

WomenFitness

July 2023

SCULPT YOUR GLUTES

A Dumbbell
Booty Workout

10 Chef Special
MID-DAY
STRAWBERRY
RECIPES

HOW HEALTH
FRIENDLY IS

YOUR
Cookware?

Carissa L.
Strohecker Hannum
**GROWING UP
WITH Arthritis**

TIPS
TO DESIGN
YOUR KITCHEN
For Weight Loss

MADDIE ASGHARI

On Making Dreams A Reality

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The logo for Women Fitness International, featuring a stylized blue figure of a person in motion next to the text "Women FITNESS" in a blue serif font.

Cover Photo Credit:

Arezoo Jalali

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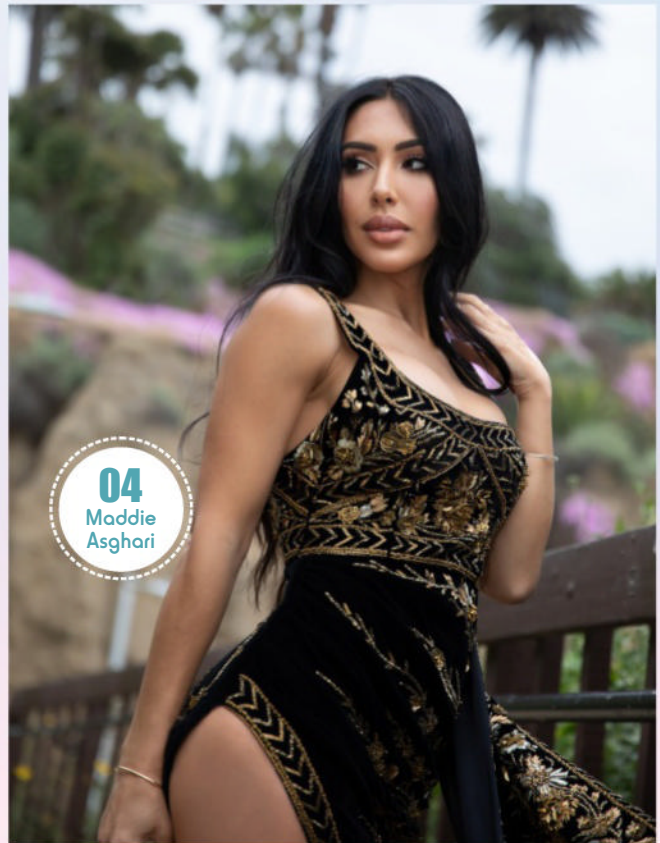
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Carissa L. Strohecker Hannum was diagnosed and has been living with arthritis since she was 15 months old. You are right, juvenile rheumatoid arthritis. But in spite of innumerable challenges, she is married and is looking forward to developing a family. Check out her story.



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An organised kitchen can encourage us to cook and enjoy meals at home even more often, which is good for our waistline and our wallet. Tips to maximise weight-loss efforts in the kitchen are at your disposal.

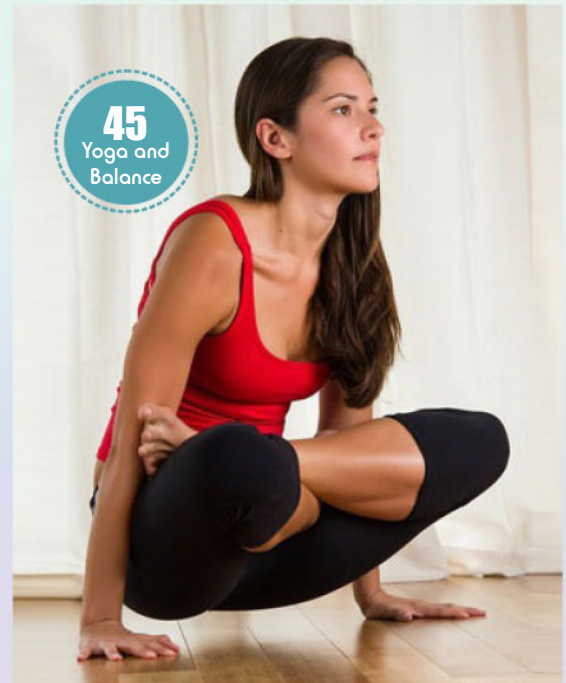


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Exercisers are prone to numerous skin problems caused by increased moisture, friction, or damaging elements like cold, sunlight, and infection. However, these can be prevented by keeping the skin dry, clean, and protected.



58 Small or large, minimal or intricate, the neck can carry them all with grace. That being said, it's also a significant commitment—a lifelong one—as it's a part of your body that's usually visible to the world. Victoria Hudgins, an experienced professional in the realm of tattoos with a deep passion for artistic expression, shares her designs. She is the founder and managing editor of Tattoo Glee.



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Tulasana is derived from the Sanskrit words "tula," which means balance, and "asana," which means pose or posture. The name reflects the pose's emphasis on finding balance and stability.

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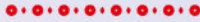


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EDITOR'S NOTE



"We are made for goodness." We are made for love. We are made for all of the beautiful things that you and I know. We are made to tell the world that there are no outsiders"



- All Are Welcome -

The month of July brings a multi-talented, versatile personality, Maddie Asghari, on the cover. She is a registered nurse and a weight loss specialist with a background in nutrition and personal training. She has a bachelor's degree in nutrition and has been working as a dietician back in her home country, Iran.

The Women Fitness team reaches out to women all across the globe from all walks of life who are inspiring role models. This time we have covered the journey of Carissa L. Strohecker Hannum, who, in spite of being diagnosed with juvenile rheumatoid arthritis, is a practising psychotherapist, married, and lives happily with her family.

In fitness

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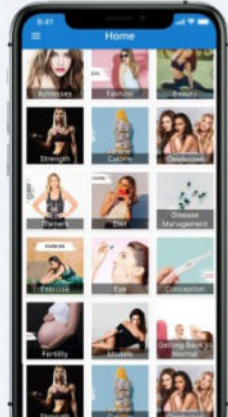
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Victoria Hudgins
Carissa L. Strohecker Hannum

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MADDIE

Asghari

On Making
Dreams a Reality

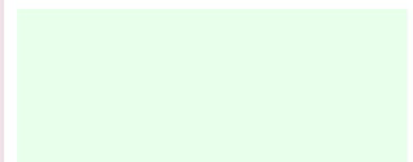
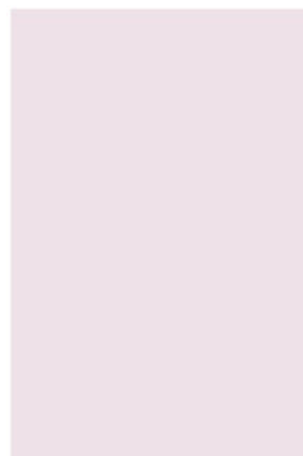
Maddie Asghari is a registered nurse and a Weight Loss specialist with a background in Nutrition and Personal Training. She has a bachelor degree in Nutrition and has been working as a dietician back in her home country, Iran. After she moved to the United States, She decided to change her career to nursing. She loves direct patient care aspect of nursing. She loves to empower her patients and help them to get their health back.





She always had a passion for fitness and health. She used to play volleyball professionally, until she injured her ankle. Then she started to do weight training and fell in love with it. As a dietician, she had always a healthy lifestyle. She eats healthy food most of the time but she do have cheat meals here and there. She says "It's all about balance when it comes to maintaining a healthy lifestyle". Her passion is to educate people around her. She advices on how to do workout properly and how to feed one's bodies to get all the nutrients their bodies need. IV vitamin therapy is another way to make sure your body receives all the essential nutrients as well as gets hydrated. As a nurse, she provides IV vitamin therapy to her patients.

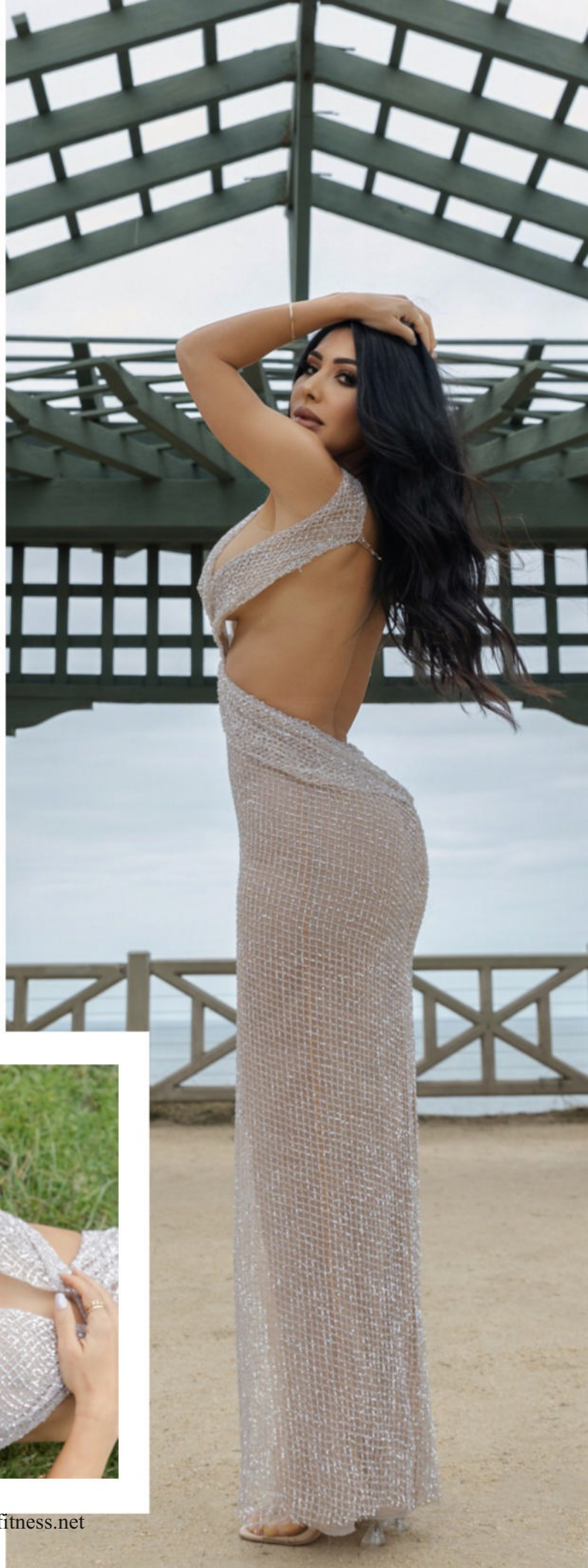
Women Fitness President Ms. Namita Nayyar catches up with Maddie Asghari an exceptionally talented fitness model, fitness expert, registered nurse, weight Loss specialist and a dietician here she talks about her fitness routine, diet, and beauty secrets.

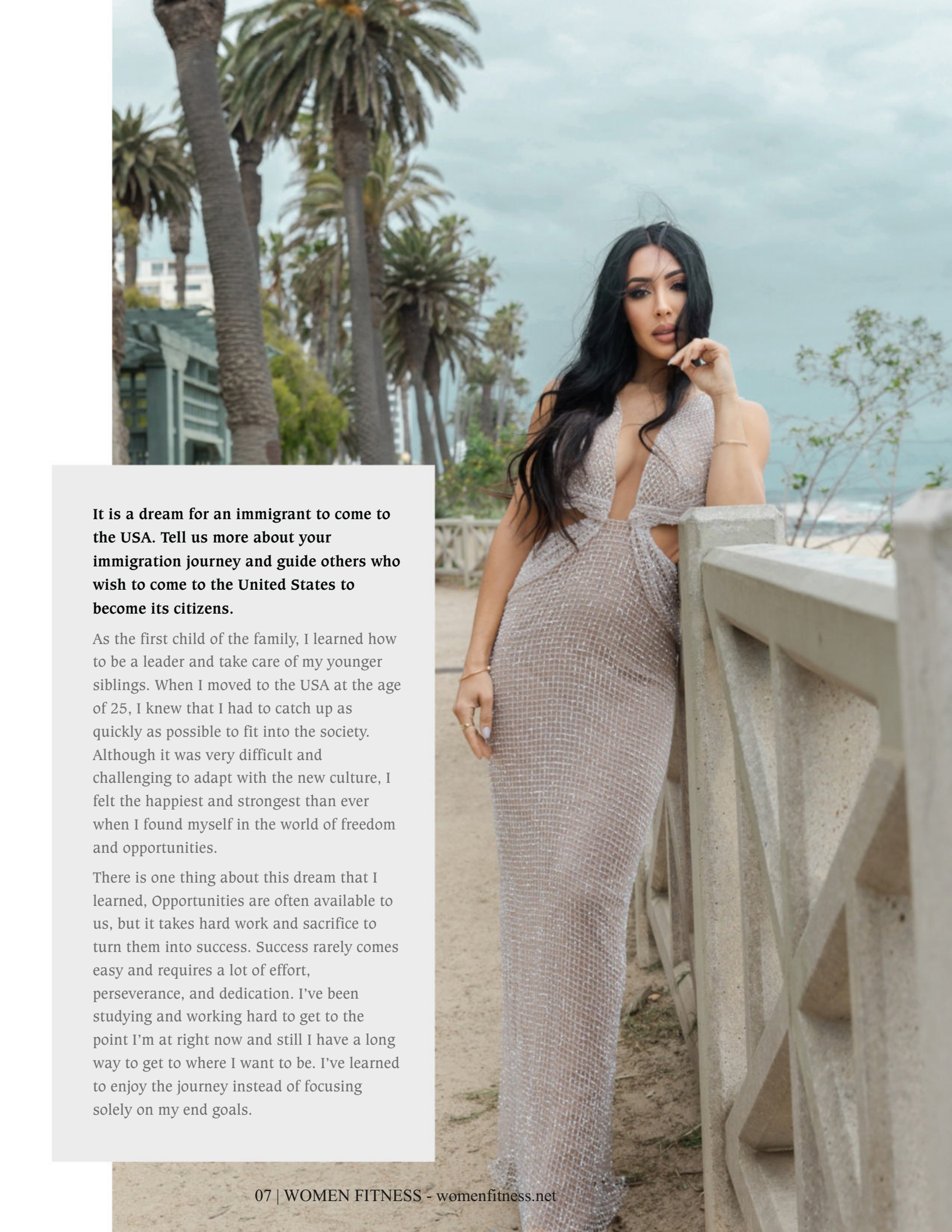


You were born in Iran and later moved to the United States. You have professionally played volleyball. You have a bachelor's degree in Nutrition and have worked as a dietician back in your home country, Iran. This later propelled your career to the height where you have been a leading Weight Loss specialist. Tell us more about your professional journey of exceptional hard work, tenacity, and endurance.

