Dance and Yoga – Fit & Fun

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July 2016
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National Dance Day
Have Fun Dancing your Way to Better Health!

Saturday, July 30th 10 am – 1 pm
Paradise Green in Stratford
on the corner of Main Street & Huntington Road

Rain Location: The Star Factory, 3520 Main Street, Stratford

Featuring demonstrations by local
dance studios, raffles, giveaways,
audience participation, lots of dancing
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Paradise Green en Stratford
En la esquina entre Main Street y Huntington Road

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¡Verá presentaciones de estudios locales de baile, loterías, presentaciones interactivas, muchos bailes, y más!

Para obtener más información e-mail
Gina Smith at: gina.smith@gethealthyct.org
Patrocinado por GetHealthyCT.org
The Many Health Benefits of Dancing

by Berkeley Wellness | November 20, 2014

With shows like Dancing With the Stars and So You Think You Can Dance in full swing, dancing is becoming one of America’s favorite pastimes. There is even National Dance Day, which was started in 2010 to “encourage Americans to embrace dance as a fun and positive way to maintain health and fight obesity.”

Dancing provides physical, psychological, and social benefits galore, so put on your dancing shoes and follow along.

Better balance, improved mood

Many studies have found that dancing can improve balance, even in frail elderly people. Some have shown improvements in gait, walking speed, and reaction time, as well as cognitive and fine motor performance. Dance studies have included jazz, ballroom, tango, folk, and a series of slow, low-impact dance movements—though any kind of dancing would likely be beneficial.

Interestingly, according to a review in the European Journal of Physical and Rehabilitation Medicine in 2009, dancing may help people with Parkinson’s disease, which is characterized by rigid muscles, slowed movement, and impaired balance.

Dancing may also be good for your mood. It has been shown to reduce depression, anxiety, and stress and boost self-esteem, body image, coping ability, and overall sense of well-being, with the benefits lasting over time. In one study, it even helped control “emotional eating” in obese women who eat as a response to stress.

The authors of a meta-analysis of 27 studies on the effectiveness of dance movement therapy, published in Arts in Psychotherapy this year, concluded that dancing should be encouraged as part of treatment for people with depression and anxiety.

Though other forms of exercise can have many of the same benefits, dancing is more appealing to some people, so they are more likely to stick with it.

For example, at the end of a study that compared tango dancing to mindfulness meditation, 97 percent of participants chose to receive a voucher for a tango class rather than one for mindfulness meditation. (By the way, the study found that both activities reduced depression, but only dancing reduced stress levels.) In another study, attendance was higher with waltzing than conventional exercise, possibly because “dance is a form of exercise in which movement, social interaction, and fun are mixed together,” the researchers said.
Dancing for heart health and weight control

If dancing gets your heart rate up, it can be a good form of aerobic exercise, which is good for your heart in general. One study even found that in people with stable chronic heart failure, slow-fast (interval) waltzing improved heart and blood vessel function and overall quality of life as much as a moderate aerobic exercise program did.

On average, a 150-pound person burns about 240 calories per hour when dancing. But the numbers vary a lot, from less than 200 calories per hour for slow dances like tango to about 350 calories for faster dancing like swing—and more than 500 calories for step aerobics dancing. Of course, for the more active dances you probably won’t dance a full hour.

Put on your dancing shoes

Because there are so many different types of dance, you should be able to find a style that suits you in terms of intensity (high-or low-impact, fast or slow), difficulty level, type of music you like, and whether you prefer to dance with or without a partner.

If you want an upbeat, calorie-burning style, you can try tap or swing, for example. If you want something more reserved, there is tango.

Foxtrot is a good choice for beginners; quickstep for more advanced dancers.

If you like your dancing more spicy, why not try salsa or mambo? Want to dance with passion? Flamenco may be your calling. If group dancing appeals to you, there is line and folk dancing.

In addition to dance studios that give individual and group lessons, many gyms have dance-fitness classes like Zumba that combine dance and aerobics; some incorporate styles like hip hop, Bollywood, and ballet along with Pilates or other core exercises. You can also search online for a variety of dance events in your area, sponsored by different dance groups or dance schools. In many cities, for example, you can find nightly salsa social dances, tango “milongas,” and swing “meetups.”

If you prefer to dance at home, there are videos and Wii Fit dance games (such as Golds Gym Workout and Just Dance)—or you can just crank up your own music and do your own thing.

