

FOUNDATIONS TO A HEALTHY LIFESTYLE

WEEK 5

“Happiness is not something ready made. It comes from your own actions.”

- Dalai Lama XIV



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WEEK 5

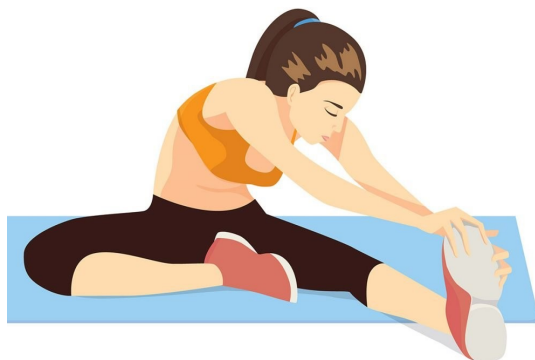
FITNESS CHALLENGE

FLEXIBILITY – STRETCH THREE TIMES WITHIN THE WEEK

Stretching may not be the most exciting part of working out, but doing flexibility work is just as important for a well-rounded fitness routine as strength and cardio work. Incorporating some stretching exercises into your workout schedule will help you improve flexibility, reduce tightness, and ultimately, make your workouts safe.

"Tight muscles can cause undue strain on the neighboring joints during normal daily function, or they themselves can become injured," Sasha Cyrelson, D.P.T., clinical director at Professional Physical Therapy in Sicklerville, New Jersey. As we age, our muscles get shorter and less elastic, she adds. "We need to take an active role in maintaining and improving the length of our muscles so we can continue to enjoy our abilities without pain."

Don't forget to download our Stretching Guide!



WEEK 5

NUTRITION CHALLENGE

PREP ANY 2 HEALTHY MEALS FOR THE WEEK

Amidst hectic weekday schedules, meal prep or meal planning is a great tool to help keep us on a healthy eating track. Although any type of meal prep requires planning, there is no one correct method, as it can differ based on food preferences, cooking ability, schedules, and personal goals. Some people cook individual portions of meals for breakfast, lunch and dinner throughout the week. Others cook just enough for two to three days of lunches and other prep just ingredients to make a meal.

TIPS FOR FOOD PREP

- Full make-ahead meals: You cook an entire meal and store it in your fridge or freezer.
- Batch cooking or freezing: Make multiple meals, then portion and store them. This approach is useful for recipes you can easily cook in large amounts (like big pots of soup, quinoa or mashed sweet potatoes).
- Meals for one: Prepare food and portion it in single-serving containers. (Usually enough to last a few days.)
- Ingredient prep: For people who like to cook and serve food all at once, just prep parts of recipes. Chop veggies, mix spices or marinade meat in advance to save time when you're ready to cook.

BENEFITS OF MEAL PREP

- You will save money Buy things in bulk, and don't forget to take advantage of your freezer. By planning your meals in advance, you will know exactly what you need to buy, instead of going to the store a few times each week to pick-up last-minute ingredients. You will also be freed from buying pricey meals at lunchtime.
- It will help you lose weight Planning your meals in advance is key to weight loss as you know exactly what you are putting into your body, and how much. A weekly meal prep routine allows you to control how many calories you are putting in everyday, which is the perfect recipe for weight loss.
- You will save time Although you do need to invest some time upfront to plan out your meals properly and to cook them, you will still end up saving time overall. Think about how much time we waste standing in front of the refrigerator, trying to figure out what to cook. Once your meals are prepared ahead of time, all you need to do is take them out of the fridge and heat them up!
- It will reduce stress Stress can affect your immune system, cause digestive issues, and disrupt your sleeping patterns. Coming home from work and trying to come up with a plan for dinner can be stressful. Relax knowing that your meal just needs to be heated up!