I got my BSN in nutrition back in my home country, Iran. I was working as a dietitian in a hospital as well as my private practice. I always wanted to be more involved in direct patient care, so after I moved to the USA, I decided to become a nurse. I always had passion to help others and make a positive impact on people's lives. Nursing is a very challenging but rewarding profession. Caring for my patients when they need me the most and helping them to overcome their diseases gives me satisfaction.

Unfortunately, there are sad moments when we cannot help our patients to improve. Especially during the pandemic, when I was working at the emergency room, I took care of a lot of patients that unfortunately couldn't survive. Incidences like these are devastating emotionally. Boxing and working out at the gym help me to cope with my work stress. I am a NASM certified personal trainer and a weight loss specialist. Achieving a goal body weight requires a combination of healthy eating habits, regular exercise, and lifestyle changes. I've been helping a lot of people to lose weight and reach their goal body weight and maintain it with proper diet and exercises.





It is a dream for an immigrant to come to the USA. Tell us more about your immigration journey and guide others who wish to come to the United States to become its citizens.

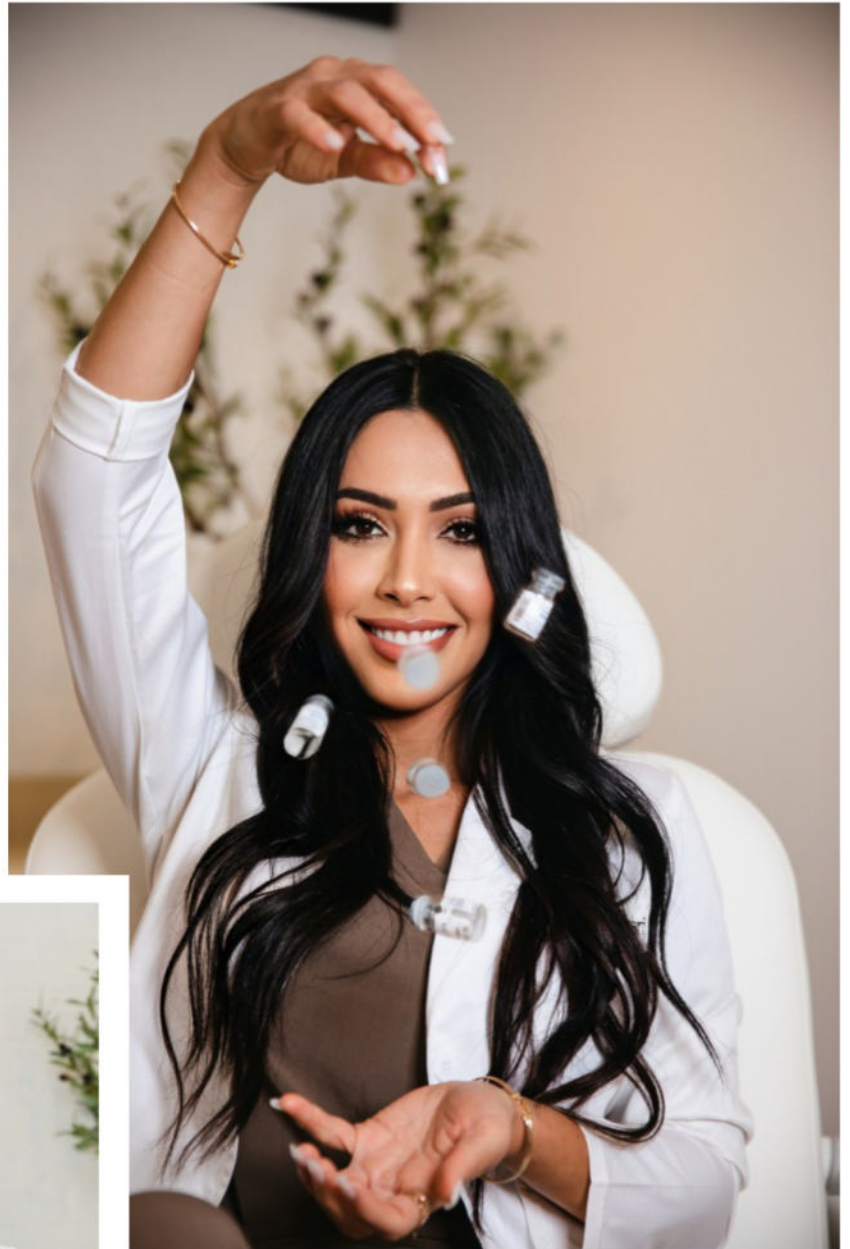
As the first child of the family, I learned how to be a leader and take care of my younger siblings. When I moved to the USA at the age of 25, I knew that I had to catch up as quickly as possible to fit into the society. Although it was very difficult and challenging to adapt with the new culture, I felt the happiest and strongest than ever when I found myself in the world of freedom and opportunities.

There is one thing about this dream that I learned, Opportunities are often available to us, but it takes hard work and sacrifice to turn them into success. Success rarely comes easy and requires a lot of effort, perseverance, and dedication. I've been studying and working hard to get to the point I'm at right now and still I have a long way to get to where I want to be. I've learned to enjoy the journey instead of focusing solely on my end goals.

You are the leading social media personality, model, Cosmetic Injector, IV Specialist, Psychiatric Nurse Practitioner, PRP hair/skin, Nutritionist, weight loss specialist, and brand ambassador. How do you manage such a remarkable multi-dimensional lifestyle?

When you love and have passion for what you do, your work regardless of the load that you are carrying becomes nothing but joy and pride. Currently, I study to become a psychiatric Nurse Practitioner. Mental health is as important as physical health, but unfortunately because of the stigma around the mental health, it's often overlooked.

My goal is to provide holistic care and consider the whole person, including their physical, mental, emotional well-being, and underlying causes of health issues to support individuals in achieving optimal health and wellness.



“
When you love and have passion
for what you do, your work
regardless of the load that you
are carrying becomes nothing but
joy and pride.
”

As a Nutritionist what ideal diet plan do you advise for the following group of patients?

a) Elderly women:

As we age, our metabolism slows down and we need fewer calories, so it's important to watch portion sizes to avoid overeating. As a nutritionist, I always advise the older women to eat foods rich in Vitamin D, calcium, vitamin B-12, and protein. Protein is essential for maintaining muscle mass and strength, which can help prevent falls.

b) Women experiencing menopause:

During menopause, a woman's body experiences significant hormonal changes that can affect her weight, metabolism, and overall health. Therefore, it's important for women going through menopause to maintain a healthy diet to help manage symptoms and prevent chronic diseases. Most of the women start to gain weight after they experience menopause.

With menopause estrogen level drops which can lead to weight gain in women. Lower estrogen and progesterone level can also cause osteoporosis, so it is very important for the women going through the menopause to eat a balance diet, rich in protein and calcium and stay physically active. Alcohol and caffeine can trigger hot flashes and disrupt sleep, so it's essential to limit intake.

c) Sportswomen:

Athletic women require a balanced and nutrient-dense diet to fuel their physical activity, maintain energy levels, and support muscle recovery and growth. Depends on our body goal, we should adjust our calorie intake with our calorie expenditure. For women who want to gain more muscle they need to consume more calorie than they burn in a day. It is very important to take enough protein for muscle gain and recovery after exercise. The recommended protein intake for physically active women is 0.5-1 grams per pound of bodyweight.





“

*I Love To Train My Whole
Body Instead Of Dividing
Into The Upper Body And
Lower Body Days*

”

You are a team member of the prestigious Spa Medica Aesthetic: An endeavor providing Innovative Aesthetics Enhancing Your Signature Beauty. At Spa Medica Aesthetic, they specialize in the most advanced and modern medical aesthetic treatments that provide natural and beautiful results. By offering a whole array of non-surgical cosmetic procedures and anti-aging treatments with minimal downtime, you make your clients look rejuvenated and refreshed all while looking natural. Tell us about your role and being an active member of Spa Medica Aesthetic?

I work at Spa Medica aesthetic with my sister, Fay. She's been my inspiration to pursue this field of nursing. My mission as an aesthetic nurse is to help my clients feel confident and beautiful in their own skin by enhancing their natural features and providing them with personalized care and attention I'm specialized in Botox, facial and body fillers, and PRP hair and skin rejuvenation. We offer an extended IV and IM vitamin therapy such as B-12 and biotin shots, IV to boost your immune system, IV for hangover recovery, IV to boost your energy level, IV for glowing skin and hair.





You provide IV Vitamin Therapy to your patients. Elaborate on this therapy treatment and to which class of patients it is most needed.

The majority of my clients are individuals seeking to reach their optimal health. IV therapy is ideal for individuals who might not get enough nutrients through their diet. IV vitamin therapy provides hydration along with a blend of vitamins, electrolytes, and antioxidants. I offer variety of IV therapies such as IV Immunity, Beauty IV for glowing skin and hair, Get up and Go to boost your energy, Hangover IV to help recovery after a night of drinking, and NAD IV to help with body rejuvenation as well as preventing Alzheimer

You have double Bachelor's Degrees in Nutrition and Nursing Science. How these professional qualifications help you in your career as a Registered nurse and a Weight Loss specialist?

My background knowledge in nutrition has been helping me a lot in nursing. Almost all kinds of diseases are somehow linked to our diet and our lifestyle. I always educate my patients about the appropriate diet and exercise that can help them overcome their medical issues.

You have a perfect chiseled sculpted physique. What exercises comprise your fitness regime or workout routine you may wish to share?

I love to train my whole body instead of dividing into the upper body and lower body days. I try to work on my entire body by incorporating total body, complex weightlifting movement's superset with high intensity body weight cardio.

How do you train your abs? One secret to your toned body.

The funny thing about my workout routine is that I never specifically train my abs. I do lots of complex movements such as squats, deadlifts, and lunges which engage my abs all the time. I also do boxing 4-5 times a week which helps to tone my core. Being mindful of the engaged muscles during the workout helps to prevent injuries and achieving better results.

I think the secret to my toned abs is my consistent workout regimen over the years along with my healthy diet.

Do you take a special diet or have a strict menu that you follow to remain healthy and physically fit?

I eat healthy most of the time, but I treat myself here and there to not deprive my body. I eat a balanced diet which contains mostly protein and healthy fat throughout the day and enough carbohydrate before and after my workout to fuel my body and help with recovery.

Five foods you absolutely love and five you keep to a minimum.

I love to snack on fruits but even fruits can cause weight gain if not consume in moderation. I try to choose low sugar fruits such as berries and melons. I also love almonds, peanut butter, chocolate, and there are definitely some foods that are bad for your health such as fried ice-creams, but it doesn't mean that eating those foods every once in a while, will completely disrupt your health.

But it would be a problem if having those foods becomes a regular in your daily diet. For me, I have to stay away from bread. Bread makes my stomach uncomfortable and bloated. I meal prep and cook my meals and try to stay away from fast foods, alcohol, sugary drinks, and baked goods. I bake healthy, high protein, low carb snacks myself to satisfy my sweet tooth. I have some of their recipes in my Instagram and my YouTube channel.



You have glowing skin and gorgeous hair. Share with us your hair care and skincare routine.

Taking care of your body from inside will help to reflect the beauty on the outside. Smoking, drinking, drugs, sun exposure, eating fast foods with preservatives, stress, and sleep deprivation, are all factors affecting your hair and skin negatively. As a nurse, sometimes I have to deal with stress related to work and lack of sleep, but I try to catch up for it.

Five athletic leisure brands you love to wear.

You can find me even on my scrubs or on athleisure outfits, lol. I think Lululemon has the best workout clothes. I love Alo Yoga sets for my everyday casual outfit, NVGTN workout pants are very trendy, I love Maniere De Voir sweat sets and for shoes I even have APL or high-top Nike shoes.

Skin Care Myths.

- **Expensive skincare products give you better result.** Many affordable products can work just as well. We just need to look for products with the right ingredients for our skin type and concerns.
- **Oily skin doesn't need moisturizer.** Actually, by not using moisturizers, our skin produces more oil to compensate for dryness.
- **Use sunscreen when you're exposed to the sun during the day.** it's important to wear sunscreen even when it's cloudy and overcast.
- **Everyday Exfoliating is good for your skin.** Over-exfoliating can damage the skin's protective barrier and lead to redness and irritation.

Travel destinations on your wish list.

- I love traveling and getting to know different cultures. I've been to a lot of countries, but I still have a countless destination on my wish list to visit. Cuba is on top of the list.
- Then, I would love to see the wildlife safari in South Africa. That would be the opportunity to see some of Africa's most iconic wildlife up close in their natural habitat I would also like to visit the scenic rice terraces and Hindu temples of Bali, Indonesia.
- Tokyo, Japan is another destination I would love to visit for the unique culture which is combines of modernity and tradition, and advanced technology.