Many hospitals, rehab facilities, and community centers offer dance therapy, such as Healthy-Steps (gohealthysteps.com), which incorporates the Lebed Method, a movement program originally developed for cancer patients. Another program, Dance for PD (danceforparkinsons.org), offers classes for people with Parkinson’s disease that integrate movements from traditional and modern dance; they are taught by trained dancers and accompanied by live music.

Bottom line: There’s no downside to incorporating dance into your regular physical activity routine, and it could help motivate you to get moving if you find other types of workouts, like treadmill walking or cycling, a little boring. People with medical conditions such as heart disease, Parkinson’s, arthritis, and vision impairment may benefit—afters they get their doctor’s okay in some cases.

Don’t overlook the social benefits: Dancing is a great way to spend quality time with a partner or meet new people if you don’t have a partner.

Source: http://www.berkeleywellness.com/fitness/active-lifestyle/article/many-health-benefits-dancing
Dancing as a Workout

By Jodi Helmer, Reviewed by Melinda Ratini, DO, MS on April 13, 2016

How It Works

Get ready to hit the dance floor! Dancing is a whole-body workout that's actually fun.

It's good for your heart, it makes you stronger, and it will help with balance and coordination.

A 30-minute dance class burns between 130 and 250 calories, about the same as jogging.

Sign up for a class. Your teacher will lead you through a series of choreographed steps. The focus might be on the footwork, but the series of leaps, turns, shimmies, and cha-chas engage the entire body.

There are lots of options. With dance-inspired workouts ranging from ballroom and ballet to hip hop and club dance classes, you’ll never be bored!

Intensity Level: Medium

The intensity depends on the type of dance you choose. Fast-moving dance styles like hip hop and salsa are more intense than slower dances like the tango or waltz. All of them will use your whole body and will challenge your brain as you learn the choreography and form.

Areas It Targets

Core: Yes. Depending on the type of dance you choose, some of the steps/moves will engage the core muscles.

Arms: Yes. Although most dances focus on your lower body, you're also using your arms.

Legs: Yes. The choreography will have you doing moves that work your lower body, including your quads and hamstrings.

Glutes: Yes. Hip hop dancing and ballet include moves that engage the glutes.

Back: Yes. Dance uses your core muscles, including those in your back.

Type

Flexibility: Yes. Most dance-inspired workouts include moves that improve flexibility.

Aerobic: Yes. Dancing raises your heart rate. The more up-tempo the dance style, the better it is for your heart.

Strength: Yes. You won't be lifting weights, but your body weight counts, helping to build muscle strength.
Sport: No. You can enter dance competitions, but dance can be purely social or artistic.

Low-Impact: Yes. Dancing can be a high-or low-impact workout depending on the style of dancing.

What Else Should I Know?

Cost: Free if you already know how, or the cost of classes if you want lessons at a studio.

Good for beginners? Yes. There are dance classes aimed at beginners. If you're just starting out, give yourself time to learn the moves. It doesn't happen overnight, but it will happen eventually!

Outdoors: No. Most dance classes are taught in studios.

At home: Yes. You can dance anywhere.

Equipment required? It depends. Some classes will require specific shoes; for others (like hip hop) all you need are sneakers.

What Physical Therapist Ross Brakeville Says:

Depending on the style, you can improve your heart health, joint mobility, strength, balance/coordination, and an overall sense of well-being, making dance good for most everyone. If you can't afford classes, try a dance workout DVD or follow an online video at home.

If you have a medical condition such as diabetes or high blood pressure, take note on how you feel before, during, and after dancing. If you're not feeling right or it takes more than a few minutes to get back to "normal," check with your doctor before continuing.

Is It Good for Me If I Have a Health Condition?

Dancing is a fantastic activity if you have medical conditions such as heart disease, high cholesterol, or diabetes.

Dancing more intensely, for a longer time, is more of a workout for your heart. You can choose the dance style and intensity level that meets your needs. Your doctor can let you know what's OK.

If you have an injury, let it heal before you start dancing. If you have other physical limitations, you may have more options than you think. Integrated, or inclusive dance, introduced in the 1960s, is for people with physical and mental limitations. There are dance companies that include dancers in wheelchairs, for instance.

Dancing is a great way to keep fit during pregnancy, especially if you were a dancer before getting pregnant. Be careful with your balance during the second and third trimester, when pregnancy can add stress to your back. Ask your doctor about doing pelvic floor exercises like Kegels and core activities to improve your abs, low back, and hip strength as a complement to your dance training.

