Sleep Better with Yoga

3 Poses to Help Achieve Better Rest:

1. Legs-Up-the-Wall Pose
Sit on floor with one side of body grazing wall. Swing legs up against wall and slowly lower back and head to floor, keeping legs straight. Allow hands to fall out to sides, palms facing up. Breathe deeply, relaxing into pose. Hold for 1 to 5 minutes.

2. Child’s Pose
Kneel on mat with big toes touching and knees spread mat-width apart (A). Lower torso between knees, bringing forehead to rest on mat and extending arms (B). Breathe deeply, holding for up to 1 minute or even longer.

3. Happy Baby Pose
Lie on mat and pull knees to chest (A). Place hands on outsides of feet, opening knees wider than torso. Press feet into hands while pulling down on feet, creating resistance (B). Breathe deeply, holding for up to 1 minute.

Read more: http://www.prevention.com/fitness/yoga/relax-and-unwind-yoga#ixzz2TrlcTDDt

8 Tips for Exercising in the Summer Heat!

1. The time of day is important. Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout.

2. Wear loose, light-colored clothes. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

3. Sunscreen is a must. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days. Recommend “sport” sunscreens, they tend to stay on a bit better especially while working out.

4. Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you’re done with your workout, have a few more glasses of water.

5. Replenish your electrolyte and salt intake while exercising. Recommend Gatorade/Powerade or any other electrolyte supplements.

6. If you can, choose shaded trails or pathways that keep you out of the sun.

7. Check the weather forecast before you start your workout. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

8. Most importantly, listen to your body.
Make a Healthy Snack!

Tips for Smoothies

- Some smoothie recipes call for ice cubes; try frozen fruit instead.
- Peel and cut up bananas into 1-inch pieces prior to freezing.
- To freeze fresh berries, spread a single layer on a jellyroll pan, freeze the fruit, and store in resealable freezer bags.
- Add yogurt, milk, flax seeds, silken tofu, wheat germ, or protein powder to the blender for an extra hit of nutrition.
- If a smoothie recipe calls for sugar, try it first without the added sweetener. You really might not need it, depending upon the natural sweetness of the fruit.
- Take a second to rinse out the blender right after you use it, even if you're planning to wash it later; dried-on fruit makes for slow clean-up.

Yummy Fruit

Ingredients:
1 (8 ounce) package cream cheese, softened
1 (14 ounce) can sweetened condensed milk
1 teaspoon fresh lemon juice

Directions:
In a medium bowl, blend cream cheese, sweetened condensed milk and lemon juice. Cover and chill in the refrigerator at least 3 hours before serving.

Remember! Going for a walk between meals can help keep your metabolism on its toes!

Get a Good Pair of Sneakers

Is your energy lagging? Though it may be the last thing you feel like doing when you're tired, exercise -- even a brisk walk -- can be more effective than a nap or cup of coffee at fighting fatigue.

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