During the Covid pandemic, tell us more about your fitness routine to remain fit in those challenging times.

During the pandemic It was very challenging for me to stay motivated, but I was trying to work out as much as I could at home. There are plenty of exercises you can do with little to no equipment, such as bodyweight exercises, yoga, or Pilates. During that time, I was in a very good shape mostly because I was very careful with my diet because I knew I couldn't be as active as I wanted.



You have done bold photo-shoots for your Instagram handle @maddieasghari. How you are so body confident and advice to your compatriots?

I would say to focus on your strength. Instead of focusing on what you don't like about your body, focus on the parts that you do like and highlight them during the photo-shoot.

Try to relax and have fun during your photo-shoot. When you're having fun, your natural confidence will shine through in the photos.

Your idea of a perfect date?

Every woman is unique and may have different preferences. It's important to take the time to reflect on what is most important to you and what you are looking for in a partner. My priorities for choosing my partner are honestly, respect, compatibility to have similar interests, goals, and values.

What do you wish to say about the website Womenfitness.net and the message for its visitors?

As women, we face unique challenges in maintaining our physical and mental well-being, but with the right mindset and resources like this website, we can overcome any obstacle. Every woman's fitness journey is unique, and progress takes time and effort.

You have an impressive Instagram following of 26.6k followers. A message for your ardent admirers.

Be authentic, genuine, and true to your personality, beliefs, and values. I always try to express myself in a way that reflects my true self, rather than trying to conform to what I think others want to see or hear. I try to be motivation, inspiring, positive, honest, respectful, and never compare myself to anyone or try to be like anyone else. Remember, social media is a tool to connect and communicate with others, but it's important to be yourself and not try to be someone you're not.

Elaborate on the endeavor of your efforts like the direct patient care aspect of nursing, educating people on how to work out properly, how to feed their bodies to get all the nutrients their bodies need, and as a national trainer by giving back to society?

I believe in holistic health and the fact that physical, mental, emotional, and spiritual health are all closely intertwined, and that an imbalance in one area can affect the others.

When it comes to my patient's health, I try to focus on treating the whole person rather than just their physical symptoms or illness. Nutrition and exercise play a significant role in maintaining overall health and well-being. By promoting healthy eating habits and physical activity, I can help improve my patients' outcomes and support their overall health and well-being. As a future psychiatric nurse practitioner, I can provide my patients with mental health as well.

Advice and motivational words to the inspiring and budding social media model girls, who all are your fans and shall like to know from you about their climb to the ladder of success in the field of modeling?

It takes a lot of hard work, dedication, and perseverance to achieve success in this field, but with the right mindset and attitude, you can make your dreams a reality.

Here are some pieces of advice and motivational words that I hope will help you on your journey: Be confident in yourself, stay true to your unique style, keep a positive attitude, build a strong support system, be consistent, and remember, success doesn't happen overnight. It takes time, effort, and a lot of hard work.

But if you stay focused and committed to your goals, you can achieve anything you set your mind to. Be patient, stay consistent, and celebrate every small win along the way.



Grow Your Glutes AT HOME

A Dumbbell Booty Workout

You're flicking through socials, you see the perfect bum, and you wonder how she has achieved such a shapely booty. Next, you ask yourself, how can I sculpt mine like that at home?

We've got the answer for you in this easy-to-follow guide. We'll give you tips and techniques with a simple set of Dumbbells to give you that round butt.

A photograph of a person's foot on a teal yoga mat on a wooden floor. In the background, there is a window with a white radiator and a potted plant in a woven basket.

An Easy-to-follow Guide For **Growing Your Glutes**

What's required is a heavy set of Dumbbells, as heavy as you feel comfortable with. A selection is better, so you can adjust if needs be. If you do not have a suitable selection or are in the market for a dumbbell package, Mirafit can help.

Equipment: Dumbbells (A pair is best).

Guide weight: 5kg +

TIP – Remember to warm up.

TIP – Do not overwork yourself for the first few sessions.

TIP – Perform the movement without weight a few times to get a feel for the movement.

TIP – Hydrate throughout and after exercise.

Instructions: Follow this guide and adjust it to suit your health and physicality. Remember, everyone is different. Listen to your body and exercise safely. If in doubt, speak with a professional such as a personal trainer.

This guide assumes that you will perform these exercises 2-3 times weekly and increase the intensity as you feel comfortable. If you have any concerns about your ability to perform these tasks, you should test without weight and not over-extend until you are confident.

*This guide assumes that you have warmed up appropriately.

PLEASE CONSIDER WARMING UP THESE AREAS.

- Glutes
- Hamstrings
- Thighs
- Lower back & core
- Calf muscles
- Loosen shoulders and neck



Five Glute Exercises

These five glute exercises will help you to engage your glute muscles and build shape and tone. We have arranged them in an order that should help provide some rest time for key muscles in between workouts.

One – Pulsing Sumo Squat (Single Dumbbell)

How: Choose a weight that is heavy but comfortable. Stand with your legs hip-width apart. You should be holding the Dumbbell at shoulder height near your collarbone. Next, bend your knees as you go into a seated position moving your hips back and your legs out to the traditional sumo position. Do not round your back; keep your back straight and engage your core.

Works: Quadriceps, hamstrings, gluteus muscles, adductors (inner thighs), calves, and hip flexors.

Recommended: 8-10 Reps

TWO – Loaded Glute Bridges (Single Dumbbell)

How: Choose a weight that is heavy but comfortable. Lay on the floor with your shoulders planted firmly on the ground.

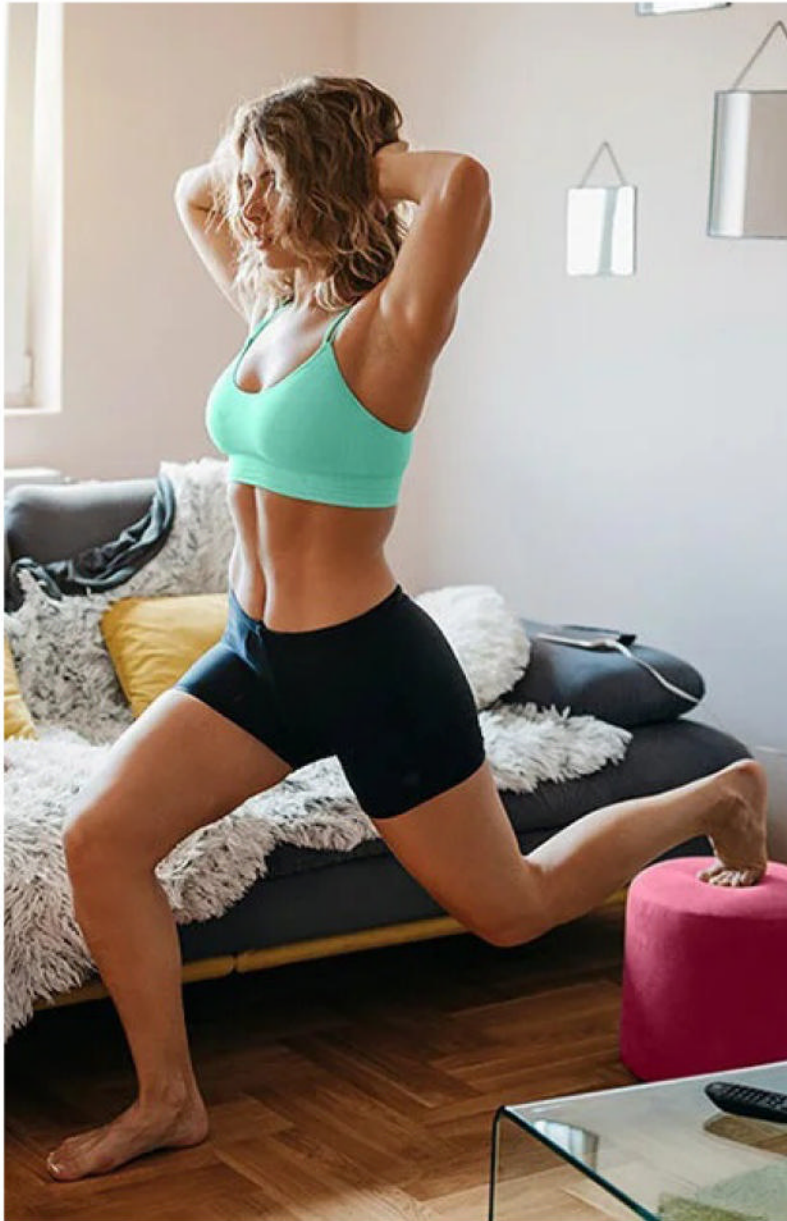
Unloaded – With your legs hip-width apart, thrust your hips to the ceiling, squeezing your glutes as you raise your hips, do this a few times to warm muscles and focus on your form.

Loaded – Repeat as above with the weight of your choice. 10,15 or 20kgs would be ok. Your core is vital, so use a sensible weight that requires some effort.

Works: Hamstrings, lower back, abs, in addition to the glutes

Recommended: 8-10 Reps





THREE – Bulgarian Split Squat (Single Dumbbell)

How: This is a squat variation where one leg is placed on a surface (behind you), such as a chair or a bench, and then you complete a single-leg squat. The raised leg will use the front of the quad to stabilize you, and the bulk of the effort is run through the supporting leg. The Dumbbell is held at collarbone height in front of you.

Works: Quads, Glutes, Hamstrings, Calves, Core, including abdominals and spinal erectors

Recommended: 8-10 Reps (Each Leg)

FOUR – Curtsy Squat (Both or Single Dumbbell)

How: If using both Dumbbells, these are held to a 90° elbow lock, but if you would like to use a single weight (recommended), then this should be brought to the center chest position (praying position) as the exercise is performed. Draw one leg back behind the supporting leg so one is in front of the other. The rear leg should be in line with your front leg. Do not over-extend this exercise, as it can pull your knee and damage you. This is an easy squat to perform wrongly. Please ensure that you keep your waist and hips facing forward. The twist comes from the nominated leg reaching back and behind you.

This is a good exercise because it develops the mid-glute (the outside of your glute), which will result in elevating the more pronounced shape. In addition, it uses quadriceps, glutes, hamstrings, and calves.

Works: Quads, Glutes, Hamstrings, and Calves.

Recommended: 8-10 Reps (Each Leg)



FIVE – Eccentric Deadlifts (Both Dumbbells)

How: Start with feet centered under your hips and Dumbbells at your feet in front of you. Then, depending on your flexibility, place your Dumbbells on the floor just to the outside of your leg positions or on a weight bench to raise them slightly.

Nominate a leg and lean forward, lifting the other leg from the hip in a scissor action. This exercise is good because it provides focused lifting on each cheek in isolation. It is also good for working multiple muscles at once because you are stabilizing your body through the supporting leg, back, and, of course, glute.

Recommended: 8-10 Reps (Each Leg)

Works: Hamstrings, Back, and Glutes.

How Can Exercises Grow My Glutes?

Completing exercises, in general, will help to tone and build your glutes. The five recommended activities in this guide used Dumbbells and were explicitly designed to help develop your glute muscles using additional weight. Please follow these exercises to build your glute muscles; the more you put in, the more you will get out.

When you become more comfortable with the five exercises, switch them up, rotate them, and increase the reps to 12+, which is not recommended before session four.

Final thoughts

So if you want a peachy bum for the summer, it could be just five exercises away from being a reality. Never neglect the benefit of a good walk to supplement these exercises. We hope that this easy-to-follow guide has been practical. Remember to hydrate and stretch after your routine and enjoy yourself. Weighted squats of any type are superb for glute development.



STRENGTH BUILDING /

A common protocol for building size and strength is 5x5; that is, five sets of five reps. But if you want to focus on strength over size, try doing just two or three sets. Lowering the volume and focusing on moving the weight quickly will have a better training effect for improving strength and explosive power rather than the size of muscle. You should also experiment with logging fewer training sessions per week, which will give your central nervous system more time to recover between strength-focused training sessions.



10 CHEF

Special Mid-Day *Strawberry Recipes*

Strawberry is bright red, juicy, and sweet. It is an excellent source of vitamin C and manganese and contains decent amounts of folate (vitamin B9) and potassium.

Strawberries are very rich in antioxidants and plant compounds, which may have benefits for heart health and blood sugar control.

Here are 10 Strawberry recipes to enjoy all day long brought to you by registered dietitians and chefs.



#1

Chickpea Lettuce Wraps with Strawberries

Recipe by Catherine Perez, RDN

Prep. Time : 10 Minutes

Cook Time : 15 Minutes

Total Time : 25 Minutes

EQUIPMENT : Grill pan/Griddle

Ingredients:

- 1 cup strawberries, halved
- 3 tablespoons low-sodium soy sauce or coconut aminos
- 3 cloves garlic, crushed
- 2 teaspoon teaspoons fresh ginger, grated
- 2 tablespoons lime juice
- 1 tablespoon pure maple syrup
- 2 teaspoon sesame oil
- 1 teaspoon cornstarch
- 1 (15.5-ounce) can of chickpeas, rinsed and drained
- 2 teaspoons avocado oil or your preferred neutral oil
- ½ medium red onion, diced
- Salt to taste
- 1 head of butter lettuce, washed
- Cilantro and lime, for garnishing

Nutrition:

Serving: 2 lettuce wraps

- **Calories:** 353kcal
- **Carbohydrates:** 51g
- **Protein:** 13g
- **Fat:** 13g
- **Saturated Fat:** 1g
- **Sodium:** 1283mg
- **Fiber:** 10g
- **Sugar:** 17g
- **Vitamin C:** 52mg



Instructions:

- 1- Cook strawberries on a heated griddle or grill pan and cook for about 1 minute on each side, until grill marks form. Remove from the pan and set aside.
- 2- In a small bowl, whisk soy sauce, garlic, ginger, lime juice, maple syrup, sesame oil, and cornstarch until well combined. Set aside.
- 3- Remove extra moisture from the drained chickpeas by placing them in a clean kitchen towel and patting them dry.
- 4- Heat avocado oil in a medium sauté pan over medium heat, then add red onions along with a pinch of salt. Sauté the onion for about 4 minutes, until softened.
- 5- Add the chickpeas and sauté for an additional 5 minutes.
- 6- Add the prepared sauce to the chickpea mixture and cook for 1-3 more minutes, stirring occasionally, until the sauce cooks down and thickens.
- 7- To assemble, take one lettuce leaf and top with ½ cup of the chickpea mixture and grilled strawberries.
- 8- Garnish with cilantro and lime wedges.