Source: http://www.webmd.com/fitness-exercise/a-z/dance-for-exercise
Dance for Fun and Fitness

SHAKE IT UP! DANCE MOVEMENTS 1
March in place for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
March in place with bicep arm curls for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
March in place with forward punching arms for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap

Step together with clap for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
Step together with bicep arm curls for 8 to 16 counts

March forward for 4 counts and clap
March back for 4 counts and clap
Step together 2 times for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
Step together 2 times and clap for 8 to 16 counts
Repeat

SHAKE IT UP! DANCE MOVEMENTS 2
Push hands up, out front, hands down, and jump up
Push hands up, out front, hands down, and jump up
Step to the left side 2 times
Step to the right side 2 times
Step to the left side, step to the right side
Step to the right side, step to the left side
Twist down
Twist up
Push hands up and spin around
Repeat

DANCE MOVEMENTS DEFINED
Bicep Arm Curls: Arms are straight out in front with palms facing up. Bend elbows and pull hands in toward shoulders.

Punching Arms: Arms are bent at sides with hands in a fist. Punch right arm out and back. Repeat with left arm.

Step Together: Step to the right with right foot, step together with left foot. Step to the left with left foot, step together with right foot.

Step Together 2 times: Step together twice in the same direction.

OPTIONAL DANCE MOVEMENTS
Knee Lifts: Bend leg at the knee and lift toward chest. Repeat with opposite knee. Keep back straight.

Kick Backs: Place feet shoulder width apart. With right foot stationary, bend left leg at the knee and kick heel back. Repeat movement with right leg.

Circular Arms Forward: Arms are straight at sides, lift right arm and rotate forward to make a full circle until arm is straight at side again. Repeat with left arm.

Circular Arms Backward: Arms are straight at sides, lift right arm and rotate backward to make a full circle until arm is straight at side again. Repeat with left arm.

Push Up Arms: Push right hand straight up toward the ceiling. Return right hand to side. Repeat with left hand. Push both hands straight up toward the ceiling. Return both hands to side.

Arching Arms: Arms are straight at sides with palms open, lift both arms to create an overhead arch and return to side.

Tips
• Feel free to vary the movements to your own pace and comfort level.
• Make up additional steps, or use the movements listed in the “optional dance movements” section of this handout.
Baile para la diversión y el ejercicio

Cambia sus movimientos de baile, # 1
Marche en lugar de 8 a 16 conteos
Marche hacia adelante por 4 conteos y aplaude una vez
Marche hacia atrás por 4 conteos y aplaude una vez
Marche en lugar flexionando sus brazos/bíceps por 8 a 16 conteos
Marche hacia adelante por 4 conteos y aplaude una vez
Marche hacia atrás por 4 conteos y aplaude una vez
Marche en lugar y perfore sus brazos hacia adelante por 8 a 16 conteos
Marche hacia adelante por 4 conteos y aplaude una vez
Marche hacia atrás por 4 conteos y aplaude una vez
Junte los pasos y aplaude por 8 a 16 conteos
Marche hacia delante por 4 conteos and aplaude una vez
Marche hacia atrás por 4 conteos and aplaude una vez
Marche en lugar y flexione sus brazos por 8 a 16 conteos
Marche hacia adelante por 4 conteos and aplaude una vez
Marche hacia atrás por 4 conteos and aplaude una vez
Junte los pasos 2 veces por 8 a 16 conteos
Marche hacia adelante por 4 conteos y aplaude una vez
Marche hacia atrás por 4 conteos y aplaude una vez
Junte los pasos 2 veces por 8 a 16 conteos
Repítalo

Cambia sus movimientos de baile, # 2
Empuje las manos arriba, adelante, y hacia abajo y salte
Empuje las manos arriba, adelante, y hacia abajo y salte
Tome un paso a la izquierda 2 veces
Tome un paso a la derecha 2 veces
Tome un paso a la izquierda, después a la derecha
Tome un paso a la derecha, después a la izquierda
Gire hacia arriba
Gire hacia abajo
Empuje las manos arriba y gire alrededor
Repítalo

Perfore sus brazos: Los brazos están doblados a los lados con las manos en un puño. Perfore su brazo derecho y retíralo de nuevo. Repita con el brazo izquierdo.

Junte los pasos: Tome un paso a la derecha y retírelo y próximo tome un paso con la izquierda.

Movimientos de baile opcional

Levantar las rodillas: Agarre una pierna en la rodilla y levante hacia su pecho. Repite con la rodilla opuesta. Mantenga la espalda recta.

