

Healthy Steps to Wellness!

May 10 – May 16, 2015 is National Women's Health Week!

Ladies be sure to get your annual preventative exams and take charge of your health!



Did you know...

The brain only makes up about 2% of our body mass, yet consumes 20% more oxygen than any other organ in the body.



The human brain is approximately 75% water.

www.lifediscoverywellness.com



Prevent. Treat. Beat

May is Stroke Awareness Month! What is a STROKE? A stroke is a brain attack that cuts off blood flow and oxygen to your brain. There are two types of strokes: Ischemic and Hemorrhagic. Ischemic stroke occurs when there is an obstruction in a blood vessel supplying blood to the brain. One of the common causes of obstruction includes blood clots by gradual build-up of plaque and other fatty deposits. Hemorrhagic stroke occurs when a weakened blood vessel ruptures and blood leaks into the brain. However, the most common cause of hemorrhagic stroke is uncontrolled hypertension or also known as "high blood pressure".

Anyone can have a stroke at any given time regardless of age, gender or race. People who smoke or who have high blood pressure, heart disease, or diabetes are at a higher risk of getting a stroke. Nobody wants to have a stroke! Follow these stroke prevention tips that could help save your life: limit your alcohol consumption, quit smoking or limit the amount of cigarettes you smoke a day, monitor your blood pressure, eat foods that are healthier and stay active!

Spot a stroke **FAST!** You'll be able to save your life or the lives of others with these helpful tips!

- F**-ace: Ask the person to smile. Does one side of their face droop?
- A**-rm: Ask the person to raise both arms. Does one arm drift downward?
- S**-peech: Ask the person to repeat a simple sentence. Is their speech slurred?
- T**-ime: If the person shows any one or a combination of these signs call 911!



www.strokeassociation.org



Looking for more **HEALTHY CHOICES?** [CLICK HERE](#)



Strawberries and Your Health!

- Strawberries boost immunity! Vitamin C is a well-known immunity booster. Eating a cup of strawberries a day will give you 100% of Vitamin C.
- Strawberries promote eye health! The antioxidant in strawberries may help to prevent cataract.
- Strawberries help fight cancer! A phytochemical found in strawberries, called ellagic acid, has been shown to yield anti-cancer properties like suppressing cancer cell growth.
- Strawberries fight bad cholesterol! Phytochemicals in strawberries provide an anti-inflammatory effect that is good for the heart.
- Strawberries reduce inflammation! Antioxidants and phytochemicals in strawberries help to reduce inflammation of the joints, which may cause arthritis and can also lead to heart disease.

For more interesting health benefits, visit:
www.besthealthmag.ca.



HP1120: Hip Bridge

Category: Exercise

Body Part: Hip

Equipment: No Equipment

Purpose: Increase hip strength and muscular endurance.

webXercises

Instructions

Starting position

Begin lying on the floor, facing up. Bend knees so feet are firmly on floor with arms extended to sides.

Rehab Level:

Beginner

Muscle(s):

Gluteus maximus, biceps femoris, semimembranosus, semitendinosus, Glutes, Hamstrings

Benefits:

Improved stability, functional strength and injury prevention.



Movement

Activate core muscles. Lift hips off floor to attain a bridge position with knees, hips and shoulders in alignment. Slowly return to start position.

Initially, you may develop some cramping in the back of your thigh. A simple hamstring stretch, before and after, may prevent this from occurring.

Pasta with Sun-Dried Tomato Pesto and Feta Cheese

Ingredients

- 1 (9-ounce) package refrigerated fresh linguine
- 3/4 cup oil-packed sun-dried tomato halves, drained
- 1/4 cup loosely packed basil leaves
- 2 tablespoons slivered almonds
- 2 tablespoons pre-shredded fresh Parmesan cheese
- 1 tablespoon bottled minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup (2 ounces) crumbled feta cheese



Preparation

1. Cook pasta according to the package directions, omitting salt and fat. Drain through a sieve over a bowl, reserving 1 cup cooking liquid. Return pasta to pan.
2. While pasta cooks, place tomatoes and next 6 ingredients (through black pepper) in a food processor; process until finely chopped.
3. Combine tomato mixture and the reserved 1 cup cooking liquid, stirring with a whisk. Add to pasta; toss well to coat. Sprinkle with feta.

Nutritional Information: Calories 300 Calories from fat 30 % Fat 9.9 g Sat fat 3.3 g Mono fat 3.9 g Poly fat 1.6 g Protein 12.3 g Carbohydrate 42 g Fiber 4.3 g Cholesterol 61 mg Iron 3.1 mg Sodium 570 mg Calcium 141 mg

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