#2

Smoky Strawberry Gazpacho

Recipe by Manuel Villacorta, MS, RDN

Prep. Time : 10 Minutes

Total Time : 15 Minutes

YIELD: 6 Cups

Ingredients:

- 1 pound strawberries, hulled
- 3 celery stalks, sliced
- 1 small red onion, sliced
- 1 cucumber, peeled and sliced
- 1 tablespoon minced garlic
- 1 cup 100% tomato juice
- ¼ cup red wine vinegar
- ¼ cup olive oil
- 1 teaspoon paprika
- 2 teaspoon sea salt

Instructions:

Blend all the ingredients together in a high-powered blender until slightly chunky. The longer it sits, the more the flavors develop.

Nutrition:

Serving: 8 Ounces | Calories: 130kcal | Carbohydrates: 11g | Protein: 2g | Fat: 10g | Saturated Fat: 1g | Sodium: 920mg | Fiber: 3g | Sugar: 6g



#3

Mahi-Mahi Fish Tacos With Strawberry Salsa

Recipe by Manuel Villacorta, MS, RDN

YIELD: 4

Ingredients:

- STRAWBERRY SALSA

- 1 cup diced fresh strawberries
- ½ cup diced mango
- ¼ cup diced papaya
- ¼ cups diced pineapple
- 2 tablespoons diced red onion
- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon chopped cilantro
- 1½ teaspoon rice vinegar
- Salt and black pepper, to taste
- Cayenne pepper, to taste

- AVOCADO SOUR CREAM

- ¼ cup diced avocado
- ¼ cup sour cream
- 1 tablespoon freshly squeezed lemon juice
- 1½ teaspoon freshly squeezed lime juice

- CHIPOTLE SOUR CREAM

- ½ cup sour cream
- ½ tablespoon chipotle in adobo
- Salt and white pepper, to taste
- Granulated garlic, to taste

- MAHI-MAHI

- 1 pound mahi-mahi, cut into 2-ounce pieces
- Salt and black pepper, to taste
- 1 teaspoon each: Ground cumin, ground coriander, and ancho chile powder

- TO SERVE

- 8 (6-inch) corn tortillas, heated
- 8 (6-inch) flour tortillas, heated
- 2 cups shredded Napa cabbage

Instructions:

- TO MAKE STRAWBERRY SALSA:

Gently mix together all ingredients, and season with salt, pepper, and cayenne pepper.

- TO MAKE AVOCADO SOUR CREAM:

Blend all ingredients in a food processor or with a stick blender.

- TO MAKE CHIPOTLE SOUR CREAM

Blend sour cream and chipotle in a food processor or with a stick blender, and season with salt, white pepper, and granulated garlic.

- TO PREPARE MAHI-MAHI

- 1- Season mahi-mahi with salt, pepper, cumin, coriander, and ancho chile powder.
- 2- On a gas or charcoal grill, cook fish until it offers no resistance to the point of a small, sharp knife.
- 3- Place 1 corn tortilla on top of each flour tortilla. Top each corn tortilla with 1/4 cup cabbage, 2-ounce piece mahi-mahi, and 1/4 cup Strawberry Salsa. Serve Avocado Sour Cream and Chipotle Sour Cream on the side.



Nutrition:

Serving: 2g | Calories: 528kcal | Carbohydrates: 64g | Protein: 38g | Fat: 14g | Saturated Fat: 6g | Cholesterol: 122mg | Sodium: 942mg | Fiber: 8g | Sugar: 13g

#4

Strawberry & Brussels Sprouts Flatbread

Recipe by Kristina LaRue, RDN, CSSD

Prep. Time : 10 Minutes

Cook Time : 12 Minutes

Total Time : 22 Minutes

YIELD: 2 servings

Ingredients:

- 1 (4.4-ounce) naan flatbread
- 3 tablespoons Mascarpone cheese, softened
- 2 teaspoons strawberry preserves
- 1/2 cup shredded Brussels sprouts (2 large Brussels sprouts)
- 1 large strawberry, sliced
- 1/4 cup crumbled goat cheese
- 1 teaspoon olive oil
- Freshly ground pepper, to taste
- 1 teaspoon balsamic glaze, for garnish
- 2 fresh basil leaves, chopped for garnish



Instructions:

- 1- Preheat oven to 400°F. Line the baking sheet with parchment paper, and place flatbread on the sheet.
- 2- In a small bowl, mix together mascarpone cheese and strawberry preserves. Spread strawberry cheese mixture evenly on flatbread.
- 3- Top flatbread with shredded Brussels sprouts, strawberry slices, and goat cheese. Drizzle with olive oil and season with freshly ground pepper.
- 4- Bake for 12 minutes. Allow to cool slightly. Drizzle with balsamic glaze and garnish with fresh basil. Slice flatbread into 4–8 pieces.

Nutrition:

Serving: 1g | Calories: 367kcal | Carbohydrates: 37g
| Protein: 11g | Fat: 21g | Saturated Fat: 9g |
Cholesterol: 42mg | Sodium: 636mg | Fiber: 2g |
Sugar: 7g

#5

Ribs with Strawberry Brandy BBQ Sauce

Recipe by Chef Brian Malarkey

YIELD: 4 servings

Ingredients:

- STRAWBERRY BRANDY BBQ SAUCE

- 1 tablespoon olive oil
- 2 shallots, chopped
- 2 garlic cloves, crushed
- 1 jalapeño, seeds removed and chopped
- 2 pounds strawberries, cleaned and halved
- 1 cup brandy
- 2 tablespoons brown sugar
- 1 cup ketchup
- 1/3 cup strawberry jam
- ½ teaspoon Worcestershire sauce
- 1 cup water
- Salt and pepper, to taste

- RIBS

- 4 racks of baby back ribs, skinned with extra fat removed
- Salt and pepper, to taste
- ½ cup apple juice, placed in a squirt bottle

Instructions:

- TO MAKE THE STRAWBERRY BRANDY BBQ SAUCE:

- 1- In a large sauce pot over medium heat, add the olive oil, shallots, garlic and jalapeño. Cook until they just start to caramelize.
- 2- Add the strawberries and brandy. Note: Be careful and stand back when adding alcohol to heat as it might flare up.
- 3- Cook until the alcohol has reduced by half and then add all remaining ingredients.
- 4- Turn the heat down and cook slowly for about 30 to 45 minutes until the strawberries are “broken down” and the flavors have really started to combine.
- 5- Once combined, remove from heat and use an immersion blender to blend until smooth. Use more water to adjust the consistency if needed. If you don’t have an immersion blender, you can pour in batches into a normal blender to combine.
- 6- Once cooled, pour into a container for storage. Good for up to 1 week in the refrigerator or up to 3 months in the freezer.



- TO MAKE RIBS:

- 1- Preheat the grill, smoker, or oven to about 225°F.
- 2- Place ribs on a rack and sprinkle both sides liberally and evenly with salt and pepper.
- 3- Start cooking slowly, spraying with apple juice every 15 minutes to keep the ribs sweet and moist.
- 4- After about 1½ hours, start “basting” the Strawberry Brandy BBQ Sauce every 15 minutes. As the sauce contains sugar in it, we don’t want it to get too dark (burn), so if at any point it starts to get dark, simply cover the meat with aluminum foil.
- 5- Continue cooking for another 30 or so minutes, until the meat is tender and falling off the bone.

Nutrition:

Serving: 1 rack | Calories: 1588kcal | Carbohydrates: 66g | Protein: 110g | Fat: 83g | Saturated Fat: 28g | Cholesterol: 374mg | Sodium: 1071mg | Fiber: 5g | Sugar: 52g

#6 Strawberry Orzo Salad

Recipe by Gal Shua-Haim, RDN

Prep. Time : 15 Minutes

Cook Time : 20 Minutes

Total Time : 35 Minutes

YIELD: 6 Cups

Ingredients:

- SALAD

- 1 cup orzo pasta, uncooked
- 1 teaspoon olive oil
- 2 cups water or vegetable broth
- 1/4 teaspoon salt
- 1 cup strawberries, chopped
- 1 cup kale, chopped
- 1/3 cup red onion, diced
- 1/2 cup crumbled feta or goat cheese
- 1/4 cup slivered almonds

- DRESSING

- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 2 teaspoon Dijon mustard
- Salt and pepper, to taste

Instructions:

- 1- Combine orzo in a small pot with 1 teaspoon of olive oil. Stir on medium heat for 2-3 minutes until the orzo is lightly toasted.
- 2- Add water or vegetable broth to the pot and stir. Cover the pot and bring it to a boil.
- 3- Once boiling, reduce the heat and let it simmer on low for about 15 minutes, until the liquid is absorbed.
- 4- Remove from heat, season with salt, and stir. Set aside to cool for 10 minutes.
- 5- While the orzo cooks and cools, chop the strawberries, kale, and onion. Set aside.
- 6- Combine all dressing ingredients in a small bowl and whisk until completely combined.
- 7- Add the orzo, strawberries, kale, onion, cheese, and almonds to a large bowl. Pour the dressing over the salad and toss until evenly coated.



Notes:

Keep leftovers in the fridge for up to 3-4 days. Serve cold or at room temperature.

Nutrition: Serving 1 Cup

Calories: 250kcal

Carbohydrates: 26g

Protein: 7g

Fat: 13g

Saturated Fat: 3g

Cholesterol: 11mg

Sodium: 501mg

Fiber: 3g

Sugar: 3g

Vitamin C: 21mg



#7 Strawberry Acai Bowl

Recipe by Whitney English, RDN

Prep. Time : 5 Minutes

Total Time : 5 Minutes

YIELD: 1 Smoothie Bowl

Ingredients:

- 1 (3.5-ounce) package of unsweetened frozen acai puree
- ½ cup frozen strawberries
- 1 frozen banana
- ½ cup spinach or kale
- ½ cup silken tofu
- ¼ cup non-dairy milk
- 1 tablespoon chia seeds
- 1 tablespoon unsweetened nut butter of choice
- 1 tablespoon honey or maple syrup, optional

Instructions:

- 1- Combine all ingredients in a high-powered blender and blend until smooth. Use a tamper or spatula to press down the mixture in the blender as needed.
- 2- Pour the mixture into a bowl.
- 3- Top with sliced strawberries, granola, nuts, seeds, or coconut flakes (optional).

Notes:

If the mixture is too thick, add a small splash of milk.

Nutrition:

Serving: 1 Bowl

Calories: 396kcal | Carbohydrates: 48g | Protein: 11g | Fat: 20g | Saturated Fat: 4g | Sodium: 155mg | Fiber: 9g | Sugar: 20g | Vitamin C: 45mg

#8

Blue Cheese-Stuffed Strawberries

Recipe by Christy Wilson, RDN

Prep. Time : 20 Minutes

YIELD: 20 servings

Ingredients:

- 1 pound strawberries, whole
- 4 ounces of blue cheese crumbles
- 2-ounce bag of walnut pieces
- 3-ounce package of prosciutto, sliced into ribbons

Instructions:

- 1- With a paring knife, cut strawberries lengthwise, through the top, leaving leaves on each side. Remove a small portion of the center to create a cavity. Set aside.
- 2- In a small bowl, mix blue cheese and crushed walnuts until combined.
- 3- To prepare, lay ½ strawberry over the center of a ribbon of prosciutto, cavity side up. Wrap prosciutto around and over the front.
- 4- Place a dollop (½ teaspoon) of cheese mixture in the center of each strawberry half. Serve immediately.

Nutrition:

Serving: 35g

Calories: 55kcal

Carbohydrates: 2g

Protein: 3g

Fat: 4g

Saturated Fat: 1g

Cholesterol: 8mg

Sodium: 134mg

Fiber: 1g

Sugar: 1g



#9

Dairy-Free Strawberry Tofu “Yogurt”

Recipe by Whitney English, RDN

Prep. Time : 5 Minutes **YIELD:** 4 Cups

Ingredients:

- 1 (14-ounce) block of firm tofu
- 2 cups fresh or thawed frozen strawberries
- ¼ cup cashews
- 1 tablespoon lemon juice
- 2-3 tablespoons maple syrup, optional

Instructions:

- 1- Combine all ingredients in a blender or food processor and blend until smooth.
- 2- Store in an air-tight container for up to seven days.
- 3- To serve, top with sliced strawberries, granola, nuts, or seeds (optional).



#10 Cashew Cream Stuffed Strawberries

Recipe by Whitney English, RDN

Prep. Time : 20 Minutes

Ingredients:

- ½ cup raw cashews
- 4 Medjool dates, pitted
- ¼ cup water
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 1 pound strawberries
- 1 tablespoon cocoa nibs, optional toppings
- 1 tablespoon hemp seeds, optional toppings
- 1 tablespoon chia seeds, optional toppings

Notes:

Disclaimer: This recipe does not yield an actual yogurt product with live cultures or beneficial probiotics. Nutrition is calculated with 2 tablespoons of maple syrup and without optional toppings.

