

JANUARY 2021

Tips for Well-Being



Get Flexible!

To be truly fit, you need to be limber. The following stretches can help you achieve that goal.

Side Stretch

Stand straight with your legs spread comfortably. Clasp your hand above your head. Lean from the waist as far to the right as is comfortable without moving your hip. Repeat, leaning to the left.

Sitting Stretch

Sit on the floor with your legs extended and at least 6 to 10 in. apart. Keeping your back straight, bend forward with arms outstretched as far as is comfortable and hold the position for 8 to 10 seconds.

Horizontal Leg Stretch

Lie on your back with both legs outstretched. Be sure to keep the small of your back flat against the floor. Bend your right knee and raise it until your foot is a few inches off the floor. Keeping your leg straight, slide your left leg to the left along the floor. Slide it back and lower the other leg. Repeat, alternating legs.

Avoid These Stretches

The following stretches, although popular, may injure you or aggravate an existing ailment. Avoid:

- **The plow.** In this stretch, you lie on your back and raise your legs until your feet are resting on the floor behind your head.
- **The hurdler's stretch.** For this one, sit on the floor with one leg extended forward and the other extended behind you, with the knee bent.
- **The toe touch.** This familiar stretch requires you to bend at the hips to touch your toes, with your legs straight and knees locked.

New Year, New You!

Focus on becoming a healthier version of yourself by setting SMART goals.

Specific: Make your intentions clear by breaking down your larger objectives into smaller steps. If you would like to be more active, try walking on a lunch break or riding your bike to work.

Measurable: Finding a way to measure your goals is a great way to track progress. Plan out the number of steps you'd like to take per day or the minutes you'll dedicate to each exercise session.

Attainable: It's important to make sure your goals are achievable in order to set yourself up for success. For example, if you plan on running your first 5k, give yourself ample time to prepare for the event versus training last minute.

Realistic: Start small with your goals—you can always add to them later. If you don't have ample time for the gym, take a 15 minute walk on a lunch break or include a short exercise video at home.

Timely: Try to set a general timeframe to accomplish your goals, but remain flexible. There's nothing wrong with adjusting your schedule or overall plans, especially during a hectic time.



FEATURED RECIPE

Black Bean Burgers



Ingredients

- 1 can of 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- 1/2 cup cooked brown rice*
- 2 scallions (green and white minced, about 1/4 cup)
- 2 Tablespoons chopped fresh cilantro (or basil leaves or a combination)
- 1 garlic clove (peeled and minced)
- 1/4 teaspoon dried oregano or basil
- 1 teaspoon vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 whole-wheat buns

Directions

1. Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.
2. Add precooked rice*, scallions, cilantro, garlic and oregano, salt and pepper and mix until well combined.
3. Divide the mixture into 4 portions and form each portion into a patty about 3/4 to 1 inch thick.
4. Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole-wheat bun.

* Try using old-fashioned rolled oats, leftover cooked barley or Panko breadcrumbs instead of prepared rice. Serve with your favorite toppings, such as lettuce, tomato, guacamole, salsa, low fat cheese or low-fat yogurt.

Serves 4. Per serving: Calories: 274; Total Fat: 5g; Saturated Fat: 1g, Sodium: 668mg; Total Carbohydrate: 47g; Dietary Fiber: 12g; Protein: 13g