



# May

2016

CCUD#1 Wellness Newsletter

To those of you who take the time to read this newsletter, thank you! It has been fun getting to design covers, themes, etc. and I am happy to know that mine and Mrs. Trotter's work doesn't go unnoticed! Please fill out the short survey to the right to help us make next year's newsletters even better! -  
John Halloran  
Editor



# May Munchies

Quick, easy, and  
healthy snacks  
to cure those  
mid-day  
munchies

# *\*Peanut \*Butter Honey \*Fruit Dip\**



## *INGREDIENTS:*

*1 cup non-fat plain  
Greek yogurt*

*¼ cup peanut butter*

*2 tablespoons honey*

*½ teaspoon cinnamon*

## *INSTRUCTIONS:*

*Mix all ingredients  
together and serve!*

## INGREDIENTS:

1 cup 1% cottage cheese

1 tbs chocolate PB2

1tbs instant sugar free butterscotch pudding

14-17 drops of English toffee Stevia

2 tbs original unsweetened almond milk

## INSTRUCTIONS:

Blend everything together very well in a food processor until smooth and you're done!

Place in a serving bowl and top with a few shakes of Kernal's Milk Chocolate Caramel seasoning (You can omit this if you cant find it but it's an amazing seasoning in the popcorn isle. Only 2-3 dollars so I suggest you at least look. You can sprinkle it on tons of other things as well)

Serve with apples and pretzels

# \*Peanut Butter Snickers Dip\*



# LOW CARB PUPPY CHOW ALMONDS



## INGREDIENTS:

3 cups roasted almonds

2 1/4 oz dark chocolate (6 squares of 85% Lindt chocolate)\*

2 Tbsp equivalent sweetener

1/4 cup almond butter (or any nut butter)

1 cup powdered sweetener

## DIRECTIONS:

In a large sauce pan heat the chocolate, sweetener, and nut butter over medium low heat. Once melted, add the almonds and stir to coat. Place the almonds in a plastic storage bag and add the remaining powdered sugar substitute. Shake the bag until the almonds are fully coated.

# SWEET CAULIFLOWER POPCORN



## *INGREDIENTS:*

*300g Cauliflower*

*1 Tablespoon Melted Coconut Oil*

*2 Teaspoons Cinnamon*

*2 Tablepoons Stevia*

## *DIRECTIONS:*

*Heat oven to 180°C – 360 °F.*

*In a large bowl, combine the cauliflower, melted coconut oil, sweetener and cinnamon. Make sure each piece is coated.*

*Transfer to a baking tray and spread in a single layer.*

*Place in oven for about 30 minutes.*

*Stir every five minutes to ensure the cauliflower is getting browned on all sides.*

# Cinnamon Coconut Butter

## INGREDIENTS:

- 8 ounce package of unsweetened coconut flakes
- 1/2 teaspoon ground cinnamon (can add more if desired)
- 1 1/2 tablespoons coconut oil, melted

## DIRECTIONS:

In a bowl of a food processor or blender, place all of the ingredients. Turn food processor on and let it work it's magic. This process will take a while to blend down to a coconut butter consistency. Stop halfway through processing to scrape down the sides of the processor or blender. Continue processing...yes a lot of processing in the food processor. Your food processor will be nice and hot after making your coconut butter but it's worth it!



# Summer Workouts

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## OUTDOOR CARDIO MELTDOWN



Who needs the treadmill? Grab a mat (or towel) and a timer and torch fat with this 10-15-20 Cardio Meltdown routine created by Lindsay Ferrer, personal trainer at EQUINOX in New York City.

**10 Long Jumps:** Do a long jump the length of your mat or towel, and then shuffle backwards to your start position.

**10 Pushups:** Kneeling or full, depending on your fitness level.

**15 Sumo Squats:** Stand up with your feet wider than your hips and your toes slightly turned out as you sit back into a squat.

**15 Burpees:** Start with a jump, and then squat down, place your hands on your mat, and jump out into a plank position. Jump feet back towards your hands, pop up into standing position, and finish with a clap at the top.

**20 Bicycle Crunches:** Lie on your back and bend both knees into your chest, hands clasped behind your head. Find a focal point to the left and right of your body. Look at those two focal points as you twist and crunch to each side, reaching your right elbow to your left knee, and vice versa.

**20 Mountain Climbers:** Start in a plank position and alternate driving your knees into chest, keeping your hips flat and parallel to the ground.

Make sure you time yourself performing the full meltdown, and try to beat your best time with your next workout, Ferrer says.

## STAND-UP PADDLEBOARD



Stand-up paddleboarding (SUP) is an amazing way to tone your whole body without feeling like you're exercising (Because it's fun, but it's not so easy.) Standing on a oversized long board, you use a paddle to navigate across flat, calm waters. Don't be fooled by how easy it looks. SUP requires the use of your entire body, with a major emphasis on core stability and control. Former pro surfer [Jodi Nelson](#) describes it as "hiking on water," making it a great choice for anyone who wants to add some water to their workout routine without having to swim in it.



