

Keeping up with Wellness at Home

Northwestern Executive Health Wellness Team

May 11, 2020

These are a Few of Our Favorite Things!

Our Exercise Physiologist's Top Moves

Melissa's Top 3:

Plank: Planks are my go-to for a total body exercise. No equipment is required and they pack a huge punch! Strengthen all the muscles in the core and also the muscles in the arms and legs for a calorie torching burn!

Squats: In my opinion there is no other exercise quite as functional as the squat. By adding squats to your exercise program, you strengthen the muscles in your legs and core which help prevent knee pain and ease activities of daily living.

Press up (modified cobra): This yoga inspired stretch helps to ease tightness in the lower back and abs and can also help to strengthen your back, arms and shoulders. The Press up can be modified for all levels depending on how high you press up.

Clare's Top 3:

Prone Leg Extension: Try this safe low back strengthening exercise to help prevent future back pain and maintain proper posture.

Wall Angels: Wall angels are my go-to exercise when I am feeling neck and shoulder fatigue while sitting at my computer; if I wake up with a stiff neck; or I just need to hit the refresh button on my posture.

Half-kneeling Shoulder Press: Get ready to test your shoulder strength, core stability and hip flexibility with this dynamic exercise.

We encourage you to try these exercises this week. Watch the videos from the link below to learn proper form. Not all exercises are great for every *body*, so start slow and stop if you feel any pain.

[MedBridge](#) Access Code: J33BW82Y



Our Registered Dietitian's Favorite Pantry Items

Gretchen's Go-to Items:

[Bitchin' Sauce](#)

This vegan sauce has a rich taste, creamy texture, and is made of almonds, lemon, and garlic. Use it with raw veggies as a dip or in a grain bowl as a sauce.

[Yasso Bars](#)

These are a perfect sweet treat for everyone in your family. Most don't even realize they are eating frozen yogurt instead of ice cream.

[Icelandic Provisions Skyr](#)

This protein powerhouse has less added sugars than most flavored yogurts. Opt for the low-fat version.

Kelly's Must-have Items:

[RX Vanilla Almond Butter](#)

Mix 1 tablespoon in your oatmeal for extra protein and great taste!

[Califia Farms Unsweetened Vanilla Almond Milk](#)

Adds a creaminess to your coffee without the fat and calories!

[Love Beets](#)

These precooked and flavored beets can be found in the refrigerated section of the grocery store. Chop up the beets and top them with pistachios, crumbled goat cheese and capers for a quick side dish!

NEH Wellness team has no financial interest in any of the brands listed in this article. We enjoy having these products in our kitchens and our hope is to share some healthy foods with you and your families!