Hacer círculos adelante y al revés: Con su brazo recto y lejos de su cuerpo, haga círculos hacia adelante y al revés, un brazo a la vez.


Arqueando sus brazos: Los brazos están rectos a los lados con las palmas abiertas, levante los brazos para crear un arco y vuelva al lado.

Ideas

Haga cambios a los movimientos de baile, con la condición de que se siente libre de dolor.
Crea sus propios pasos, o utilice los movimientos en la sección “Otros movimientos de baile.”

Flexione sus brazos: Los brazos están estirados hacia el frente con las palmas hacia arriba. Doble los codos y tire las manos hasta los hombros

Las definiciones de los movimientos

Flexione sus brazos: Los brazos están estirados hacia el frente con las palmas hacia arriba. Doble los codos y tire las manos hasta los hombros
Yoga is an ancient healing practice that has become increasingly popular in our modern, stressful world as a powerful way to stretch and strengthen the body, relax and calm the mind, enhance energy and lift the spirit. Doctors often recommend yoga to people over 50 because it can help lower blood pressure, ease pain and improve balance. But people stick with the ancient practice because they find it improves their mood, reduces stress and, simply put, makes them happier.

Unfortunately, many yoga instructors are not trained to adapt the practice to older bodies. And America's booming interest in yoga has lead to an increase in classes that are called yoga, but are actually "yoga-flavored" exercise classes taught by instructors whose yoga training may be limited to a weekend workshop.

Unless a yoga teacher creates a safe class designed for older adults, this practice meant to heal may cause harm. To safely reap the many benefits of yoga, it's important to understand these seven essential yoga facts:

1. **Yoga can be good medicine.** When new students come to my yoga class, I typically ask them what they're seeking from the practice. "Flexibility" and "stress reduction" are the most common answers, since most people associate yoga with stretching and relaxation. But that's changed in recent years, as a growing body of scientific evidence suggests that yoga offers many other health benefits including reducing high blood pressure, relieving back pain and improving sleep. Now when I ask new students why they've come to yoga, more and more people tell me that it's just what their doctor ordered. A strong part of this yoga-as-medicine trend is fueled by people over age 50, who represent the most diverse mix of abilities of any age group.

2. **Yoga is not just for the fit and flexible.** Saying that you're not flexible enough to practice yoga is like thinking that your house is too messy to hire a maid. The idea that you must twist yourself into a pretzel to do yoga is one of many common misconceptions. I've taught yoga to people with a wide array of health conditions including heart failure, osteoporosis, arthritis, fibromyalgia and back pain. The only requirement for practicing yoga is the ability to breathe.

3. **You don't have to stand on your head.** While some people over 50 are extremely healthy and able to do headstands and other challenging yoga postures, much more common are older adults who fit the profile of the "average" senior in America — 80 percent of whom have at least one chronic health condition and 50 percent of whom have at least two. Many also face other health challenges, such as artificial joints or prosthetic heart valves. That's why it's essential for older adults beginning yoga to find an appropriate class with an experienced and well-qualified instructor.
4. **There are many styles of yoga — from "hot" to gentle.** For example, ashtanga yoga is very athletic, while kripalu yoga tends to be gentler and viniyoga is generally done one-on-one in a therapeutic setting. If you attend a class that is too demanding for your specific level of fitness, you may risk injury. Be sure you're in a class that is appropriate for you, and inform the teacher of any health concerns or challenges you face. (See "How to Find a Good Yoga Instructor.") Older adults, particularly those who have been inactive, should look for a class called Gentle Yoga or one specifically geared to seniors.

5. **Yoga should never hurt.** The yogic approach is very different from the Western exercise mentality of "go for the burn." Ancient texts on yoga say that a posture should be "steady and comfortable" or, according to some translations, "relaxed and stable" or "sweet and calm." So if you're straining to push yourself into a posture suitable for a magazine cover, that's gymnastics or calisthenics but not yoga. Yoga invites you to move into each posture only to the point where you feel a sensation of pleasant stretch, then allow your breath to help the pose deepen and unfold. If it hurts — back off!

6. **Yoga is not just a workout.** Yoga is a powerful form of mind-body medicine that approaches health in a holistic manner, recognizing that physical ailments also have emotional and spiritual components. In one recent small study researchers at Boston University School of Medicine found yoga was better than walking to improve people's moods. The tools of yoga are postures, breathing practices and meditation, which work together to balance and integrate mind, body and spirit.

