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# GOOD THINGS TO KNOW

HAPPY, HEALTHY HOLIDAYS TO YOU

*A Decade of News You Can Use!*

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## FIT GIFTS THAT WON'T BREAK THE BANK

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## BOOKS FOR COOKS

*The Very Best Recipes for  
Health* by  
Martha Rose Shulman  
Available at Amazon

*The World's Healthiest Foods,  
Essential Guide for the  
Healthiest Way of Eating* by  
George Mateljan  
<http://www.whfoods.com/>

*At Home with Madhur Jaffrey:  
Simple Dishes from India,  
Pakistan, Bangladesh and Sri  
Lanka* by Madhur Jaffrey  
Available at Amazon

## GIVING BACK

Thanksgiving officially kicks off the holiday season. As we prepare to celebrate this food-driven holiday plus those to follow, it is important to remember our local charities, hit as hard as all of us in this new economy. I simply cannot bear the thought of anyone going hungry, not only at this time of year but 24/7, 365. I support both The Westside Food Bank <http://www.westsidefoodbank.ca.org/> and The Los Angeles Mission <http://www.losangelesmission.org/Home.aspx>. No donation is too small. Do contribute to the organization in your community, which speaks to you, nuf said.

## TAKING CARE OF FITNESS

Being a nation of sitters, there's no reason why Thanksgiving should be any different, or is there? Many GTTK volumes ago, I encouraged readers to get up from the Thanksgiving table and take a walk before dessert. As a Calorie Count® online subscriber (I use their free, recipe analyzer for all GTTE recipes), I couldn't have been more pleased to find some fresh antidotes to vegging out watching football or playing board games. Tried and true to add a little play: "Red light green light, capture the flag, hide-and-seek, four square, hopscotch, duck-duck-goose or kickball."  
[http://caloriecount.about.com/holiday-games-fitness-twist-b539358?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=newsletter\\_20111113&utm\\_term=continue1](http://caloriecount.about.com/holiday-games-fitness-twist-b539358?utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_20111113&utm_term=continue1)

Me? I'll be trekking the *Beverly Hills Fashion/Fitness Walk* that Hour of Power colleague, Nancy Kaufman and I created 12-years ago. Email me if you'd like the itinerary. It is especially magical near dusk illuminated by holiday lights.

## KITCHEN STRETCHES

I don't have many traditions for reasons too personal and most likely too boring to state, but I do cook more during the year than some at this season. Cooking is physical, labor intensive, work that takes a toll on neck, shoulders, low back and legs. Chefs are not called "iron" for nothing. I rely on this trio, from *Bob Anderson's Stretching, 20<sup>th</sup> Anniversary Revised Edition*, (available at Amazon, yet another fit gift from \$7 new to .47 used) to ease repetitive bodily stress.

## UPPER BODY & BACK

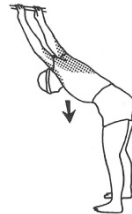


Image © Stretching 1980

"The top of the refrigerator is good to use for this stretch, place both hands shoulder-width apart and let your upper body drop down as you keep your knees slightly bent (1-inch) always bend your knees when coming out of this stretch. Your hips should be directly above your feet. Bend your knees a bit more and feel the stretch change. Hold at least 30-seconds." (1)

A variation, "to increase the area of stretch in another way, bring one leg behind and across the midline of your body as you lean in the opposite direction. This will stretch those hard-to-reach-areas of the upper body." (1)



Image © Stretching 1980

## CALF STRETCH



Image © Stretching 1980

"Stand a little ways from a solid support and lean on it with your forearms, head resting on hands, bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Be sure to keep the heel of the straight leg on the ground, with toes straight ahead or slightly turned in as you hold the stretch for 30-seconds without bouncing." (1) And before your guests arrive, elevating your feet for as little as 10-minutes is surprisingly energizing!

(1) *Stretching* by Bob Anderson, Shelter Publications, Inc. © 1980