Nutrition:

Serving: 1 Cup

Calories: 178kcal | Carbohydrates: 17g |
Protein: 11g | Fat: 8g | Saturated Fat: 1g |
Sodium: 26mg | Fiber: 2g | Sugar: 10g |
Vitamin C: 44mg



Instructions:

- 1- Place cashews in a small bowl. Pour boiling water over the cashews, covering them completely to “flash soak” for 10 minutes. Drain the cashews.
- 2- In a high-powered blender, add cashews, dates, water, vanilla, and salt. Blend until smooth.
- 3- Use a small paring knife to core the strawberries, so the insides are hollow.
- 4- Add the cashew cream to a frosting piping bag, or a plastic sandwich bag with the corner cut off.
- 5- Pipe the cashew cream into the strawberries.
- 6- Sprinkle cocoa nibs, hemp seeds, and chia seeds on top of the cashew cream (optional).

Notes:

If the cashew mixture is too thick when blending, add more water, one tablespoon at a time.

Nutrition:

Serving: 3 Strawberries

Calories: 137kcal | Carbohydrates: 19g |
Protein: 3g | Fat: 6g | Saturated Fat: 1g |
Sodium: 103mg | Fiber: 4g | Sugar: 12g |
Vitamin C: 32mg



HOW HEALTH FRIENDLY IS YOUR COOKWARE?

Choosing a cookware can be a tough job both for one's own health, as well as that of the family. Quality cookware helps you maintain good health and, in some cases, even enhances flavor. Before making your next kitchen purchase, consider the reactivity of various tools and cookware and, whenever possible, favor inert or non-reactive. Or, as second choice, use moderately reactive pots and utensils. As possible, avoid more reactive cookware.



Listing Health Friendly Cookware:

Earthenware and ceramic: These cookware are inert and emit a far-infrared heat, that's most effective and beneficial heat for cooking, which enables a full range of subtle flavors to emerge. Excellent for lengthy simmering and baking

Glass: coffee pots and casserole dishes are inert and affordable. Favor glass containers for storing food

Bamboo: wooden spoons, chopsticks and crockery are non-reactive and modestly priced.

Enamel: With proper care, a fine enamel pot lasts a lifetime, whereas inexpensive enamel cookware from variety stores has such a thin enamel layer that it chips easily and is not worth its purchase price. Once chipped, discard enamel kitchenware or enamel fragments will find their way into your food and the underlying metal will react with food. If it's affordable, favor enamel pots.

Stainless steel: It is the least reactive metal, and the most versatile and healthful cookware option. Once stainless steel has been scratched, through normal scouring, the leaching of metallic ions is more noticeable.

**Tips to use Non-Stick,
To Minimize Toxicity:**

Never preheat nonstick cookware at high heat — empty pans can rapidly reach high temperatures. Heat at the lowest temperature possible to cook your food safely. Don't put nonstick cookware in an oven hotter than 500 degrees. Use an exhaust fan over the stove.

Aluminum: *Cast aluminum is more stable and preferable to thin aluminum pans. Rather than wrapping a baked potato in aluminum foil, consider baking it directly on the oven rack or placing it in a covered casserole dish.*

Plastic: *Storage of food in plastic is not as much a problem as cooking in plastic, but even in this situation, glass containers with plastic lids would be safer than containers made entirely of plastic.*

The worst places to use plastic are in the microwave or in a pot of boiling water. You are safest microwaving in unleaded ceramic or tempered glass containers (like Pyrex), but not in plastic, even if the plastic is a harder, polycarbonate variety (number 7 on the recycling logo). According to The Mail, U.K.

“Pregnant women who eat food that has been wrapped in plastic could make their unborn baby obese in later life, according to new research. Chemicals in plastic food wrapping and plastic feeding bottles are believed to interfere with the body hormones that regulate fat levels and help prevent obesity.”

Choose your cookware from among the old-fashioned kitchen stand-by – cast iron (under most circumstances), stainless steel, tempered glass, unleaded ceramic, and porcelain. All are still the best choices for cookware materials.

The most commonly used materials today – aluminum and plastic – can have detrimental effects on your health and should be avoided.

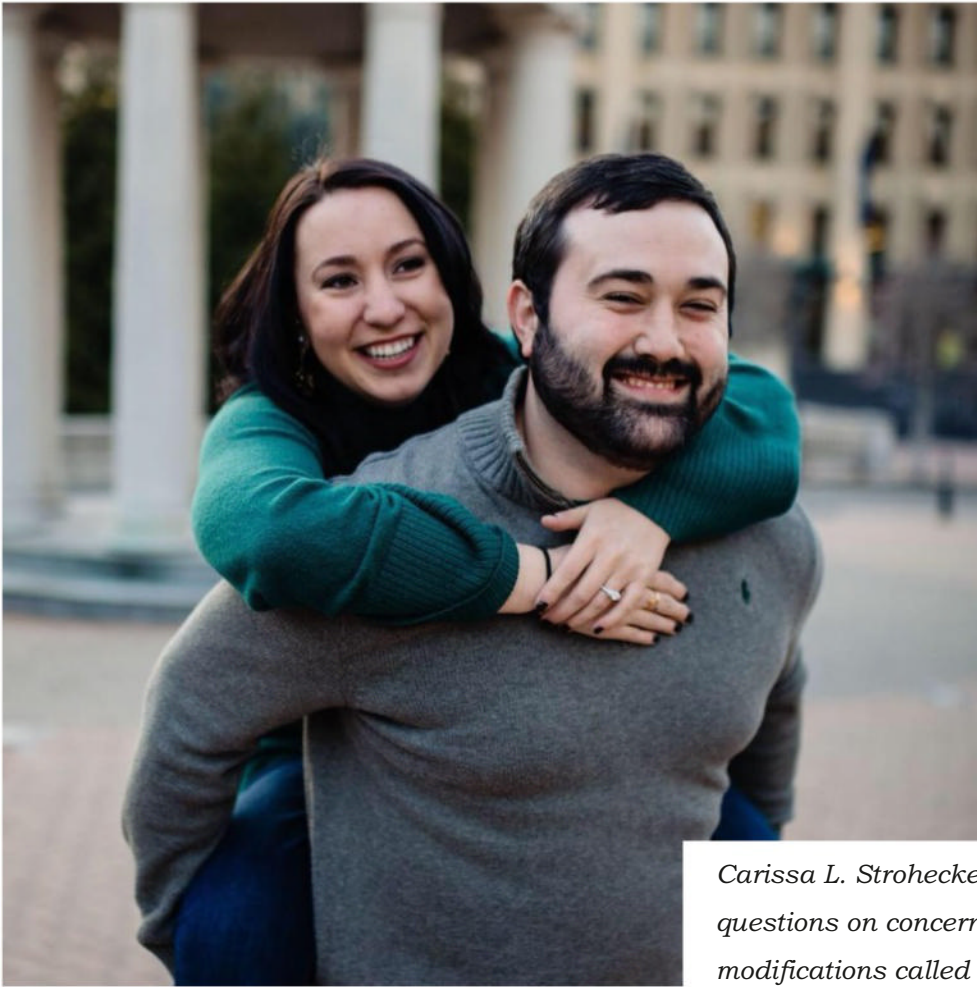


GROWING UP WITH CHILDHOOD Arthritis

Carissa L. Strohecker Hannum

Carissa L. Strohecker Hannum is a practicing psychotherapist who helps others that live with chronic pain, chronic illness, trauma, eating disorders, and mood disorders. She was diagnosed and has been living with Arthritis since she was 15 months old, you are right juvenile rheumatoid arthritis (in the 90s when there wasn't a ton of research on what to expect)

Doctors told her that "it would get better and go into remission and there was a chance it would progress." But in her case, it progressed and changed. She has now been diagnosed with Ankylosing Spondylitis which affects her spine, ligaments, and tendons in her pelvis. But in spite of innumerable challenges, she is married and is looking forward to developing a family.



Carrisa Believes In Overcoming Everyday Challenges, She Says

“ My arthritis is a big part of my relationship and my husband has been a phenomenal support. My husband, Dylan, is extremely helpful to even get me to listen to my own needs and is my biggest support. My parents laid the foundation to share my needs and now I can do that in my relationship. Dylan will come to doctors’ appointments with me, and surgeries, and has chosen to support me through life’s challenges. I think everyone with arthritis deserves a relationship like this ”

Carissa L. Strohecker Hannum continues to answer questions on concerns regarding challenges, lifestyle modifications called upon, treatment options, and the role of family that seem to bother parents whose child has been diagnosed with arthritis or one who is suffering from juvenile rheumatoid arthritis

CHALLENGES FACED AS A CHILD AT HOME AND AT SCHOOL-

This is tough. Living with arthritis means living with an invisible illness. People will see the kid as entirely normal, which sometimes they might prefer. Other than seeing modified shoes, kids wouldn’t have any idea that I was different unless I would discuss it. I think that was really hard.

If I was out sick or even in high school, when and had to get an infusion, it can make a child feel very different or that they have to grow up fast compared to their peers. I think that is a natural reality that will happen. I found a lot of comfort in finding support groups and engaging in activities provided by our hospital for kids with arthritis. I felt very heard and understood.



Carissa In Physical Therapy With Her Mom

With time, and explanation I had a really good group of friends in each of my phases of life that was willing to learn, listen, and realize the challenges of my illness. I think my parents and my medical team helped instill confidence in me and helped teach me how to “own” my illness.

It is okay that I have needs, that are different, and if people aren't hearing me they probably shouldn't be my friends. If someone was being judgmental like a teacher, my parents would be involved, but they also coached me on why they were doing what they were doing so that I could also advocate for myself in future instances, like college. It is natural for parents to want to be protective, but also encourage and teach kids to not feel ashamed, and stand up for their needs.

There is still a lot of education needed around arthritis and invisible illnesses in school systems so take the time to educate your school system and what this might mean for your kid. At one point, we actually brought a nurse into kindergarten to help teach my peers as well as my teachers what this may have meant and the parts of arthritis they may not “see” like physical therapy, splints that I had to wear, etc.

My doctor actually ran into me, my family, and my orthopedic doctor in the hallway at Penn State Hershey Medical Center, and diagnosed me on the spot/got me in for treatment with her. Her name was Dr. Barbara Ostrov and I was very privileged to have her guide me and my parents through treatment for the first 22 years of my life.

My arthritis changed types, so we had to navigate oral medications and biological medications. I also went through physical therapy numerous times/was taught how to walk again. Later in life, I started to take SSRI medications and work on my mental health, but that came in college.

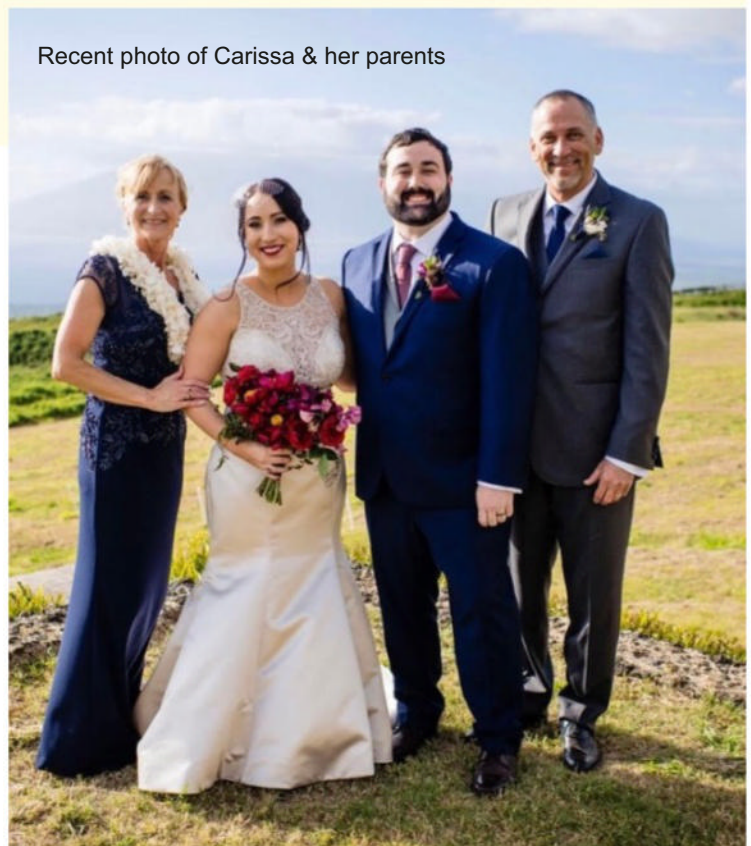
I would encourage parents to have kids talk to a therapist or even talk to a therapist themselves to help with coping with the diagnosis or challenges around the diagnosis. I obviously believe in it so much that I'm now a mental health therapist myself. But, I do think that seeing a therapist as well as a stellar medical team has helped my prognosis, quality of life, and even how I view my arthritis.

Treatment Options Resorted To In Order To Improve Quality Of Life-



Carissa and her parents when she was younger

I feel like I was very lucky in terms of the medical system I grew up around. However, I was diagnosed in the 90s, so kids with arthritis weren't much known and it was very confusing to navigate. My parents felt much challenged during this time trying to find a doctor or a solution for a 15-month-old that stopped walking and was crying in the middle of the night from the pain.