7. **Ask for help for a smooth start.** Consult your doctor for specific recommendations — especially if you have heart disease or any chronic health condition, if you've had surgery or are taking medications. Tell your doctor that you're planning to take yoga and ask for guidance, particularly about any specific movements or positions you should avoid. People with osteoporosis, for example, should usually avoid certain movements that can cause fracture — including bending forward from the waist and twisting the spine to a point of strain — movements commonly done in certain postures taught in many yoga classes. Responsible yoga teachers will ask you about your health and, in some cases, may seek your permission to work with your physician to create a yoga practice for you.

Source: www.aarp.org/health/fitness/info-01-2011/seven_ways_to_ease_into_yoga.html
7 razones para practicar Yoga

El yoga es una antigua práctica curativa que se ha hecho cada vez más popular en nuestro moderno y estresante mundo como manera poderosa de estirar y fortalecer el cuerpo, relajar y calmar la mente, aumentar la energía y levantar el espíritu.

Los médicos con frecuencia recomiendan yoga a los adultos mayores de 50 años porque puede ayudar a bajar la presión arterial, aliviar el dolor y mejorar el equilibrio. Pero las personas permanecen con la antigua práctica porque les mejora el ánimo, disminuye el estrés y, en pocas palabras, se sienten más felices.

Lamentablemente, muchos instructores de yoga no están capacitados para adaptar las técnicas a los cuerpos de los adultos mayores. Y como resultado del creciente interés de los estadounidenses en el yoga, han aumentado las clases que afirman ser de yoga pero que en realidad son sólo clases de ejercicio con "sabor" a yoga, dirigidas por instructores con escasa preparación, adquirida en talleres de fin de semana.

A no ser que el maestro de yoga instituya una clase segura diseñada para los adultos mayores, esta práctica que pretende curar puede causar daño. Para poder disfrutar los muchos beneficios del yoga, es importante observar los siguientes siete puntos esenciales sobre el yoga:

1. **El yoga puede ser buena medicina.** A los nuevos alumnos de mi clase de yoga, normalmente les pregunto qué es lo que buscan en la práctica. "La flexibilidad" y "la reducción del estrés" son las respuestas más comunes, puesto que la mayoría de las personas asocia el yoga con ejercicios de estiramiento y relajación. Pero eso ha cambiado recientemente; las cada vez más numerosas pruebas científicas sugieren que el yoga ofrece muchos otros beneficios para la salud, incluso puede bajar la presión arterial alta, aliviar el dolor de espalda y mejorar el sueño. Ahora cuando les pregunto a los nuevos alumnos por qué quieren practicar yoga, una mayor cantidad de ellos me dicen que es justo lo que les recetó el médico. Las personas mayores de 50 años, que representan la mezcla más diversa de habilidades de cualquier grupo de edades, son la fuerza principal detrás de esta tendencia de yoga como medicina.

2. **El yoga no es sólo para los que se mantienen en forma y son flexibles.** Decir que no es lo suficientemente flexible para practicar yoga es como decir que su casa está demasiado desordenada para contratar a una empleada doméstica. La idea de que se debe retorcer en forma de ocho para practicar yoga es uno de los muchos conceptos erróneos comunes. Les he enseñado yoga a personas con una gran variedad de enfermedades, incluso con insuficiencia cardíaca, osteoporosis, artritis, fibromialgia y dolor de espalda. El único requisito para practicar yoga es poder respirar.
3. No tiene que pararse de cabeza. Aunque algunas personas mayores de 50 años se mantienen extremadamente saludables y pueden pararse de cabeza y adoptar otras posturas de yoga que exigen mucho esfuerzo, son más normales y corrientes los adultos mayores que encajan en el perfil del estadounidense mayor "medio" —de los cuales el 80% padece por lo menos de una enfermedad crónica y el 50% padece por lo menos de dos—. Muchos también se enfrentan a otros desafíos de la salud, tales como las prótesis valvulares cardíacas o articulares. Por eso es imprescindible que las personas mayores que comienzan a practicar yoga encuentren una clase dirigida por un instructor con experiencia y una elevada cualificación.

4. Hay muchos estilos de yoga —desde el "intenso" hasta el suave—. Por ejemplo, el ashtanga yoga es muy atlético, mientras que el kripalu yoga tiende a ser más suave y el viniyoga se practica por lo general en un entorno terapéutico personalizado. Si asiste a una clase que le exige más de lo que le permite su estado físico, puede correr el riesgo de sufrir un daño. Asegúrese de inscribirse en una clase adecuada para usted, e informarle al maestro acerca de cualquier preocupación que tenga sobre su salud o los desafíos que enfrenta. Los adultos mayores, especialmente los que no se han mantenido activos, deben buscar una clase que se llama Yoga Suave o una dirigida específicamente a las personas mayores.

