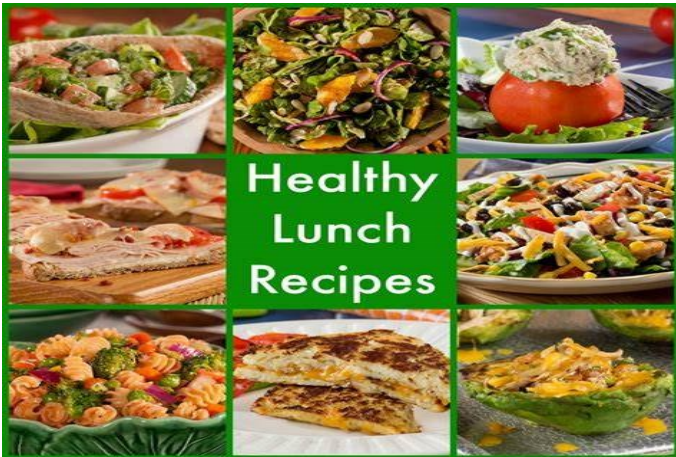


# Stay Health Fitness Wellness Healthy Weekly

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**Here are Five Great Healthy Lunch Recipes** to make right now, *according to certified Nutritionist-Dietitian Joyce Miller*. In this article, we'll share five delicious and nutritious dishes that are easy to prepare and will keep you satisfied until dinner. Whether you prefer salads, sandwiches, soups, or bowls, we have something for everyone. Here are our top picks for good healthy lunch recipes to make right now:

- **Kale and quinoa salad** with roasted chickpeas and tahini dressing. This salad is packed with protein, fiber, and antioxidants, and the tahini dressing adds a creamy and nutty flavor. To make it, toss some cooked quinoa and kale with olive oil, lemon juice, salt, and pepper. Then, roast some chickpeas in the oven with cumin, paprika, garlic powder, and salt until crispy. Finally, whisk together some tahini, water, lemon juice, garlic, salt, and pepper to make the dressing. Drizzle it over the salad and enjoy!



- **Turkey and avocado wrap** with hummus and spinach. This wrap is a great way to use up leftover turkey or chicken, and it's loaded with healthy fats, protein, and greens. To make it, spread some hummus on a whole wheat tortilla and top it with sliced

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turkey or chicken, avocado, spinach, and cheese (optional). Roll it up and cut it in half. You can also toast it in a panini press or skillet for a warm and crispy wrap.

- **Tomato and basil soup** with grilled cheese croutons. This soup is a classic comfort food that's easy to make and low in calories. To make it, sauté some onion and garlic in a pot with olive oil until soft. Then, add some canned tomatoes (with their juice), vegetable broth, basil, salt, and pepper. Bring it to a boil and then simmer for about 15 minutes. You can also blend it with an immersion blender or a regular blender for a smoother texture. For the grilled cheese croutons, cut some bread into cubes and toss them with melted butter and cheese (we like cheddar or mozzarella). Bake them in the oven until golden and crisp. Sprinkle them over the soup and dig in!



- **Chicken and rice bowl** with roasted vegetables and yogurt sauce. This bowl is a hearty and balanced meal that's easy to customize with your favorite ingredients. To make it, cook some rice according to the package directions. Then, season some chicken breasts with salt, pepper, and your favorite spices (we like cumin, coriander, and turmeric) and bake them in the oven until done. Cut them into bite-sized pieces. Next, chop some vegetables (we like broccoli, cauliflower,



carrots, and zucchini) and toss them with olive oil, salt, pepper, and your favorite spices (we like garlic powder, onion powder, and oregano) and roast them in the oven until tender. For the yogurt sauce, mix some plain yogurt with lemon juice, garlic, salt, pepper, and fresh herbs (we like parsley or cilantro). To assemble the bowl, layer some rice, chicken, vegetables, yogurt sauce, and more herbs if desired.

- **Tuna salad sandwich** with lettuce and tomato. This sandwich is a simple but satisfying lunch that's high in protein and omega-3 fatty acids. To make it, mix some canned tuna (drained) with mayonnaise (or Greek yogurt), mustard (or relish), celery (or onion), salt,



and pepper. You can also add some chopped hard-boiled eggs for extra protein if you like. Then,

spread the tuna salad on two slices of whole wheat bread and top it with lettuce and tomato slices. Cut it in half and enjoy!

