

TOPIC: A GARDENER'S WORKOUT

Squats

Start first with no added weight for the first week. Place your feet a little wider than shoulder width apart, toes forward. Start to squat down as if you are about to sit in a chair, placing the weight of your body on your heels, chest lifted.

Tip:

Placing your body weight on your heels helps to keep you from feeling this in your knees.

Squat down as far as you can without bending your knees beyond 90*, or thighs parallel to the floor. Return to the top of the movement.

Do 2 sets of 10-15 repetitions to start, working up to 3 sets of 15 as the weeks progress.

HIP STRETCH

Start by holding on to a stationary object or a tall shovel for balance. Cross one leg over the other. Sit down into the standing leg and hold for about 15-30 seconds. Repeat on the other leg.

Tip:

This is a great stretch for the lower back area if you've been sitting or squatting for a long period of time.

WRIST CURLS

Start with a small dumbbell in each hand, palms facing in towards your body. Bend your wrists downward so that the dumbbell tilts towards your thighs. Lift the dumbbell with your forearm muscles upwards towards the sky, keeping the rest of your arms stationary.

Do 2 sets of 8-15 repetitions, with 30 seconds rest in between sets.

ONE-ARM ROWS

Start by lunging forward on your right leg and resting your right arm on your right leg for balance and support. Pick up the weight with your left hand and start with the weight at the bottom, shoulders squared to the earth. Lift the weight up to your hip, squeezing your back, and then lower the weight to the starting position.

Do 8 to 15 repetitions.

Tip:

If you can do 15 repetitions with ease, then you are not using enough weight. Remember it should feel hard between 8 and 15 for best results. Do 2 sets of 8-15 repetitions for each side.

GRANDFATHER STRETCH

Stand up and support your low back with the palms of your hands. Lift up your chest towards the sky, increasing the space between your rib cage and hip bones. Your head is lifted, but keep your chin tucked in so you don't strain your neck.

Hold this stretch for about 10 to 15 seconds and do 5 repetitions.

You'll feel immediate low back tension relief.

UPPER BACK STRENGTH BUILDER

Hold dumbbells and squat down a bit, abs tight for balance and back support. Place your feet firmly on the ground and about shoulder width apart. Lean forward with your chest facing the ground, arms hanging straight down from your shoulders.

With your arms slightly bent, raise the dumbbells out to your sides, squeezing your shoulders blades together, until arms are parallel to the ground and straight out from your shoulders. Lower the dumbbells to the starting position and repeat.

Do 2 sets of 8-15 repetitions, with 30 seconds rest in between sets.

CHEST (and FRONT OF SHOULDER) STRETCH

Stand next to a wall. Place one arm, from your elbow to your hand, on the wall. Make sure your elbow is slightly below your shoulder. Turn the rest of your body away from that arm and feel the stretch in your chest and the front of your shoulder.

Hold for 10 or 15 seconds and then switch arms.

SHOULDER SHRUGS

Stand or sit forward on a bench or chair and squeeze your shoulder blades together. Hold each about 5 seconds, then relax and repeat.

Do 10 of these a few times a day to help increase your strength.

SHOULDER SHRUGS WITH WEIGHTS

Same as above except start with your palms facing the ground. Tilt your wrists upwards, with the backs of your hands tilting towards the sky.

Do 2 sets of 8-15 repetitions with 30 seconds rest in between sets.

Tip:

Do wrist circles as a warm up before and after these exercises, as well as prior to working in the garden.

TOPIC: RECIPES

PINEAPPLE-CHEESE SPREAD

One 8-ounce package lite cream cheese, softened

One 8-ounce can crushed pineapple, drained

1 1/2 tablespoons finely chopped green pepper

1 1/2 teaspoons minced onion

Dash of seasoned salt

Combine all ingredients and mix well. Makes 1 2/3 cups.

CHICKEN SALAD

4 cups finely chopped cooked chicken

Two stalks celery, finely chopped

1/2 cup slivered almonds, toasted

2/3 cup mayonnaise

2 tablespoons steak sauce

1/2 teaspoon curry powder

1/2 teaspoon seasoned salt

1/4 teaspoon garlic salt

Combine all ingredients, mixing well. Cover and chill at least one hour.

LOW FAT PINEAPPLE UPSIDE DOWN CAKE

1 1/3 cups brown sugar

1 20 oz. can crushed pineapple, well drained, reserve juice in separate container

2 1/2 cups cake flour

1 tablespoon baking powder

1 teaspoon salt

1 1/2 cups sugar

1/2 cup non fat sour cream

2 tablespoons Canola oil

1/4 cup reserved pineapple juice

1/2 cup skim milk

1 cup egg whites at room temperature

1/2 teaspoon cream of tartar

Method:

1. Preheat oven to 325°F. Sift together flour, baking powder and salt and set aside.
2. Sprinkle brown sugar evenly into the bottom of a 10-inch bundt. Layer crushed pineapple evenly on top of brown sugar and set aside.
3. In a large bowl, whisk together sour cream, oil, sugar, pineapple juice, milk and vanilla extract. Fold/stir flour mixture into liquid mixture in 2 to 3 stages and set aside.