## HIIT THE COURT



Have a basketball or volleyball court nearby? Make it your personal gym with this super-effective **high-intensity interval training** (HIIT) plan from Andrea Metcalf, celebrity fitness trainer and host of *Put Your Money Where Your Mouth Is*.

"This workout burns major calories and is what I did when I was training [to climb] Mount Kilimanjaro because it increases [maximal aerobic capacity]," Metcalf says.

How it works: Use the outline of a basketball court (or a similarly sized court) to perform the three fat-burning drills below.

**Sprints (5):** Sprint from one end of the court to the other, running forward and then jogging back backwards. Repeat 5 times total.

**Lateral hops (30):** Jump over and then back along the full court line, facing forward the whole time. Do 30 hops total (1-2 lengths of the court)

**Side shuffles (6):** Do side shuffles the full distance of the court and back,. Repeat 6 times total.

The entire workout should take about 15 minutes and will have you sweating buckets!

## FITNESS SCAVENGER HUNT



"Going for a fitness scavenger hunt is a great way to get outside and mix up your fitness routine," says Tanner Martty, a certified personal trainer at **LEAF Lifestyle** in Santa Monica, Calif.

How it works: First, map out your route (it could be a path you typically use for jogging or walking), and then list 5-10 bodyweight exercises (pushups, burpees, squat jumps, etc). Next to each move, write down a landmark you'll see along your path (park bench, red light, dog on a leash, or even a black convertible).

To start your scavenger hunt, head out on your route and every time you see one of your landmarks, do 10 reps of the corresponding move. For example, if you listed "park bench" next to pushups, hit the bench for a set of 10 incline or decline pushups every time you see one. It's a fun way to mix up your routine and add an element of play (and still keep plenty of sweat) to your typical route.

"In addition to being a great workout, this will also keep your mind in the present moment, which is something that a stressful schedule can prevent us from doing," Martty says. "If you're actively looking for your scavenger hunt items, you can't be worried about the presentation you have to give the next day at the office."

## PLAY BALL!



Who needs a gym full of equipment when you can get a total-body strength and cardio workout just by using a variety of balls outside? Gather up a bunch of balls—basketballs, soccer balls, Swiss balls, whatever you've got—and then create drills using them as weights, cones, and/or to create instability, says Laura Williams, a certified personal trainer and founder of [Girls Gone Sporty](#).

Try this drill: Set two balls next to each other on the ground, and then place a third ball about 10 feet away. Starting on the side with two balls, pick one up and run, slide, or even dribble it between your feet to the other side. Once you get there, switch balls, leaving the one you had and picking up the one that was already there. Continue moving the balls back and forth until you've moved each ball 10 times, Williams says.

Get creative and create a whole circuit in your backyard or the park using the balls to do unstable pushups, add weight to lunges, slam into the ground... the possibilities are endless! For more great exercises with balls, check out our [workout builder tool](#).

## CROSSFIT ON-THE-ROAD



Take your [CrossFit](#) workout outside with any of these CrossFit On-the-Road Workouts that use very little equipment, suggests Jason Benade, owner and head coach at [CrossFit Elk Grove](#) in California.

Here are two of Benade's favorites:

### Workout 1 (5 Rounds)

5 Pushups

10 Sit ups

15 Squats

### Workout 2 (5 Rounds)

10 Burpees

20 Bench jumps

30 Pushups

40 Squats

50 Lunges

## SAILING OR ROWING CLASSES



"Sailing and rowing courses are affordable and an awesome change of pace, says [Andia Winslow](#), a professional athlete, certified fitness professional, and ambassador for the Women's Sports [Foundation](#). Sailing is a total-body workout that helps build upper-body muscular endurance, agility, coordination, and flexibility and can burn around 200 calories, Winslow says.

And rowing? Forget the machines at the gym and get out on the water! This fantastic low-impact form of cardio works your legs and core in a major way and can have you burning up to 800 calories an hour, Winslow says.

# Foodie Favorites

Click for full article  
(includes recipes!)



## Top 10 Benefits of:



### **GOJI BERRIES**

The Healthiest Dry Fruit





## 1. Provide High Levels of Antioxidants and Nutrients

Like most other superfoods, goji berries are an excellent source of antioxidants that help boost the immune system and protect the body from high levels of inflammation since they fight free radical damage. In terms of the quantity of antioxidants present in goji berries, they have a high ORAC value along with other beneficial berries, which indicates their exceptional ability to reduce oxidative stress.

One of the surprising goji berry benefits you might not know about is that each serving has about four grams of protein per serving and 18 different amino acids, plus over 20 other trace minerals, including zinc, iron, phosphorus and riboflavin (vitamin B2). Ounce for ounce, goji berries offer more beta-carotene than carrots and more iron than soybeans and spinach nutrition, which makes them a great source to help stave off iron deficiency!



