



FUEL

JANUARY

...YOUR BODY AND YOUR MIND

MOOD-BOOSTING FOODS

Since it's getting colder outside, it can be difficult to enjoy sunlight and fresh air, which may contribute to the winter blues. But, don't worry! Did you know that certain foods can help boost your mood?

When you eat nutritious foods, you're giving your body what it needs to feel good, stay energized and keep focused.

Foods like salmon, eggs and lean meats are great sources of protein and Omega-3 fats, which help boost your mood and give you energy. Try some scrambled eggs for breakfast to start your day off with a good mood, or try adding salmon to a salad to keep that energy going throughout the afternoon!

Looking for a snack? Try snacking on pumpkin seeds and almonds. Seeds and nuts are delicious and are full of fiber and other vitamins and minerals to keep you feeling great, both inside and out.

Or, if you're looking for a sweet treat, make a smoothie with berries, leafy greens and low-fat yogurt. Berries like cherries and blueberries are full of vitamins and antioxidants. Adding greens like spinach or kale provides iron and other beneficial nutrients.

Eating nutritious food leaves you feeling good and helps you to stay strong. Even if it's too chilly to get outside, eating the right foods can leave you feeling both satisfied and happy!



ACTIVITY CORNER

STETCH AWAY THE STRESS

YOGA POSES TO HELP RELIEVE MENTAL AND PHYSICAL STRESS

1. Child's Pose - This pose is calming and is a good starting position or rest position between poses. It helps to stretch your lower back, hips, thighs, knees and ankles and relaxes your spine, shoulders and neck. While kneeling on the floor with your toes together and your knees hip-width apart, rest your palms on top of your thighs. Lower your torso between your knees while exhaling. Extend your arms alongside your torso with your palms facing down and relax your shoulders toward the ground.
2. Cobra - This pose helps strengthen the back muscles, increase flexibility and stretch the chest, shoulders and abdomen. With your palms flat on the ground directly under your shoulders, bend your elbows and keep them close to your sides. Anchor your pubic bone to the floor and on an inhale, lift your chest off the floor. Roll your shoulders back and keep your low ribs on the floor.
3. Downward Facing Dog - Downward-facing dog strengthens your upper body while stretching the hamstrings, calves and arches of your feet. This pose can also help relieve back pain. Start on all fours with your hands spread wide and facing forward with toes tucked. While exhaling, push your hips up and back, straightening your legs. Use your arms for stability but keep your shoulders relaxed and away from your ears. Press through your heels and "pedal" your feet if you feel tight.

