surfaces

Surfaces should be washed with hot, soapy water. A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water can be used to sanitize surfaces.

3 clean sweep refrigerated foods once a week

At least once a week, throw out refrigerated foods that should no longer be eaten. Cooked leftovers should be discarded after 4 days; raw poultry and ground meats, 1 to 2 days.

4 keep appliances clean

Clean the inside and the outside of appliances. Pay particular attention to buttons and handles where cross-contamination to hands can occur.

5 rinse produce

Rinse fresh vegetables and fruits under running water just before eating, cutting, or cooking. Even if you plan to peel or cut the produce before eating, it is important to thoroughly rinse it first to prevent microbes from transferring from the outside to the inside of the produce.

SEPARATE

6 separate foods when shopping

Place raw seafood, meat, and poultry in plastic bags. Store them below ready-to-eat foods in your refrigerator.

7 separate foods when preparing and serving

Always use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry. Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK AND CHILL

8 use a food thermometer when cooking

A food thermometer should be used to ensure that food is safely cooked and that cooked food is held at safe temperatures until eaten.

9 cook food to safe internal temperatures

One effective way to prevent illness is to check the internal temperature of seafood, meat, poultry, and egg dishes. Cook all raw beef, pork, lamb, and veal steaks, chops, and roasts to a safe minimum internal temperature of 145 °F. For safety and quality, allow meat to rest for at least 3 minutes before carving or eating. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F. Cook all poultry, including ground turkey and chicken, to an internal temperature of 165 °F (www.isitdoneyet.gov).

10 keep foods at safe temperatures

Hold cold foods at 40 °F or below. Keep hot foods at 140 °F or above. Foods are no longer safe to eat when they have been in the danger zone between 40-140 °F for more than 2 hours (1 hour if the temperature was above 90 °F).

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.
Go to www.fsis.usda.gov for food safety information.

DG TipSheet No. 23
October 2012
USDA is an equal opportunity provider and employer.

MAKING EXCUSES

BURNS

ZERO

CALORIES

per hour.

HARLEY QUINN

DAREBEE TRIBUTE WORKOUT © darebee.com

10 sets or as many as you can do

REST up to 2 minutes

10 jump squats

10 squat punches

10 squat cross steps

20 punches

10 side kicks

10 hook kicks

20 high knees

10 front kicks

10 back kick extensions

COWBOY

NEILA REY WORKOUT ★★★★★ neilarey.com

1

30 jumping jacks

2

5 jump squats

3

10 lunges

4

20 climbers

5

10 planks w/rotations

6

30sec
elbow plank

7

10 basic burpees

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level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

lower back

NEILA REY WORKOUT © neilarey.com

Helps reduce lower back pain, tension and soreness

1

10 bottom to heels stretch

2

10 opposite arm / leg raises

3

10 back extensions

4

10 bridges

5

10 knee rolls

IN COLLABORATION WITH NHS choices

Power 25

DAREBEE WORKOUT © darebee.com

Use weights you can just do this routine with.
Pick up heavier weights the moment it gets easier.

12 alt bicep curls
3 sets | 20 sec rest

6 tricep extensions
3 sets | 20 sec rest

12 front arm raises
3 sets | 20 sec rest

6 side arm raises
3 sets | 20 sec rest

6 upright rows
3 sets | 20 sec rest

6 shoulder press
3 sets | 20 sec rest

SIX months to sexy legs

Travel Workout!

Repeat this circuit 2 times for intermediate training and 3 times for advanced training.

1. 20 Downward-Dog Leg-Lift to Knee Tuck (10 each leg)
2. 30 Lunge Knee Hops (15 each leg)
3. 30 Roundhouse Squat Kick (15 each leg)
4. 30 Sumo Squat Knee Up (15 each leg)
5. 30 Plank Leg Lift (15 each leg)
6. 20 Tip-Toe Squat
7. 15 Burpees
8. 30 Pistol Squat (15 each leg)

Please refer to the exercise appendix in the book for the detailed descriptions of these exercises.