5. El yoga nunca debe causar dolor. El enfoque del yoga es muy distinto al enfoque occidental del ejercicio, con su mentalidad de "quemar calorías". Los textos antiguos sobre yoga dicen que una postura debe ser "fija y cómoda" o, según la traducción, "relajada y estable" o "suave y calmada". Si se esfuerza para adoptar una postura idónea para la portada de una revista, está haciendo ejercicios de gimnasia o calistenia, pero no de yoga. El yoga le invita a hacer los movimientos de cada postura sólo hasta sentir una sensación agradable de estiramiento, y luego intensificar y desarrollar la postura con su respiración. Si le duele, ¡desista!

6. El yoga no es sólo un programa de entrenamiento. El yoga es una forma poderosa de la medicina mente-cuerpo que de manera holística se enfoca en la salud, y reconoce que las enfermedades físicas también tienen componentes emocionales y espirituales. Las herramientas de yoga son las posturas, los métodos de respiración y la meditación, que juntos trabajan para balancear e integrar la mente, el cuerpo y el espíritu.

7. Pida ayuda para comenzar sin problemas. Consulte a su médico para que le dé recomendaciones especiales —particularmente si tiene una enfermedad cardíaca o cualquier enfermedad crónica, o si se ha operado o está tomando medicinas—. Explíquele a su médico que planea practicar yoga y pídale que lo oriente, especialmente acerca de cualquier posición o movimiento específico que debe evitar. Por ejemplo las personas con osteoporosis por lo general deben evitar ciertos movimientos que puedan ocasionar fracturas —incluso inclinarse hacia adelante desde la cintura o retorcer la columna vertebral hasta forzar el límite— movimientos comúnmente realizados en ciertas posturas que se enseñan en muchas clases de yoga. Los maestros de yoga responsables le preguntarán acerca de su salud y, en algunos casos, pueden pedir su permiso para trabajar con su médico para personalizar sus ejercicios de yoga.

Source: www.aarp.org/health/fitness/info-01-2011/seven_ways_to_ease_into_yoga.html
Basic Yoga Poses

Important: Please remember; never push your body to a point that causes pain. You will still get the benefit of the postures even if you are not very flexible. The best part is, if you do yoga on a regular basis your flexibility and strength will increase. Be sure to check with your doctor before beginning any exercise practice, especially if you have any health issues.

The basic yoga poses are a wonderful way to start in beginner's yoga. The poses are simple yet still very effective. They not only benefit your physical health but your emotional health as well by putting you in a more relaxed state of being.

Since I dislike strenuous exercise the first thing in the morning doing yoga stretches is more my cup of tea. You can do yoga at home or find a local yoga center to join. But these basic yoga poses are easy to do at home.

Standing poses

Mountain pose:
1. Stand with your feet a hip width apart.
2. Press you feet into the floor and the top of your head toward the ceiling and away from your shoulder. This will elongate your spine.
3. You can leave your arms by your sides or raise them overhead with palms facing, elongating your arms as well by reaching toward the ceiling.

Standing hand to foot pose:
1. Stand with your feet a hip width apart.
2. Raise your hands above your head stretching as you did in the mountain pose.
3. Then extend your body forward bending at the hips.
4. Continue to bend forward as far as it is comfortable for you with hands pointed towards the ground.

Warrior pose:
1. Stand with legs wide apart.
2. Turn the toes of your right foot to the side and the heel of your left foot to the other side.
3. Press your head up away from your shoulders.
4. Keep your torso facing forward and raise your arms out to your sides at shoulder height.
5. Turn your head to look over your right arm.
6. Slowly bend the right knee and be sure to keep the knee in alignment above your ankle.
7. Your left leg will be stretched out behind.
8. Repeat on the other side.
Floor poses

*Child pose:* (one of my favorites, so relaxing!)
1. Sit on your heels and press the top of your head up and away from your shoulders.
2. Let your body bend forward at your hips until you can rest your forehead on the floor in front of you.
3. Now rest with your arms at your sides or if it is more comfortable you can place your hands under your forehead for more support.

*Note:* You can hold this pose and any of these poses for as long as it is comfortable for you.

*Spinal twist:*
1. Sit on the floor with your legs out in front of you.
2. Bend your right knee and place the sole of your right foot on the floor on the outside of your left knee.
3. Take your left arm and place it around your bent right knee and twist your body to face toward the right.
4. Put your right hand on the floor behind you.
5. Repeat on the other side.