Recent photo of Carissa & her parents

Lifestyle Modifications Called Upon

Something that my parents and my medical team encouraged was assertiveness around my needs and I think learning how to discuss needs is really important in childhood. I think that parents can sometimes want to protect a child from pain and naturally want to fix the pain. I mean, who wouldn't? It is terrible to see a child in pain, but I didn't want my parents personally to make decisions for me around my health.

My parents and my doctor allowed me to have agency around some of my choices by helping me weigh the pros and cons of medications as well as decisions around when I needed to rest etc.

My parents had to learn to trust that I'd tell them when I was doing too much if I needed a rest day, or what I could personally handle. I think that it is helpful to know that this will be hard, especially for parents, but I think it is important for kids to feel that they have some agency over what is happening to their bodies. This also creates body trust. If you feel like a doctor isn't listening to your kid, don't go to them. Even kids want to be heard.

I had to learn at a young age how to discuss my arthritis with teachers, and kids, and learn how to cope with having to cancel activities, etc. Sometimes kids have to learn how to modify. For instance, although I wanted to be treated as a "normal kid" there was a time when I would need to make hard decisions-like quitting swimming or going to school late. When I was younger my parents may have decided how to dose my activities for me, such as when to take breaks or to sit and rest, but as I aged they would ask me and eventually now they trust I will tell them what I need.

I also used to get sick a lot due to being immune-compromised. It is really important to talk to the school about possible modifications needed, but also have the child be a part of those conversations.

EXERCISES AND DIET CHALLENGES-

As my arthritis changed I did have to modify what exercise I would choose. I would focus more on activities that feel good, for instance, I would swim until I couldn't, but then I engaged in a lot of theatre as my physical activity.

I think looking at movement or learning to be pleased with what the body can do, can be helpful versus focusing on what the body can't do.

I personally never had diet challenges and still don't, adds in Carissa.

Role of Family in Helping the Child-

Families should be teachers of advocating. I would also say one should learn to make space for your child's emotions. You may want to fix them but make space for them. Having an illness is a continuous grieving process. Your child might sometimes feel like just another kid in the pact, and other times they might feel sick from medications, miss out on parties, or have to give up an important activity due to pain. It is okay to let them grieve, be sad, be angry, etc.

Make space for these emotions not only for the kid but also for yourself. Find support groups, find parent groups, use social media, and reach out to a therapist, this is really hard! Learning to make space for my emotions and how I felt about my illness was important to my pain management

It is important to ask the child how they are feeling. My parents really were great about giving me time to process, cry, and just feel my emotions. It is also natural for a child to feel shameful around this, but find ways to help them understand that it is okay to ask for their needs- i.e. talking with other kids with this same illness and learning from one another how to navigate this.



The WF Team is Grateful to Carissa
for sharing her inspiring journey.

Bio: Carissa currently lives in the Washington, DC area and works as a psychotherapist in private practice. She helps others that live with chronic pain, chronic illness, trauma, eating disorders, and mood disorders. She is passionate about advocating for disability rights. She lives with her husband, Dylan, her dog, Copper, and her Cat, Remy. She is an avid reader, theater lover, and Harry Potter fanatic. For further input visit: www.carissahannumtherapy.com

FUEL UP

Give your body the energy it needs to do the job you want — even if you are trying to lose weight.

Skimping on nutrition can reduce muscle mass, lower bone density, and cause fatigue. This puts you at risk of injury and illness, increases recovery time, causes hormonal problems, and, for women, menstrual issues.

Make sure your diet plan supplies enough nutrient-dense calories so you can exercise and stay injury-free and healthy.



TIPS TO DESIGN

Your Kitchen

FOR WEIGHT LOSS

An organized kitchen can encourage us to cook and enjoy meals at home even more often (which is good for our waistline and our wallet).

Tips to maximize Weight-Loss Efforts in the Kitchen

An organized kitchen can encourage us to cook and enjoy meals at home even more often (which is good for our waistline and our wallet).

Keep A Set Of Measuring Cups And Spoons Handy.

Using measuring tools helps you understand what a portion looks like so you won't overeat. Keep tablespoons in containers of nuts and seeds to make healthy snacking a no-brainer.



Place Fruit On The Counter.

Display those apples, pears, oranges and bananas on the countertop. People who keep fruit on the countertop are more likely to have a lower BMI, a measure of body fat based on height and weight, according to a study published in Health Education and Behavior. The presence of fruit on the counter was associated with lower BMI in both studies, but the presence of foods such as candy, cereal, soft drinks, and dried fruit was associated with weight differences that ranged from 9.4 to 14.4 kg.

Hide all the sugary stuff.

People who kept candy on their desks ate almost three times more candy than volunteers who hid candy containers in their desks — and close to six times more than people who had to walk a short distance to get to the candy — according to a study published in *Appetite* journal. Use this strategy in your kitchen: Hide candy in the back of the pantry or freezer. Better yet, remove the treats from the house altogether. If you want a cookie, go to the bakery and buy one so you're not tempted to eat an entire package!

Rearrange Your Pantry.

Make healthy food easier to get to by placing it in the front of a cabinet. In the Health Education and Behavior study, normal-weight people were more likely to store snack foods out of sight in a cupboard or a drawer and to place healthier foods in more visible places. Women who had soda and breakfast cereal on the countertop weighed more.

Confine food in the kitchen.

Don't hide food throughout the house! This means saying good riddance to that candy bowl in the family room and the cookie stash in your home office. Obese people are more likely to have food stored in rooms beyond the kitchen, according to a study in the *International Journal of Obesity*.

Bring Sound Into Your Kitchen.

Whether you have a radio, speakers for your iPhone, or another way to listen to music, play soft tunes while you cook and eat. This may help you feel relaxed and make you more mindful of what you're eating, encouraging you to choose a healthier meal, found a study published in the *Journal of the Academy of Marketing Science*.



Have an Emergency Stash.

Fresh fruits, veggies, and proteins are fantastic to have on hand. But if you're a few days late with this week's grocery run or you're just getting back from vacation, you'll want to dip into your emergency supply for a healthy meal. Store frozen veggies and fruit in the freezer and brown rice, quinoa, canned beans, nuts, and seeds in the pantry.



How ToDo **TULASANA** BENEFITS & STEPS

Tulasana, also known as the Scale Pose or the Lifted Lotus Pose, is a seated balancing posture in yoga. It requires core strength and stability to hold the body in an uplifted position.

Tulasana is derived from the Sanskrit words “tula,” which means balance, and “asana,” which means pose or posture. The name reflects the pose’s emphasis on finding balance and stability.



BENEFITS:

1- Enhanced Core strength:

Tulasana strengthens the abdominal muscles, particularly the rectus abdominis, transverse abdominis, and obliques.

2- Arm and wrist strength: This pose engages the muscles of the arms and wrists, improving their strength and endurance.

3- Improved balance: Tulasana challenges your balance and requires concentration, enhancing your overall sense of balance and stability.

4- Toned arms and shoulders: Regular practice of Tulasana can help tone and sculpt the muscles of your arms and shoulders.

5- Increased focus and concentration: Balancing poses like Tulasana demand concentration, which can improve your mental focus and presence.

Steps to Perform Tulasana:

- 1- **Start by sitting** on the floor with your legs crossed in a comfortable seated position, such as Padmasana (Lotus Pose) or Sukhasana (Easy Pose).
- 2- **Place your hands** on the floor beside your hips, with your fingers pointing forward.
- 3- **Press your hands** firmly into the ground and engage your core muscles.
- 4- **Lift your body** off the ground by straightening your arms. Your buttocks should be off the floor, and your body weight should rest on your hands and fingers.
- 5- **Keep your spine** straight and your chest lifted. Relax your shoulders away from your ears.
- 6- **Engage your core** muscles to maintain balance and stability.
- 7- **Hold the pose** for a few breaths, gradually increasing the duration as you become more comfortable and stronger.
- 8- **To release the** pose, gently lower your body back down to the floor, returning to the starting seated position.

Note: If you find it challenging to lift your entire body off the ground initially, you can start by practicing a modified version. Instead of lifting your body completely, focus on lifting your buttocks slightly off the floor while keeping your feet and legs grounded.

As with any yoga posture, it's essential to listen to your body and work within your limits.



Avoid Tulasana

While Tulasana can provide numerous benefits, there are certain individuals who should avoid practicing this pose or proceed with caution.

Below are some cases in which it is advisable to avoid or modify Tulasana:

1- Wrist or shoulder injuries:

Tulasana puts significant weight on the wrists and shoulders. If you have any acute or chronic wrist or shoulder injuries, it's best to avoid this pose or modify it to reduce strain on those areas. You can try practicing a modified version where you keep your hands on blocks or use props for support.

2- Weak core or abdominal muscles:

Tulasana requires a strong core to maintain balance and stability. If you have weak abdominal muscles or are recovering from abdominal surgery, it is recommended to avoid this pose until you have developed sufficient strength.

3- Pregnancy: Pregnant women should be cautious when practicing Tulasana. As the abdomen grows, it can alter the center of gravity and affect balance. It is advisable to consult with a qualified prenatal yoga instructor for modified poses that are safe during pregnancy.

4- High blood pressure: Women with high blood pressure should approach Tulasana with caution. The pose can generate a significant amount of pressure in the upper body, which may not be suitable for those with uncontrolled high blood pressure. If you have hypertension, it is best to consult with a healthcare professional before attempting this pose.

5- Recent abdominal surgery: If you have recently undergone abdominal surgery, such as a C-section, it is best to avoid Tulasana until you have fully healed. The pose can strain the abdominal muscles and interfere with the healing process.

If you have any concerns or specific health conditions, it is recommended to consult with a healthcare professional or a qualified yoga instructor for personalized guidance.



Yoga Tip

A full back stretch while touching the toes without bending the knees is among the most potentially dangerous poses for those with lower back disc issues to perform. Over-stretching the major muscle groups in your back, or forcing muscles into elongation can result in injury.

YOGA TO

Activate Your Root Chakra



Grounding is essentially about getting out of the world inside of our heads of worries, stress, and checklists, and connecting to the present moment, as well as the magic of the earth below us.

The feeling of being grounded stems from our root chakra, the mooladhara. When this base energy center of your body is activated and flowing freely without blockages, you will feel more connected, secure, and integrated with the world around you. To feel more grounded through the practice of your asanas, you can focus your practice on various postures that activate your root chakra

Below are 5 asanas to Activate Your Root Chakra

#1

Tiryaka Tadasana (Swaying Palm Tree Pose)

The first asana recommended to help with creating balance is Tiryaka Tadasana.

- Stand with your feet more than shoulder-width apart, and fix your gaze on a point in front of you.
- Interlock your fingers and turn your palms outwards, and then raise your arms over your head to stretch upwards.
- Be sure to inhale when raising your arms. Exhale, and bend to the right side from the waist, without twisting your trunk.
- Hold the posture here for 5 counts, inhales, and then slowly come back to center in the upright position.
- Repeat this on the left side to complete one full round. Once you have completed the first round, you can repeat it 10 times.
- To end, return to the upright position, release your hands and bring your arms down to the sides.

When doing the asana, your awareness should be on keeping your balance and the stretch along the side of the body. Keep in mind that your body and head need to face forward, without twisting when bending to the sides. Focus on your mooladhara chakra.

Tiryaka Tadasana develops physical and mental balance and helps to clear up congestion of the spinal nerves at the points where they emerge from the spinal column. It is a great asana for stretching the muscles and intestines. The side bending massages loosens and exercises the sides of the waist.

#2

Padmasana (Lotus Pose)

A second asana that can be practiced is padmasana.

- While sitting, place your legs straight in front of your body.
- Bend one leg and place the foot on top of the opposite thigh, making sure that the sole of this foot is facing upward and the heel is close to the pubic bone. When you feel comfortable, bend the other leg and place the foot on top of the opposite thigh.
- Both knees should be touching the ground, with your head and spine held upright and shoulders relaxed. Place your hands on your knees in jnana mudra.
- Ensure that your arms are relaxed, elbows are bent and eyes are closed. Adjust your body accordingly, by moving forward or backward, until you achieve perfect alignment and balance.
- Padmasana is an ideal posture for energizing the chakras, as it directs the flow of prana from the mooladhara to the sahasrara chakra, allowing for a heightened experience of meditation. The asana holds the trunk and the head like a pillar with the legs as a firm foundation. As you steady yourself in this position, the mind becomes calm, allowing for the first step towards meditation.



Note: Individuals who suffer from sciatica or weak/injured knees should not perform padmasana. It should not be attempted until you have developed flexibility in your knees. Additionally, women who are pregnant should also not practice this as it reduces circulation in the legs.



#3

Pada Prasar Paschimottanasana

(Legs Spread Back Stretch Pose)

Another asana, that will help you feel grounded, as well as make you aware of your physical connection to the earth, is Pada Prasar Paschimottanasana.

- To begin, sit with your legs spread apart as wide as possible and interlock your fingers behind your back.
- Inhale, turn your trunk to the right and raise your arms up behind the back. Exhale and bend forwards to try and touch your nose on the right knee.
- Breathe slowly and deeply while you hold the position for as long as you can.
- Inhale while you raise your trunk and lower your arms to come back into starting position. Once complete, turn to your left side and repeat.

Your focus during the asana should be on your breath and the physical stretch in the legs, back, shoulders and arms. The asana should follow backward bending asanas and should not be attempted by people who suffer from a slipped disc, sciatica, or a hernia.

This asana benefits the hamstring muscles and increases flexibility in the hip joints. It tones and massages the pelvic region, helps to remove excess weight, stimulates circulation to the nerves, and loosens up the legs in preparation for meditation asanas.