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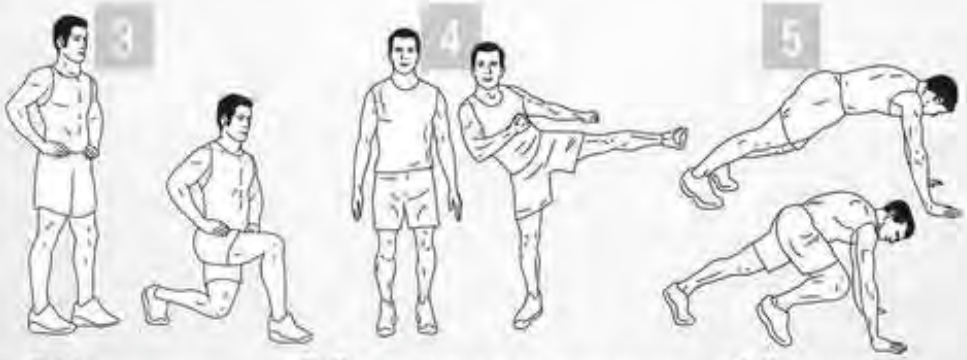
LEG DAY

NEILA REY WORKOUT

neilarey.com

20 squats

10 split squats



12 lunges

30 standing leg raises

20 climbers

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level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

Lean Thighs— No Lunges!

Grab a chair and try these easy moves to tone and firm, just in time for shorts season.

Fit in 6 Minutes

CHART YOUR PROGRESS
Check off a box for every set of exercises you complete.

Karate Kick

(1) Start in a squat, with both legs bent 90 degrees (don't let your knees extend past your toes) and your feet turned out. Use the chair for balance. (2) Come out of the squat, and kick your left leg to the side at hip height, foot flexed and facing forward. That's one rep; do three sets of 10, and switch legs.

Diagonal Lift

(1) Stand on your left leg, hands on the chair, and extend your right leg behind you, toes on the floor. Turn out your right leg so your shoelaces face the side. (2) Bend and lift your leg above hip height—keep your toes pointed, and rest your left hand on the seat. That's one rep; do three sets of 10, and change sides.

SCORE AWESOME LEGS

As you do each move, imagine someone is pulling your foot away from your body. That maximizes the stretch and actually lengthens your muscles.

Leg Extension

(1) Lift your right leg, knee bent 90 degrees and toes pointed, so your thigh clears the back of the chair and your toes hover above the seat. (2) Extend your leg behind you, rotating it out so your shoelaces face the side. That's one rep; do three sets of 10, and change sides.

Side Raise

(1) Stand, feet parallel, with your right hand on the chair and your left hand on your hip. Pull your belly in toward your spine. (2) Lift your left leg straight out to the side, about 45 degrees, toes pointed. Your shoelaces should face forward. That's one rep; do three sets of 10, and switch sides.

Meet Your Trainer Tracy Anderson is a top fitness guru who helps A-listers like Kate Hudson and Gwyneth Paltrow sculpt a lean, sexy figure. Check out her book, Tracy Anderson's 30-Day Method.

CHRIS CUTLER (LEGS) A. Grooming: Cynthia Dowling for Oribe using Oribe Hair Care; Kristin Ess Hair Care. Wardrobe: Fitness Gear: Nike; Shoes: Nike. Location: Fitness Center Sports Club/LA, Los Angeles. Special thanks to Tracy Anderson and Kristen Dowling at Kristen Dowling Management.