*Content by Joyce Jones— Nutritionist-Dietitian*

**Sweet potatoes and white potatoes are both nutritious and versatile vegetables** that can be enjoyed in a variety of dishes. **But which one is healthier?** Here are some factors to consider:



**Vitamin A:** Sweet potatoes are rich in beta-carotene, a precursor of vitamin A, which is essential for vision, immunity and skin health. One medium sweet potato provides more than 100% of the daily value of vitamin A, while a white potato has none.

- **Vitamin C:** Both sweet and white potatoes are good sources of vitamin C, an antioxidant that helps protect cells from damage and supports wound healing and collagen synthesis. One medium sweet potato or white potato provides about 30% of the daily value of vitamin C.

- **Potassium:** Potassium is a mineral that helps regulate blood pressure, fluid balance and nerve and muscle function. Both sweet and white potatoes are high in potassium, with one medium potato providing about 15% of the daily value.

# Eat like your life depends on it, because it does!



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- **Fiber:** Fiber is a type of carbohydrate that helps lower cholesterol, stabilize blood sugar and promote digestive health. Both sweet and white potatoes contain fiber, but sweet potatoes have slightly more, with 4 grams per medium potato compared to 3 grams for white potatoes.

- **Glycemic index:** The glycemic index (GI) is a measure of how quickly a food raises blood sugar levels after eating. Foods with a high GI can cause spikes and crashes in blood sugar, which can affect energy, appetite and mood. Sweet potatoes have a lower GI than white potatoes, meaning they cause a more gradual and sustained rise in blood sugar.

Based on these factors, sweet potatoes may have a slight edge over white potatoes in terms of nutritional value, especially for vitamin A. However, both types of potatoes can be part of a healthy diet, as long as they are prepared in a healthy way. Avoid adding too much butter, cream, cheese or bacon to your potatoes, as these can add excess calories, fat and sodium. Instead, try roasting, baking or steaming your potatoes and seasoning them with herbs, spices or lemon juice. You can also enjoy both sweet and white potatoes with other vegetables, lean proteins and whole grains for a balanced meal. *Content by Lisa Towbin— Nutritionist-*



**Stretching in the morning is a simple and effective way to improve your health and well-being.** According to research, stretching can help increase blood flow, reduce muscle tension, enhance flexibility, and prevent injuries. Stretching can also boost your mood and energy levels, making you feel more alert and ready for the day ahead. Here are some of the amazing benefits of stretching in the morning and how to do it properly.

- **Stretching improves blood circulation.** When you stretch, you stimulate the blood vessels and increase the oxygen and nutrients that reach your muscles and organs. This can help lower your blood pressure, improve your heart health, and prevent cardiovascular diseases.

- **Stretching reduces muscle stiffness and pain.** After a night of rest, your muscles may feel tight and sore. Stretching can help loosen them up and ease the discomfort. Stretching can also prevent muscle cramps and spasms, which can interfere with your daily activities.

- **Stretching enhances flexibility and range of motion.** Flexibility is the ability of your joints to move through their full potential. Range of motion is the degree of movement that your joints can perform. Stretching can help improve both of these aspects, which can improve your posture, balance, coordination, and performance in physical activities.

- **Stretching prevents injuries.** By improving your blood circulation, muscle elasticity, and joint mobility, stretching can help reduce the risk of injuries such as sprains, strains, tears, and fractures. Stretching can also help you recover faster from injuries by promoting healing and reducing inflammation.

- **Stretching boosts your mood and energy.** Stretching can release endorphins, which are natural chemicals that make you feel happy and relaxed. Stretching can also help you cope with stress, anxiety, and depression by calming your nervous system and improving your mental health. Stretching can also increase your energy levels by stimulating your metabolism and enhancing your alertness.

To enjoy these benefits, you should stretch every morning for at least 10 minutes. You can do some general stretches that target all the major muscle groups or focus on specific areas that need more attention. You should stretch gently and gradually, without bouncing or forcing your movements. You should



breathe deeply and smoothly, without holding your breath. You should feel a mild tension in your muscles, but not pain or discomfort. If you have any medical conditions or injuries, you should consult your doctor before starting a stretching routine.