#4

Uttihita Hasta Padangusthasana

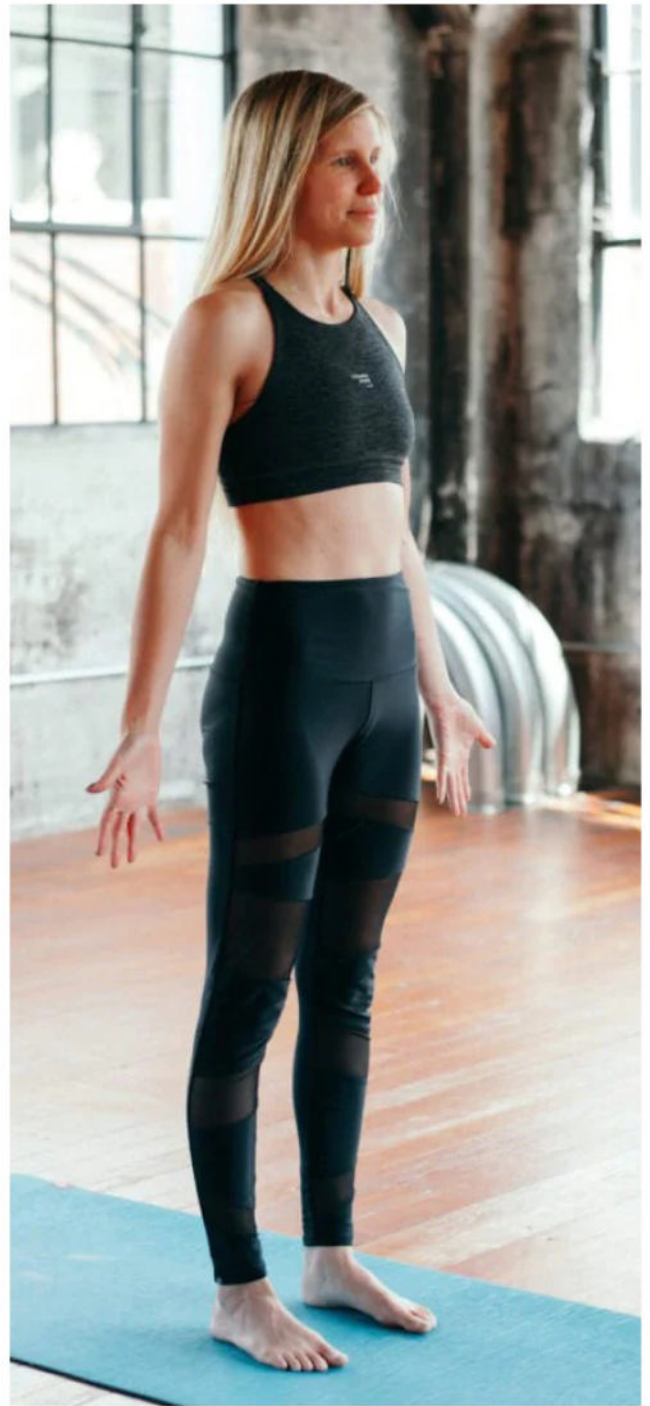
(raised hand to big toe)

A final asana to practice is Uttihita Hasta Padangusthasana.

- To begin this asana, stand upright with your feet together, relax your whole body and focus your drishti in front of you, or on your third eye.
- Bend your right knee and place your thigh close to your chest.
- Once you've found your balance, place your right arm around the outside of your bent leg, inhale and grab your big toe.
- Exhale and bring your right leg is straight out in front of your body; slowly pull your leg up closer to your body.
- Raise your left arm to the side for balance and perform chin mudra with this hand.
- Hold the position for as long as you can while breathing deeply, and then bend the knee, release the toe, exhale and slowly lower your foot to the floor.
- Repeat these steps with your left knee raised.

During this posture, bring your awareness to the stretch along the back of the leg, on the hips, and on maintaining your balance by focusing on a fixed point. You can also bring your awareness to the mooladhara chakra.

Note: This asana improves concentration and coordinates muscular and nervous balance. It works to strengthen the hip and leg muscles and to stretch the hamstrings, helping the knee and ankle joints. However, this asana should not be practiced by people with sciatica or hip issues.



#5

Tadasana

(Mountain Pose)

A foundational yoga pose, Mountain is simple but highly effective for keeping your bodily awareness in check.

- Stand with your big toes touching and heels slightly apart.
- Lift your chest and roll your shoulders down your back, palms forward.
- Finish by adding the slightest tuck to the chin (Jalandhara Bandha) and lengthen the crown of your head toward the sky.
- Find your Ujjayi Pranayama by breathing in and out through your nose while constricting your throat.
- Stay here for 5–10 breaths.

The result of this practice will be a calmer, more balanced, less stressed and anxious, You. According to a study, actual physical contact with the Earth, like walking barefoot outside — had a powerful healing effect, reducing pain and inflammation in the body. The living matrix (or ground regulation or tissue tensegrity-matrix system), the very fabric of the body, appears to serve as one of our primary antioxidant defense systems.

SKIN CARE

FOR EXERCISERS

Exercisers are prone to numerous skin problems caused by increased moisture or friction or damaging elements like cold, sunlight, and infection. Many skin afflictions, however, can be prevented by keeping the skin dry, clean, and protected.

INDOORS

Let's start with the gym. The key word for skin at any time is hydration, but when it comes to aerobic exercise in a hot, stuffy environment such as a gym, drinking an adequate supply of water is not so much a matter of comfort as a matter of urgency. Without vigorous exercise, you normally lose about 2 liters (4 1/4 pints) of water a day, only some of it through perspiration. Adding a good sweaty session at the gym will significantly increase the volume lost.



when you are dehydrated, the blood flow to your skin is reduced, and over time this can result in a kind of grey pallor. In the long term, you will also find that the diminishing number of nutrients reaching the skin affects its daily renewal process, meaning skin can become dry and flaky, and washing several times a day will only exacerbate this. Hardly surprising, the best way to combat these effects not only for your skin but also for your general fitness performance-is to drink more water. Drink 500ml (1 pint) of water around two hours before exercise, then 250ml (1/2 pint) when you arrive at the gym-and around every fifteen minutes during your workout. If the thought of this makes you queasy during exercise, chances are you're already dehydrated. Gym skin also needs extra care on the outside. Exfoliate with a gentle body scrub at least two or three times a week and apply body lotion after showering.

Swimming indoors also brings its own perils.

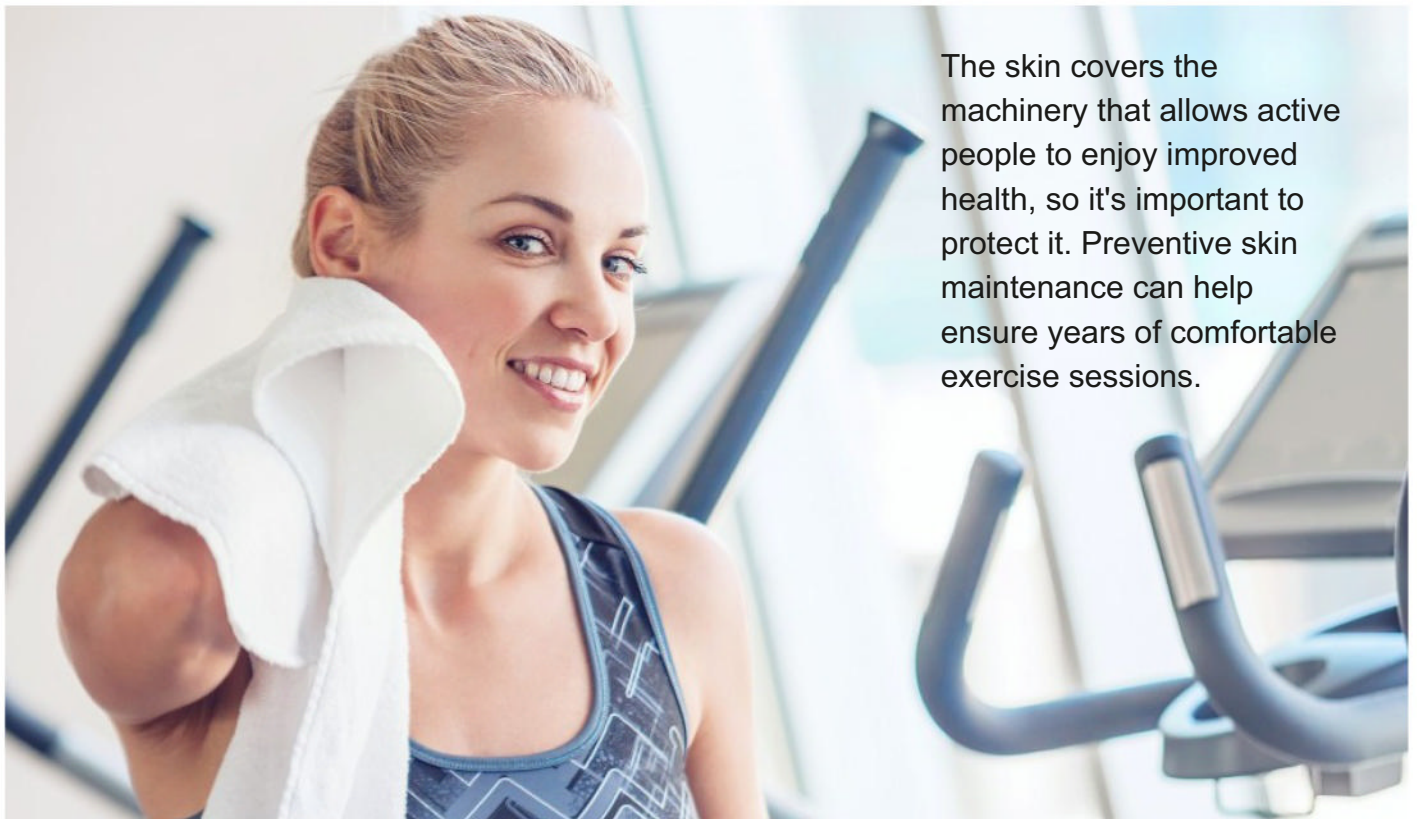
Chlorinated pools leave skin dry, with that lingering 'detergent' smell, so it's vital to wash straight after a dip. Use a highly lathering shower gel (the lather doesn't make you cleaner, but the extra time it takes to wash off means your body's getting drenched with extra water) and apply it twice, rinsing in between, in the same way that you would a shampoo on your hair. Again, body lotion afterwards is a must, but keep chemical fragrances to a minimum- they can add to skin dryness.

OUTDOORS

With all those indoor perils, it may seem as if a run or jog outside in the fresh air would be the perfect way to improve your body and skin together. Oxygen certainly does wonders for radiance-boosting, but there are still some factors to be aware of. If you're jogging in the city, for example, your skin is exposed to pollution, and wherever you're exercising there's always the question of those wrinkle-inducing UV rays. Fine, you might think, I'll just wear an SPF lotion while I run. The problem is that not all skin creams are alike. An SPF is good (factor 15-30 depending on the sun strength and time of day), but make sure you don't use a wax-based formulation. The pores on the face are tiny, and these thick, heavy sun protection creams can be comedogenic (pore-clogging), especially when mixed with perspiration. It's also important to wash your face properly after outdoor exercise. Perspiration mingles with sebum and forms a substance that attracts dirt, and if you don't wash it away, it will literally sit there all day. Hats and clothing made of tightly woven fabric provide fairly good protection against the sun's harmful ultraviolet rays. Caps protect the scalp and, to some degree, the face. Broad-brimmed hats afford additional coverage of the ears.

No matter how much water you drink, perspiration is a normal part of exercise—even on the face. Keep your facial temperature low by drinking plenty of water, and try a facial mist, too. Also, if you've consumed more than a glass or two of alcohol in the evening, don't exercise the following morning; you will sweat much more than you would normally.

Another pore-clogging peril is make-up, but there's one simple make-up rule when it comes to exercising: don't wear any. Not only will it run as you start to perspire (and mascara halfway down your cheeks is not a good look) but the rise in temperature will help it work its way further down into your pores, making it even harder to clean off afterwards. If you can't bear to face the world without even a smattering of colour, look for mineral-based make-ups that are non-comedogenic and won't run, and a water- or gel-based foundation. And as in most situations in life, a little bit of lipstick won't do any harm!



The skin covers the machinery that allows active people to enjoy improved health, so it's important to protect it. Preventive skin maintenance can help ensure years of comfortable exercise sessions.

