

GOOD THINGS TO KNOW

A Decade of News You Can Use!

*Terese Miller, ACE Gold Certified Instructor, ACSM & IDEA Member 310.859.9908
terese.miller@sbcglobal.net Website: [Taking Care of Fitness](http://TakingCareofFitness.com) © Terese Miller 2014*

PROTEIN POWER NO MEAT, NO DAIRY, NO KIDDING

Joy Keller's and Jessica Cline's fitnographic, *Plant Protein Sources*, in IDEA Fitness Journal, July/August 2014 continues the conversation I've been having with both clients and friends about getting enough protein. I've added some links to their work so you can learn more.

"U.S. adults are encouraged to get 10%-35% of their day's calories from protein. That's about **46 grams** for women and **56 grams** for men." Super charge your diet with these "high-quality protein options":

GREEN PEAS – 1 cup = 9 grams. Loaded with disease-fighting compounds, including the polyphenol, [coumestrol](#).

HEMP SEEDS - 1 ounce = 10 grams. Rich in fatty acids, including [omega-3s](#)

QUINOA – 1 cup = 9 grams complete protein, contains all the [essential amino acids](#).

SPIRULINA, [blue-green algae](#) – 1 teaspoon, dried powder = 1-2 grams

LENTILS – 1 cup, cooked = 18 grams. [Lentils](#) are low fat and high in fiber.

BROCCOLI – 1 cup, cooked = 6 -7 grams plus immune strengthening [beta-carotene](#), zinc and selenium."

MENTAL GYM BAG MOVE OF THE MONTH: PRONE QUADRICEPS STRETCH



Photo © Karen Hunt 2014

OK, rotate this page once to the right or turn your head to the left. Pretend the foot of the straight leg is flexed, firmly planted on the ground and the hand not grasping a foot is either holding on to something stable for dear life or extended overhead. Take a drive along LA's San Vicente Boulevard and that's the way you'll see most folks stretching their quads after a run. Nothing wrong there and the balance component is pure extra credit.

In the spirit of changing things up, combating quadriceps driven daily living activities and too much sitting get on your belly for an anterior hip stretch I guarantee you'll want to add to your routine.

READY: At home I trust my carpet elsewhere I lay down a mat or towel before I hit the floor. Make a "pillow" for your head with your right forearm (you'll do likewise with your left later).

SET: Grab your left foot, ankle, the little loop on the back of your shoe, your pant leg to bring your heel closer to your butt.

If this is literally a reach, lasso a therapy band, tubing, a towel, yoga strap even an old belt (securely buckled) around your ankle.

GO: Gently move your heel to your seat until you feel stretch in the top part of your thigh perhaps even moving on down toward the knee. Keep breathing and just as gently push your hip into the floor while slightly moving the leg you're stretching in toward the other leg. Keep breathing and hold the stretch as long as you can stand it, at least 10-seconds. Repeat on the right leg.

Sound too dicey for vulnerable knees? Then roll over onto your back, straighten your legs, bring your arms overhead, grab a wrist or lock your thumbs. Keep your heels anchored to the floor, "push" through them, (heels) to feel a similar anterior upper thigh stretch.

HEART RATE UPDATE

This month's Prevention Magazine gives us a "new get-fit formula". I concur, "interval training is tops for burning belly fat and wearing a heart-rate monitor is the best way to know if you're hitting the sweet spot: 80-95% of maximum heart rate (MHR) with recovery periods at 50-65% of MHR. Mayo clinic researchers found MHR declines more slowly with age, making the old formula (MHR = 220 - age) inaccurate. New math:

WOMEN – 200 minus (67% of age)

MEN – 216 minus (93% of age)"