Stretching in the morning is a simple and effective way to improve your health and well-being. By doing it regularly, you can enjoy the amazing benefits of stretching and start your day on a positive note. *Content by Danny Brooks– Physical Therapist*

### stretches to start your day right



#### UPWARD STRETCH

Interlace your hands and press palms straight up, squeezing your biceps in toward your ears.



#### FORWARD FOLD

Bending your knees, hinge forward to bring ribs onto thighs. Hands can fall or grab opposite elbows. Let your head hang.



#### V-SIT

Bring legs into a wide, V shape. Bend from the hips and walk your hands forward on the floor.



#### CHEST STRETCH

Kneeling, interlock your fingers behind your body. Extend arms and pull hands away from your body, opening your chest.



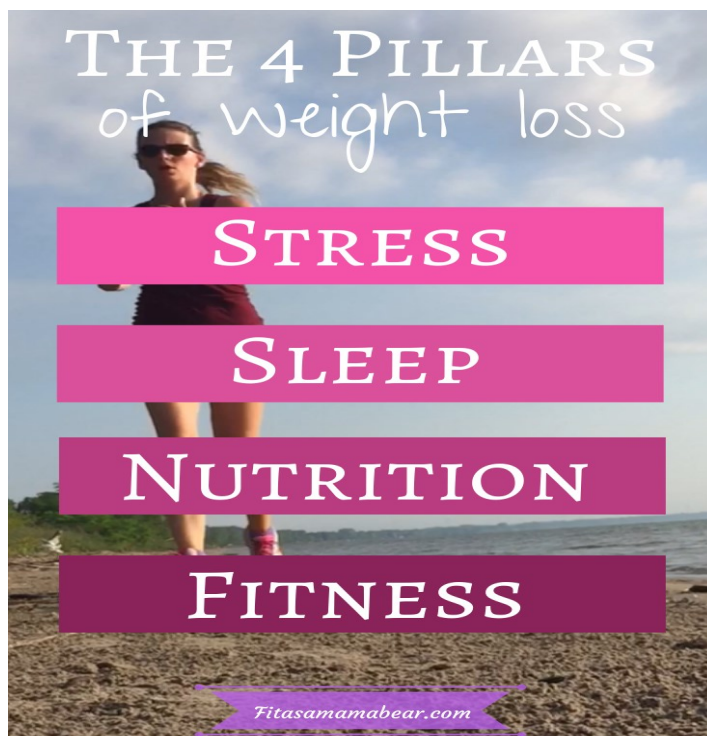
## Why is the pursuit to weightless so complex in today's world?

Weightless is a term that refers to the state of being free from the effects of gravity. It is often associated with astronauts, who experience weightless when they orbit the Earth or travel in space. However, weightless is not only a scientific phenomenon, but also a cultural and psychological one. Many people aspire to achieve weightless, either literally or metaphorically, as a way of escaping the pressures and constraints of their everyday lives.

However, the pursuit to weightless is not easy or simple. It involves many challenges and risks, both physical and mental. For instance, to become an astronaut, one has to undergo rigorous training and selection processes, as well as cope with the harsh and unpredictable environment of space. Moreover, weightless can have negative effects on the human body, such as muscle atrophy, bone loss, fluid redistribution, and vision impairment.

On the other hand, to achieve weightless in a figurative sense, one has to face the social and personal expectations and norms that shape their identity and behavior. For example, some people may strive to attain weightless by losing weight or following a certain diet or lifestyle. However, this can lead to unhealthy habits, such as eating disorders, excessive exercise, or substance abuse. Furthermore, weightless can also imply a loss of connection or belonging, as one may feel isolated or alienated from their family, friends, or community.

Therefore, the pursuit to weightless is complex in today's world because it involves a trade-off between freedom and security,



between individuality and conformity, between adventure and stability. It is not a straightforward or simple goal, but rather a multifaceted and nuanced one that requires careful consideration and balance. *By Jaye Kenzie SHW Research Team*



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