4. Using a copper or stainless steel bowl, beat egg whites to soft peaks (if bowl is stainless steel, add cream of tartar to whites when just foamy.) Gently fold 1/3 of egg whites into flour mixture to lighten, and then gently fold in remaining whites.
5. Pour batter into pan evenly over pineapple. Smooth out top and bake for approximately 45 to 50 minutes or until wooden skewer comes out clean and top springs back when gently pressed with finger. Cool cake upside down on wire rack.
6. When cool, remove cake from pan on to serving plate and spread any pineapple sugar left in pan on top of cake and serve or cover and serve later.

LOW FAT CINNAMON ROLLS WITH LIGHT CREAM CHEESE FROSTING

3 3/4 cups flour, all-purpose
2 packages quick-rise yeast
1/2 cup sugar
1 teaspoon salt
2 tablespoons malted milk powder
1 1/4 cups low fat buttermilk warmed to 120°F.
1 egg
1/2 cup brown sugar
1 teaspoon cinnamon
1/2 cup raisins-optional
1/4 cup Land O'Lakes, light butter, melted

Frosting:

1/4 cup light 50% less fat cream cheese
1 1/4 cups confectioner's sugar
1 to 2 tablespoons skim milk or water
1 teaspoon fresh lemon juice
1/4 teaspoon vanilla extract

Method:

1. In bowl of electric mixer, combine 1 cup flour with yeast, salt, malted milk powder and sugar together. With mixer on low speed gradually mix buttermilk into dry ingredients. Increase speed to medium and beat for 2 minutes, scraping sides of bowl occasionally. Beat in egg and 1 cup additional flour and continue beating mixture 2 minutes longer.
2. Using low mixer speed gradually stir in 1 1/2 cups flour, enough to make a soft dough that holds together instead of sticking to sides of bowl. Turn dough out onto a lightly floured surface and knead until dough is smooth and satiny, 8 minutes, adding up to 1/4 cup more flour to prevent dough from being too sticky to knead.

3. Shape dough into a ball and turn over in a large bowl lightly sprayed with cooking spray to grease top. Cover bowl with plastic wrap and a towel. Let dough rise in a warm place until double in bulk, about 30 minutes.
4. While dough is rising; mix brown sugar, cinnamon and raisins together and set aside. Lightly spray a 13-by 9-inch baking pan with cooking spray and set aside. In a small bowl beat cream cheese together with confectioner's sugar, lemon juice, vanilla and 1 to 2 tablespoons skim milk or water until smooth and set aside.
5. Turn dough on to a lightly floured surface and punch dough down and knead into a ball; cover with inverted bowl and let rest 5 minutes. Roll dough out in an 18-by 12-inch rectangle. Brush dough with about 1/2 of the melted butter and sprinkle with brown sugar mixture.
6. Starting at 18-inch side, roll dough up jellyroll fashion pinching seam to seal. With seam side down, cut roll crosswise into 15 slices; place slices cut side down in prepared pan. Cover pan with plastic wrap and allow to rise until double in size, about 20 minutes.
7. Bake rolls in preheated 400°F. oven for 25 minutes or until lightly browned. After removing rolls from oven, cool a few minutes then brush with remaining butter and spread with Light Cream Cheese Frosting. To serve, pull apart with forks.

Yield:

15 rolls at approximately 240 calories.

CAPUTO'S LOW-CARB LASAGNA

3 medium zucchini, washed and sliced 1/4 inch thick

1/4 cup olive oil

Salt and pepper to taste

2-28 oz. cans ground Italian tomatoes

1 lb. ricotta cheese

1 lb. mozzarella cheese, sliced or shredded

1 lb. Italian sausage, cooked and drained of fat

4 oz. spinach, washed and coarsely chopped

1/4 t. dried oregano

1 T. fresh thyme leaves only

Method:

1. Preheat oven to 350°F. Place zucchini in a single layer on a baking sheet, brush with olive oil, sprinkle with salt and pepper and bake for 20 minutes or until tender.
2. Oil a 9 by 13 inch baking dish and spread 1/2 of the baked zucchini slices on the bottom of the pan as you would lasagna noodles.

3. Spread 1/3 of the ground tomatoes over the zucchini. Next drop 1/2 of the ricotta evenly over the tomatoes.
4. Layer 1/2 of the mozzarella and 1/2 of the sausage over the ricotta. Spread all the spinach (using it as the middle noodle layer), the oregano and thyme over mixture.
5. Repeat the process with another layer of tomatoes, ricotta, mozzarella and sausage, ending with a top layer of zucchini. Spread the remaining tomatoes over the zucchini and cover and bake in a 350 degree oven for about 40 minutes, or until heated throughout.

CAMP DODGE WELLNESS CENTER HOURS

MONDAY-THURSDAY 0530-2000
FRIDAY 0530-1800
SATURDAY-SUNDAY 0900-1700

References: Cleveland Live. Live for You. Health and Wellness.
5 KSL TV. Recipes.
The Bryan/College Station Eagle. California Asparagus Commission.