Saved from
i-simply-love-running.tumblr.com

Visit

NINE YOGA STRETCHES TO HELP RELIEVE HIPS AND LOWER BACK PAIN

Courtesy of: ttps://www.beachbody.com/beachbodyblog/fitness/9-more-yoga-stretches-help-relieve-hip-lower-back-pain

COWBOY

NEILA REY WORKOUT ★★★★★ neilarey.com

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5 jump squats

10 lunges

20 climbers

10 planks w/rotations

30sec
elbow plank

10 basic burpees

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

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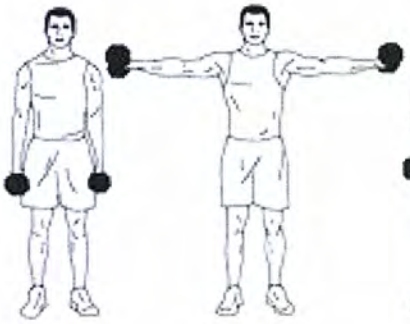
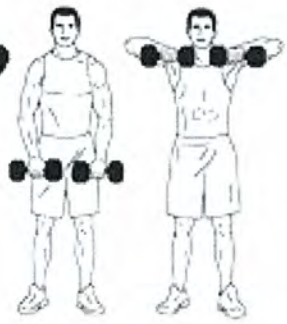


6 side arm raises
3 sets | 20 sec rest



6 upright rows
3 sets | 20 sec rest

6 shoulder press
3 sets | 20 sec rest

Parmesan Baked Pork Chops

Ingredients

- 4 boneless pork chops, 1/2" thick
- 1 Tbsp olive oil
- 1 c parmesan cheese
- 1 c Italian bread crumbs
- 1 tsp black pepper
- 1 tsp garlic powder

Rating:	84 Ratings 38 Family Tested & Approved
Comments:	273 Comments
Serves:	4
Prep:	5 Min
Cook:	45 Min
Method:	Bake

Directions

On a plate combine the last 4 ingredients. Rub the pork chops with olive oil and then dip (coat) each one in the cheese mixture. Press the mixture over the pork chops to make sure they are well covered in it. Line a pan with tin foil and spray with cooking spray. Place the pork chops on the pan and bake at 350 degrees for 40-45 minutes.

Courtesy of: http://www.justapinch.com/recipes/main-course/main-course-pork/parmesan-baked-pork-chops.html

lower back

NEILA REY WORKOUT © neilarey.com

Helps reduce lower back pain, tension and soreness

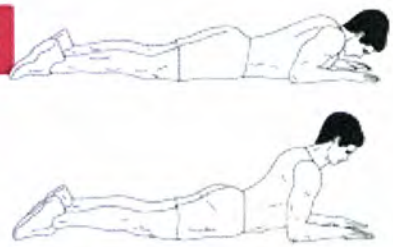
1

10 bottom to heels stretch

2

10 opposite arm / leg raises

3



10 back extensions

4

10 bridges

5

10 knee rolls

IN COLLABORATION WITH NHS choices

arms + core

HAND WEIGHT WORKOUT

do each exercise for 20-30 sec | repeat circuit 3x

RIGHT ARM

plank position

ONE-ARM FLYS

TRICEPS KICKBACKS

SERVE THE PLATTER

PUSH UPS

BOTH ARMS

boat pose position

SHOULDER PRESS

SHOULDER SHAPER

front view

side view

ARM CIRCLES

CROSSBODY PUNCHES

LEFT ARM

plank position

REPEAT RIGHT

pumps iron

PUMPSANDIRON.COM

Equipment I Used: Set of 5-lb hand weights

Set of 8-lb hand weights

As you can see, I used two different weights (light and medium), but you could definitely get away with just using one light pair. I only used the heavier ones for one exercise.

This workout flows from right to left. You'll start with exercises isolating the right side, move into exercises with both arms, and then end by isolating the left side. You go through that a total of **3 times,** taking a 30 to 60-sec rest in between each round (try not to rest between individual exercises; push to make it through the entire sequence before shaking out those arms!).

Your fitness level and the weight of the dumbbells you're using will determine how long you stay in each exercise. To start, do each exercise for 20 seconds. If you're more advanced, spend 30 seconds on each exercise. To help you gauge where you should start, when I did this workout using 20-second intervals, I was able to make it through the complete sequence without breaking. When I did it with 30-second intervals, I had to cheat and put my feet down a few times during the boat pose exercises.