4 Simple Exercises You Can Do From Home

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**Plank** - This is a fantastic core exercise that will exhaust you in mere seconds if done properly. After you have mastered the basic routine, you can throw in extra moves for increased difficulty; for example raise each arm and leg one at a time while maintaining the proper position.

**Bodyweight Squat** – This is a simplified version of the classic squat. Using your arms to balance yourself, you can get a very effective workout by just using your own body weight. If more intensity is desired, you can always increase your reps.

**Pushups** – The standard exercise for general strength. These work the chest, triceps, and back along with virtually every other upper body muscle.

**Burpees** – While this exercise looks silly, it is simply exhausting. It is a great full body workout. To increase difficulty, add a jump or mountain climbers between each burpee.
Eggplant and Tomato Salad

- 1 large or 2 small eggplants
- 1 small and ripe tomato
- 1 large onion
- 1 small red pepper
- 2 garlic teeth pressed
- oil – for frying
- ¼ cup vinegar
- 1 tablespoon sugar
- 2 tablespoons tomato paste
- ¼ cup hot water (salt, optional, for taste.)

By Miriam Goodman

Two-Bean and Corn Salad

(makes 8 servings)

(www.healthcentral.comMesothelioma)

1/3 cup olive oil
2 tablespoons balsamic vinegar
1 teaspoon ground cumin
1 15 ½- ounce can Great Northern beans, rinsed, drained
1 15 ½- ounce can black beans, rinsed, drained
3 celery stalks, chopped
2 cups frozen corn kernels, thawed
1 medium-sized red bell pepper, chopped
1 cup chopped red onion
1/3 cup chopped fresh cilantro

Whisk oil, vinegar & cumin. Add other ingredients to coat. Let sit for 1 hour, tossing occasionally.

Catching some Z'z

While the new year may bring new resolutions and big future plans, make sure a good night sleep is always available. Researchers found that regularly getting fewer hours of sleep was associated with slightly higher body mass index, with sleep less than seven hours a night. Those who sleep more had a slightly lower body mass index. We know eating healthy and exercising is key to a healthy lifestyle, getting the proper hours of sleep is just as important! So feel good about that next nap!