*Head to knee pose:*
1. Sit with legs out in front of you.
2. Bend your right knee so your right foot is pressed against the inner thigh or knee of your left leg, which remains out straight in front of you.
3. Raise your arms overhead and stretch upward and then bend forward that the hips while reaching for your left foot.
4. Bend forward only as far as it is comfortable for you.
5. Repeat on the other side.

*Variation of head to knee pose:* You can also keep both legs stretched out in front of you and bend forward as described above.

I hope you find these yoga poses enjoyable and relaxing. You can do them at any time of day and in any order. Remember this is your time to get away from the stresses of everyday life and these basic yoga poses will help.

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Chair Yoga

*Important: Please remember; never push your body to a point that causes pain. You will still get the benefit of the postures even if you are not very flexible. The best part is, if you do yoga on a regular basis your flexibility and strength will increase. Be sure to check with your doctor before beginning any exercise practice, especially if you have any health issues.*

1. **Forward Bend** – eases tension in upper back and neck.

   Breathe in and breathe out as you bend forward. Let your head and arms hang over your knees. Relax into the position and hold for a few seconds and keep breathing. Breathe in as you slowly come back up to seated position.

2. **Spinal Twist** – increases circulation and flexibility in the spine.

   Sit facing forward place your left hand on the outside of your right knee. Place your right arm over the back of the chair. Breathe in and breathe out as you twist to the right. Turn your head as well. Push against your right knee. Breathe normally and hold that position. Release slowly and come back to facing forward and repeat on the opposite side.

3. **Side Stretch** – increases flexibility of the spinal column, improves respiration, and reduces waistline.

   Sit facing forward with feet slightly apart, breathe in, and raise your arms out to the sides. Breathe out and bend to the left, reaching toward the floor with your left hand and your right hand pointing toward the ceiling. Breathe in come back to starting position. Repeat with your right side.

4. **Knee Squeeze** – relaxes lower back, improves digestion and respiration.

   Breathe out and breathe in and put both hands around the front of your knee pull your left knee to your chest, while holding the in breath. Lower your head to your knee hold for a few seconds and release slowly while breathing out. Repeat on your right side.
5. **Leg Lifts** – strengthen legs and lower back, and improves circulation to your legs and feet.

Sit and hold each side of the chair for balance. Breathe out and breathe in as you lift your straightened left leg and flex your foot. Hold for a few seconds and then slowly breathe out while lowering your leg. Repeat the same with your right leg.

6. **Sun Pose** – improves circulation to your head, massages internal organs, and limbers your spine and hips.

Sit back in the chair with legs apart and arms by your side. Breathe out completely then breathe in and with a sweeping motion bring your arms up over your head. Look up and stretch. Breathe out while bending forward between your legs and if you can put your palms on the floor. Slowly breathe in while raising back up with arms over head again, then lower your arms to the side.

I hope you enjoy these simple yoga stretches and experience improvement in flexibility and strength. Doing these yoga stretches once a day or even three times a week will be of benefit to your body, mind, and spirit. Namaste!

***

Please visit [http://www.livingwordsofwisdom.com](http://www.livingwordsofwisdom.com) for more yoga wisdom.
Are you looking to make your arms look more defined? Well, the 30 Day Dip Challenge can help you achieve that. A dip is an arm exercise that primarily targets your triceps but also engages your forearms, shoulders, chest and lower back. Dips strengthen and tone your arms, especially the triceps!

**How to perform the perfect Dip?**

1. Stand in front of a bench, chair or stable object facing away from it.
2. Sit on the edge of the bench and rest your hand behind your hips.
3. Raise your bottom off the bench and walk your feet forward.
4. Gradually lower your body down and keep your elbow at a small 90 degree angle.
5. Then, raise your body up and down with keeping your arms in a 90 degree angle and repeat.

If you want to make the dips more difficult, just place a weighted object in your lap.

For beginners, follow the (E) Easy Track. For advance performance, you should follow the (C)Challenging Track.

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Source: http://30dayfitnesschallenges.com
El reto del mes: El reto de fondo de tríceps

¿Quisiera que sus brazos luzcan más definidos? Pues bien, el reto de fondo de tríceps de 30 días puede ayudar a lograr ese objetivo. Este ejercicio de inmersión usando sus brazos se dirige principalmente a los tríceps y compromete sus antebrazos, los hombros, el pecho y la espalda baja.

