

Sitting or standing a long time? Stretch!

Try these simple stretches to relieve stiffness or pain:

Neck Stretches: **1)** Lower your chin to your chest, keeping your shoulders straight. Hold the stretch 15-30 seconds. You'll feel tension in the back of your neck. Relax and slowly lift your chin to the starting position.

2) Rotate your head to one side. Keep your shoulders straight. Hold the stretch 15-30 seconds. You'll feel tension in the side of your neck and your shoulder.

Relax, slowly return to the starting position, and turn head to the other side. **3)** Tilt your head, moving your ear toward your shoulder. Don't move your shoulder. Hold the stretch 15-30 seconds. You'll feel tension in the side of your neck. Relax, slowly return to the starting position, and tilt your head to the other side.

Shoulder stretch: Place one hand under your elbow. Lift your elbow and stretch it across your chest. Don't rotate your body. Hold the stretch 15-30 seconds. You'll feel tension in the back of your shoulder. Relax, return to starting position and repeat with the other arm.

Leg and back stretches: **1)** Sitting, bring one knee toward your chest, gently pulling it toward you with hands at the back of your thigh. Keep back straight, and don't lean forward. You'll feel tension in your lower back and the upper part of your buttock. Hold the stretch 30 seconds. Relax, return to starting position and repeat

with other leg. **2)** Sit on the edge of a chair.

Straighten out one leg in front of you. Rest your heel on the floor. Bend forward at the hip until you feel a stretching sensation at the back of your thigh. Keep your back straight. Hold the stretch for 30 seconds.

Relax, return to starting position and repeat with your other leg. **3)** Stand up straight. Hold on to a desk or chair for stability. Grab one ankle or pant leg, and bring it back toward your buttock. You'll feel tension in the front of your thigh. Stay upright, keeping your back straight and your knees parallel to one another. Hold the stretch 15-30 seconds, return to starting position, and repeat the stretch with your other leg.

4) Stand up straight, fold arms in front of your chest, and rotate your trunk in one direction. Keep hips facing forward and feet hip-width apart. You'll feel tension in your back. Hold the stretch for 30 seconds, return to starting position and rotate in the other direction.

Always stretch gently, breathe freely throughout the stretch, and don't bounce. If you feel pain, you've gone too far. Do sitting stretches in a chair without wheels.

These stretches are from www.mayoclinic.com. See that site for photos of these stretches and more!

Recipe of the Week – Cranberry Lover's Muffins

Makes 12 muffins

- 1 egg (or ½ cup egg substitute)
- 1 cup orange juice
- 1/3 cup canola oil
- Grated rind of one orange
- 2 cups whole wheat flour
- ½ cup sugar
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ cup chopped walnuts (optional)
- 1 heaping cup whole raw or frozen cranberries

1. Beat egg in large bowl. Add oil, orange juice and grated rind.
2. In a separate bowl, mix flour, sugar, baking soda and baking powder, cranberries and walnuts.

3. Add flour mixture to the wet ingredients and stir until all the flour is wet.

4. Spray muffin tin with cooking spray. Spoon batter into muffin tins.

5. Bake at 375 degrees for 24 minutes (until golden brown). Cool in pan a few minutes.

Nutrition information per muffin:

Calories: 200	Total Fat: 10g
Saturated Fat: < 1g	Cholesterol: 15mg
Carbohydrates: 27.g	Dietary Fiber: 3g
Protein: 4g	

65% fewer calories, 64% less fat and 50% more fiber than a Honey Dew Donuts cran-orange nut muffin.

Tip of the Week **Eat breakfast every day.** People who eat breakfast are less likely to overeat later in the day and may find it easier to manage their weight. Breakfast also gives you energy for those busy morning hours!
http://win.niddk.nih.gov/publications/better_health.htm