

Move of the Month

Balāsana (Child's Pose)



Child's pose is a calming, restorative yoga pose. If you are experiencing a high level of stress or anxiety, take a few moments to complete this pose, which will help you relax and restore your "inner child."

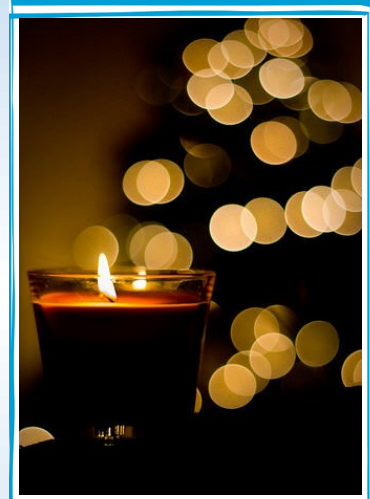
While kneeling on the floor, touch your big toes together and sit on your heels. Then make sure your knees are hip-width apart and exhale while laying your torso down between your thighs. Put your hands down next to your legs, with your palms up. Relax in this position for 30 seconds or more.

From yogajournal.com

Tips for a Healthy + Joyful Holiday Season

December is National Stress-Free Family Holiday Month! Rather than stress, let joy run your holiday season. To get into the holiday spirit, plan ahead with these helpful tips and make this holiday season one to remember.

- * Enjoy Winter's Nature: December 21 marks the first day of winter. Don't let the cold keep you from experiencing all the beauty that winter has to offer. Get 30 minutes of exercise a day by taking a walk to let the crisp, cool air rejuvenate your soul!
- * Be Mindful of Your Diet: Eating well throughout the holiday season can be a challenge with so many tempting treats. Keep your diet in check this winter by eating balanced meals that include foods from all five food groups.
- * Reach Out to an Old Friend: December is National Write to a Friend Month. Celebrate by writing a letter, email or text to a loved one.
- * Read a Book: December is National Read a New Book Month so sit back, relax and enjoy a book! If you are not sure what to choose, ask a friend or colleague to suggest a good read that will take you away, at least temporarily, during the busy holiday season.



Picture from speakingofhealthcare.com

Recipe of the Month

Warm Chocolate Pudding

Makes: 6 servings

Ingredients:

- 1 large Egg
- 2 ¼ cups fat-free or low-fat Milk, divided
- ⅔ cup Sugar, divided
- ⅛ teaspoon Salt
- ⅔ cup unsweetened Cocoa powder
- 2 tablespoons Cornstarch
- 1 teaspoon Vanilla extract

Preparation:

Lightly beat egg with a fork in a medium bowl.

Combine 1 ½ cups milk, ⅓ cup sugar and salt in a medium saucepan; bring to a simmer over medium heat, stirring occasionally.

Meanwhile, whisk the remaining ⅓ cup sugar, cocoa and cornstarch in a medium bowl. Whisk in the remaining ¾ cup milk until blended. Whisk the simmering milk mixture into the cocoa mixture. Pour the mixture back into the pan and bring to a simmer over medium heat, whisking constantly, until thickened and glossy, about 3 minutes. Remove from heat.

Whisk about one cup of the hot cocoa mixture into the beaten egg. Return the egg mixture to the pan and cook over medium-low heat, whisking constantly, until steaming and thickened, about 2 minutes. (Do not boil.) Whisk in vanilla. Serve warm.