Como hacer el fondo de tríceps

1. Párese frente a un banco, una silla o un objeto estable de espaldas.

2. Siéntate en el borde de la banqueta y descans sus manos detrás de sus caderas.

3. Levante la parte inferior de la banca y camine hacia adelante.

4. Lentamente baje su cuerpo hacia abajo y mantenga su codo en un pequeño ángulo de 90 grados.

5. A continuación, levante su cuerpo hacia arriba y hacia abajo. Asegúrese de mantener los brazos en un ángulo de 90 grados y repita. Si usted quiere hacer este ejercicio más difícil, basta con colocar un objeto pesado en su falda. Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, sigue las instrucciones difíciles (D).

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Source: http://30dayfitnesschallenges.com
Cauliflower “Rice”
Bringing Good Food For All

Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created A Pinch of Salt, offering hands-on cooking instruction and recreational classes focusing on the preparation of healthy, gourmet, yet practical meals. Currently, Chef Raquel is working closely with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal kitchens. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers’ markets and community gardens.

Cauliflower “Rice” (Gluten-Free)  Serves 4

**Ingredients:**
1 head of cauliflower
Salt and pepper, to taste

**Directions:**
1. Break cauliflower into florets (little trees), place in a food processor or blender and pulse until cauliflower turns into small rice size pieces.
2. In a pan heat 1 tablespoon of olive oil, add cauliflower “rice”, season with salt and pepper and cook for approximately 8 minutes, stirring often. Serve immediately.

Roasted Cauliflower  Serves 4

**Ingredients:**
1 head of cauliflower
Salt and pepper, to taste

**Directions:**
1. Break cauliflower into florets (little trees), place in a food processor or blender and pulse until cauliflower turns into small rice size pieces.
2. In a pan heat 1 tablespoon of olive oil, add cauliflower “rice”, season with salt and pepper and cook for approximately 8 minutes, stirring often. Serve immediately.

**Chef Notes:**
Did you know Cauliflower:
- Rich in vitamins and minerals
- Boast your brain health, vitamin B aids in brain development
- High in fiber

Chef Raquel Rivera-Pablo
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www.apinchofsalt.com
Raquel@apinchofsalt.com
Chef Raquel se graduó con honores en el programa culinario en el Instituto de Educación Culinaria después de terminar su pasantía en Le Bernardin en Nueva York. En 2009, el chef Raquel creó A Pinch of Salt, que ofrece instrucción práctica de cocina y clases recreativas que se centran en la preparación de sana, alta cocina, sin embargo, las comidas prácticas. Actualmente, el chef Raquel está trabajando estrechamente con el Consejo de Iglesias de Greater Bridgeport (CCGB) proporcionar una amplia educación de cocina en las despensas de alimentos locales y cocinas comida comunitaria. Chef Raquel es un apasionado de la educación de los grupos de jóvenes, familias, personas mayores y las comunidades sobre la importancia de la cocina saludable, la comprensión de la información nutricional, que se extiende de dólares de alimentos, la utilización de los mercados agrícolas y jardines de la comunidad.

**Coliflor “Arroz”** (Sin Gluten) 
para 4 personas

**Ingredientes:**
1 cabeza de coliflor
Sal y pimienta para probar

**Direcciones:**
1. Romper la coliflor en ramilletes (arbolitos), lugar en un procesador de alimentos o licuadora y el pulso hasta que la coliflor se convierte en piezas de tamaño pequeño de arroz.
2. En una cucharada heat1 sartén con aceite de oliva, añadir la coliflor "arroz", se sazona con sal y pimienta y cocine durante aproximadamente 8 minutos, revolviendo con frecuencia. Servir inmediatamente.

**Asado Coliflor** 
4 porciones

**Ingredientes:**
1 cabeza de coliflor
Sal y pimienta para probar

**Direcciones:**
1. Precalentar el horno a 400 grados.
2. Poner una olla grande con agua a hervir. Añadir la coliflor y cocine por 5-7 minutos. Retirar del agua y dejar enfriar.
3. Rotura de coliflor en ramilletes (arbolitos), rociar con aceite de oliva, sazonar con sal y pimienta. Asada en el horno hasta que se dore unos 25-30 minutos. Retirar del horno y disfrutar.

**Notas de Chef:**
**Sabias Coliflor:**
• Rico en vitaminas y minerales
• Cuentan con su salud cerebral, ayuda de la vitamina B en el desarrollo del cerebro
• Alto contenido en fibra

Chef Raquel Rivera-Pablo
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