## 2. Improve Immune Function and Fight Cancer

Goji berries are similar to other berries — like blueberries and raspberries — in that they supply high levels of antioxidants vitamin C and vitamin A. These are two nutrients key to building immunity and preventing common illnesses like a cold, plus more serious chronic diseases like cancer or neurodegenerative decline.

Of the antioxidants present among goji berry benefits, carotenoids like zeaxanthin and precursors to vitamin C are the most extensively researched. High levels of these compounds give gojis a reputation for battling cancerous cells, fighting tumor growth, decreasing inflammatory cytokine levels and detoxifying the body of harmful toxins.

Goji berry benefits also extend to other parts of the body thanks to their polysaccharides and glycoconjugate compounds that promote unique bioactive immunomodulating, anti-tumor and antioxidant activities in the brain, liver, reproductive organs and digestive tract. Did you know you could help fight skin cancer with food? Gojis are reported to have anti-aging properties and show anti-tumor activities against various types of skin cancer cells by inhibiting tumor growth and inducing apoptosis.



### 3. Promote Healthy Skin

Similar to the benefits you get from eating other berries, goji berries are loaded with beta-carotene (a pigment found in plants and fruits), which helps promote healthy skin and even acts like a natural skin cancer treatment.

In an animal study done by the Faculty of Veterinary Science at the University of Sydney, drinking 5 percent goji juice supplied antioxidant activity that offered significant protection against skin disorders and lipid peroxidation of UV light damage. Two known endogenous skin antioxidants are present in goji berries, heme oxygenase-1 and metallothionein, which were found to be involved in the photoimmune protection.

The results show that drinking juice made from goji berries increases your protection against free radical damage from the sun. Gojis provide additional photoprotection for people who are susceptible to skin cancer and other skin disorders.



#### 4. Protect Eye Health

Goji berry benefits also include the ability to protect eyes from age-related diseases like macular degeneration, the leading cause of blindness in older adults. Goji berries are a natural treatment for macular degeneration and beneficial for vision because of their high levels of antioxidants (especially zeaxanthin), which can help stop damage from UV light exposure, free radicals and other forms of oxidative stress.

One study published in the American Academy of Optometry's Optometry & Vision Science journal found that drinking goji berry juice daily as a dietary supplementation for 90 days increases plasma zeaxanthin and antioxidant levels significantly, which protect eyes from hypopigmentation and accumulation of oxidative stress compounds that can damage the macula. Other studies show that the goji berry benefits eye health by protecting the retina from ganglion cells so gojis' antioxidants act as a natural treatment for glaucoma.



## 5. Help Stabilize Blood Sugar

Especially useful for people with diabetes, goji berries benefits also help control the release of sugar into the bloodstream, which prevents spikes and dips due to problems balancing glucose levels. Evidence shows that gojis exhibit significant hypoglycemic effects and insulin-sensitizing activity by increasing glucose responsiveness. As part of a healthy diet, a natural diabetes remedy and a way to increase insulin sensitivity, goji berries are one of the best choices for those with trouble balancing blood glucose levels and its effects.

Reducing sugar intake and increasing responsiveness to insulin is extremely important for the growing number of diabetes cases in the U.S. and other developed nations today, so goji berries make a much better snack alternative and sweetener to high-sugar packaged goods and sugar additives.





## 6. Detoxify the Liver

Goji berries are believed to offer liver protection and are used along with traditional herbs like licorice, ganoderma, gynostemna and pentaphylla in many liver cleanses. This is one reason they're commonly used as a tonic ingredient in soups and to make sweet or savory porridges for people who are sick.

They're thought to be one of the best ingredients for promoting liver and kidney health, according to TCM, since goji berry benefits the body's liver and kidney meridians to restore vitality, strength and well-being. This makes them a great kidney stone natural remedy as well as a good food for cleansing the blood.



## 7. Keep Your Energy and Mood Up

According to a study from the *Journal of Alternative and Complementary Medicine*, drinking goji berry juice regularly can help increase energy levels, moods and improve digestive health, too. Participants who drank goji juice for two weeks had improvements in terms of their feelings of "general well-being," increased energy levels and better gastrointestinal function. Try having some gojis as a pre-workout snack to get you going and keep your stamina up.



## 8. Boost Fertility

Traditionally, the Chinese believe that goji berry nutrition benefits the reproductive system and offers increased fertility. Goji berries are believed to increase sperm count and the vitality of sperm. Evidence shows additional goji berry benefits include treating female infertility in patients with premature ovarian failure and the inability to ovulate normally.

Gojis are mainly used in TCM for treating "yin deficiency," which is believed to be the "female" aspect of the personality and body. Knowing that goji berry benefits include the ability to increase mood, reduce stress and fight inflammation, TCM practitioners prescribe a dose of six to 15 grams daily for balancing yin and restoring hormonal health.

Results from a study done by the College of Public Health at Wuhan University in China showed gojis protect against testicular tissue damage induced by heat exposure, raise antioxidant activity of superoxide dismutase in the reproductive system, raise sexual hormone levels and protect against DNA oxidative damage to testicular cells. These findings support the folk reputation that gojis are effective for fighting infertility.