

WELLNESS MONTHLY

Exercise | Nutrition | Happiness

Chocolate Peanut Butter Granola Muffins

Ingredients:

~ 1 cup Purely Elizabeth chocolate sea salt granola (note from Lauren: this granola is amazing - highly recommend it by itself)

~ 1 1/2 cup oats

~ 1/2 cup peanut butter

~ 1/4 cup cocoa powder, ground flaxseed, and chia seeds

~ 3/4 cup almond milk

~ 1 tsp baking powder

~ pinch of salt

Directions: Line a muffin pan and preheat the oven to 400F. Put all ingredients in a food processor and blend until combined. Bake at 400F for about 15 minutes. Enjoy!

Recipe from @arunnersappetite on Instagram

At-Home Workout

30 jumping jacks ~ 15 push-ups ~ 1 min. wall sit ~ 30 sit-ups ~ 8 burpees ~ 30 sec. high knees ~ 15 squat jumps ~ 20 crunches ~ 30 sec. plank ~ Repeat as wanted ~ Workout adapted from @goalsofteens on Instagram



Massages: 10 Interesting Reasons You Should Get Them

Melt Fat Away (with massages?!)

As much as you can't just expect to not change your lifestyle and see fat loss with massages alone, it can definitely play a positive role in your fat loss journey! The positive massage effects of increasing blood circulation, relieving stress, and even helping the appearance of cellulite, all support a successful fat loss journey! Stress will prevent your fat loss or weight loss more than anything else. Stress raises cortisol levels in your body, which leads your body to storing fat and breaking down muscle. Relieving stress through taking time for you and getting massages, could be key!

Look Younger

Massages can also lead to GLOWING SKIN. With the increased blood circulation that results from massages, facial massages can bring back a glow to your face that you've been missing!

Pasta with Kale Pesto

Ingredients:

- ~ 4 cups chopped kale leaves
- ~ 2 cups (450 g) fusilli or other pasta of choice
- ~ 3/4 cup grated Parmesan
- ~ 1/2 cup frozen, shelled edamame, thawed
- ~ 1/4 cup pine nuts, toasted
- ~ 1 garlic clove
- ~ 3/4 tsp salt
- ~ 1/3 cup olive oil

Directions:

~ Boil a large pot of water. Chop kale into smaller pieces, then add to boiling water. Cook for 30 sec. Scoop out with a slotted spoon and transfer to a strainer; rinse well under cold water. Drain well.

~ Add pasta to boiling water and cook, following package directions, until tender

~ Whirl kale with Parmesan, edamame, pine nuts, garlic, and salt in a food processor until finely chopped. Season with fresh pepper. With motor running, slowly add oil, stopping to scrape down side of bowl.

~ Drain pasta, reserving 1/3 cup pasta water. Return pasta to pot and stir in pesto. If sauce is dry, gradually add pasta water until creamy. Top with more Parmesan, if desired.

Recipe from todaysparent.com

Relieve Stress

As mentioned above, relieving stress can be beneficial not only for your own well-being and the good of those in your personal life, but for fat loss too.

Sleep Better

Massages can relieve stress and relax you enough to get a good night sleep. After a long hectic day, massages can eliminate the exhaustion in your body, which then not only leads you to being ABLE to fall asleep, but better energy the next day after a restful night.

Get Regular

Yes, with pooping. And simply better your digestion overall. There are many different kinds of massages, but the abdominal ones are the ones that will benefit your digestion.

Look More Confident

Bad posture anyone? I learned that massage therapy can actually help get the body back into proper alignment. My massage therapist at Massage Envy even said that improving a person's posture can be one of the most beneficial results of massage therapy. One study showed an increased range of motion after massages.

Reduce Exercise Pain/Soreness

Some muscle soreness after workouts is a good thing. But if you're experiencing prolonged soreness or pain, or back to back sport-specific events and can't take time to rest or afford to be sore, massages should be your best friend!

Quick PMS Fix

After looking up the studies on this, I discovered many where researchers' found that regular massage sessions lessened symptoms of premenstrual syndrome in women.

Diabetes Prevention

After doing some research, studies support that massages can help control blood sugar, which is directly related to Diabetes.

Get Sick LESS

When stress is combined with poor sleep and nutrition, the impact is directed at the body's immune system. Its ability to naturally protect itself against infections, pathogens, and bacteria is greatly reduced. Well, good news, massages can IMPROVE your immune system! Massages, according to studies out there, can boost the immune system's cytotoxic capacity (activity level of the body's natural "killer cells") and enhances the body's ability to deliver nourishment!

Adapted from freshfitnhealthy.com (I shorted this to make it fit - full article: <https://freshfitnhealthy.com/massages/>)