HAIR CARE TIP

The American Academy of Dermatology Association (AAD) explains that thin hair is fragile and has an increased risk of damage. The association provides these tips for people with hair loss:

- using a gentle shampoo that does not remove moisture
- Use a moisturizing conditioner to reduce breakage and split ends
- applying a leave-in conditioner after washing and conditioning to prevent frizz and breakage
- wrapping the hair in a microfiber towel before blow-drying it

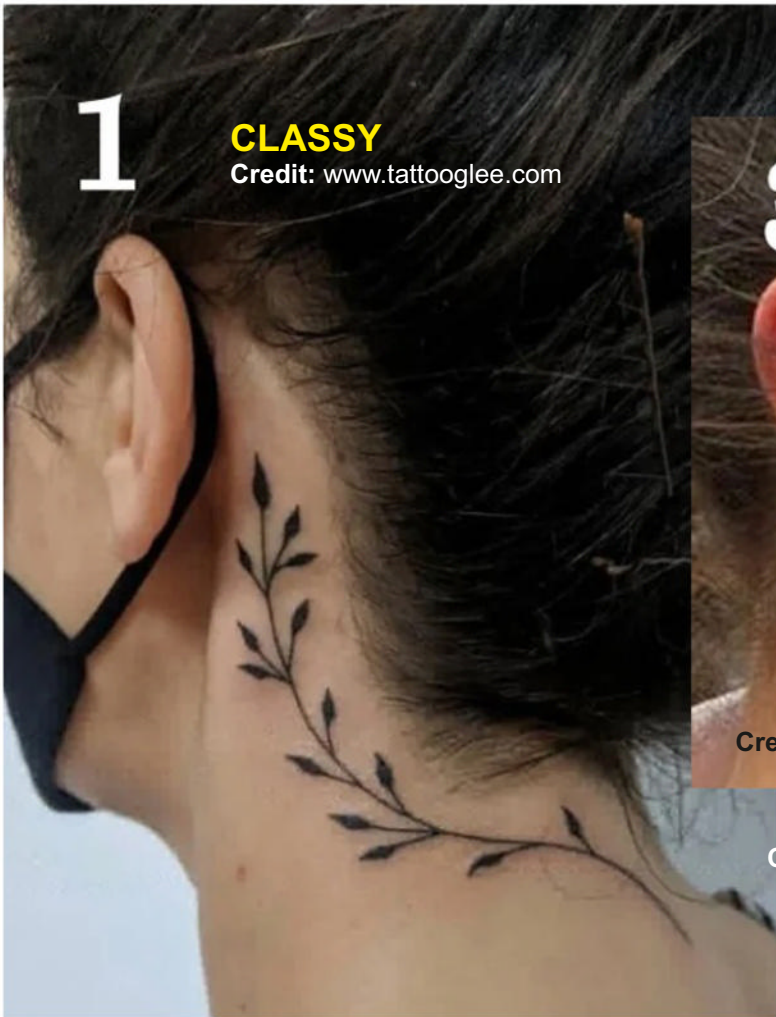
The AAD warns against using curling or flat irons, as these can weaken the hair. A person might also reconsider other styling options. For example, pulling the hair back in a ponytail or bun can lead to permanent hair loss over time.



TOP 20 TATTOO DESIGNS For Your Neck

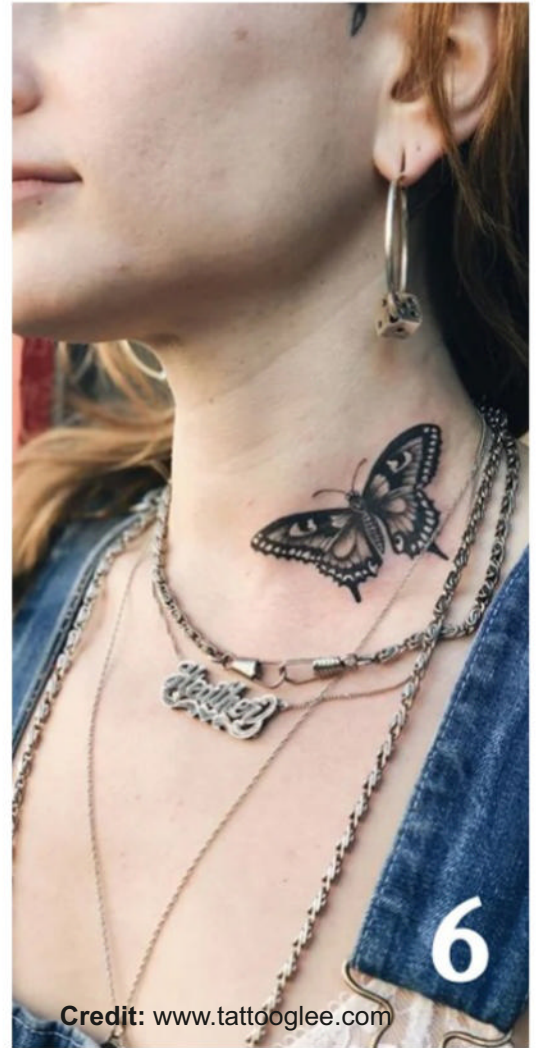
By Victoria Hudgins,
Founder & Managing Editor
Of Tattoo Glee

With the current trend of personal expression, the art of tattooing has been given new dimensions, especially in the form of neck tattoos for women. It's a canvas that seems limited at first, but I assure you, the possibilities are endless. Small or large, minimal or intricate, the neck can carry them all with grace. That being said, it's also a significant commitment - a lifelong one - as it's a part of your body that's usually visible to the world.



One thing's certain, there's no denying the beauty of neck tattoos. With their growing popularity, I've seen an incredible variety of designs come to life. Among the classy ones, vine-wrapped neck tattoos are quite the rage. They effortlessly combine femininity and strength in one single twist. Flying butterflies across the neck is another fabulous choice, as they add a sense of movement and freedom. Detailed black and white butterfly designs are another favorite of mine. For something more daring, a full-neck tattoo can make quite a statement.

Indeed, the allure of tattoos, whether bold or understated, avant-garde or classic, is continually on the rise. There's a growing fascination for grand designs like blossoming flowers and intricately outlined roses, becoming more popular with each passing day. Tattoos featuring vibrant floral patterns accompanied by butterflies exude a unique allure and present an excellent opportunity to introduce a burst of color. For those inclined towards a more mystic vibe, a Mandala tattoo gracing the neck can be the perfect choice.



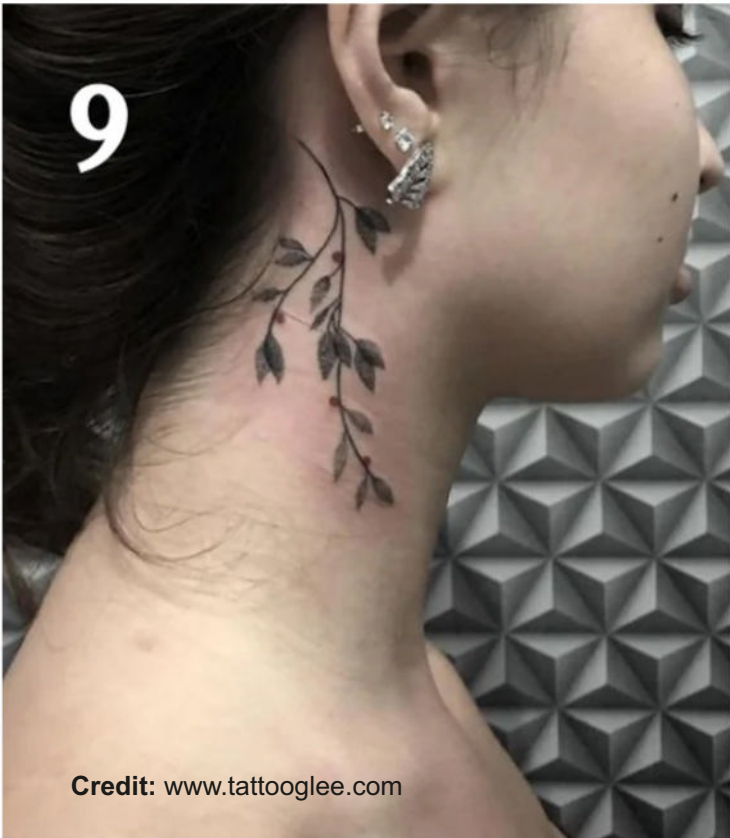
However, if your style veers towards the subtly profound rather than the outwardly flamboyant, smaller tattoos can pack an equally powerful punch. Consider the elegant impact of a scripted word like 'Lover' rendered in a vertical or horizontal layout. Or perhaps the delicate allure of a tiny ribbon bow or the ethereal appeal of stars and moons. The side of the neck, too, provides an exceptional canvas for artistic expression – a small bird or dainty flower design can convey an impression of refined elegance, discreet yet significant.



8

COOL + CUTE

Credit: www.tattooglee.com



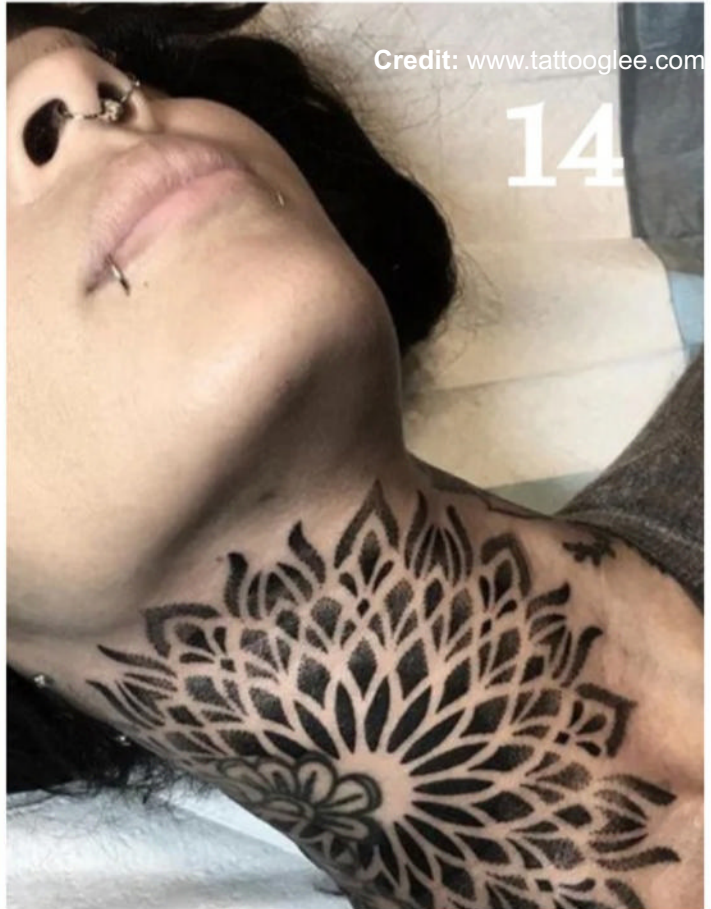
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Credit: www.tattooglee.com



10

Credit: www.tattooglee.com



CHALLENGES :

- One of the challenges includes dealing with the possibility of fading, especially since the neck area is consistently exposed to sunlight.
- Additionally, the neck has a high concentration of nerve endings, making tattooing quite painful for some. So you'll be glad to know that the discomfort is usually temporary and manageable for most people.



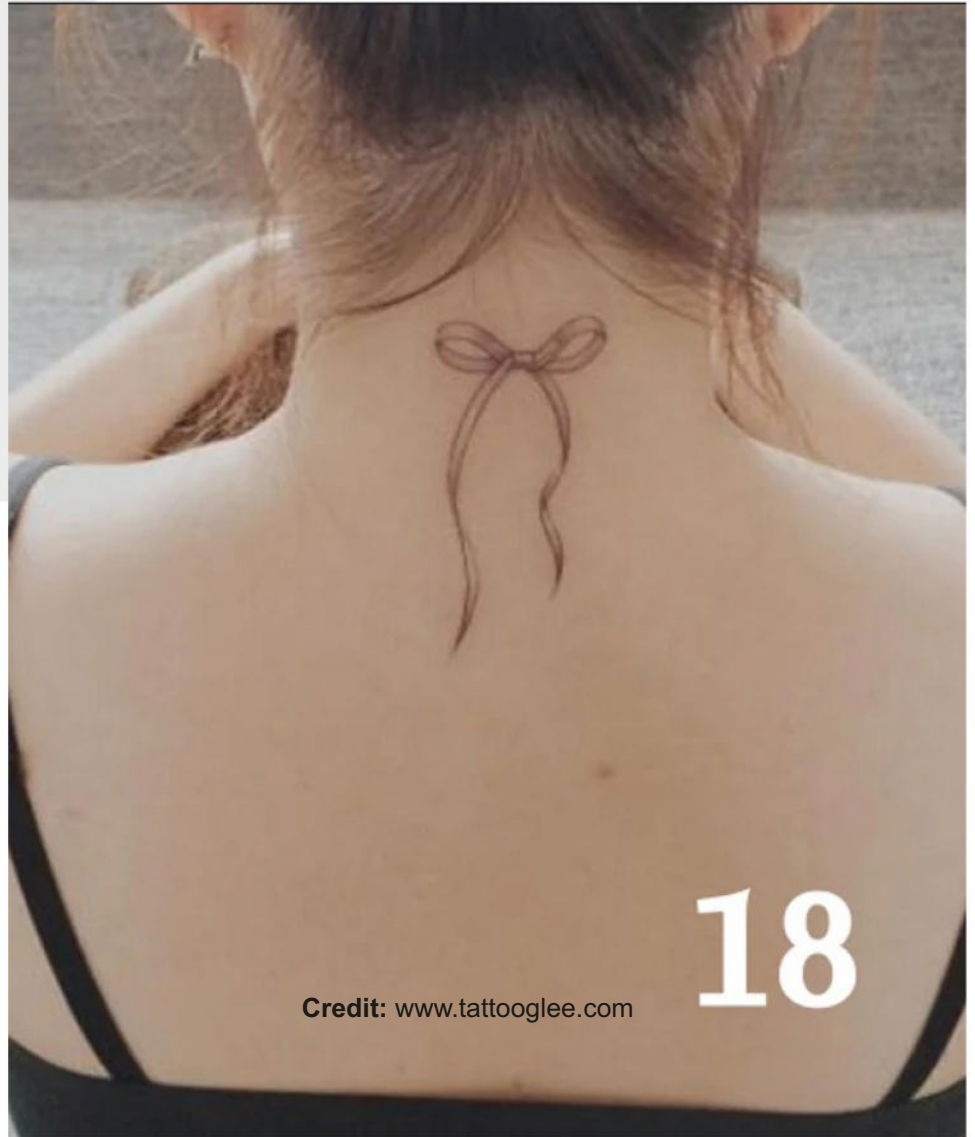
“ In light of this, it's always recommended to have an open conversation with your tattoo artist about these aspects, including the size of your tattoo, whether you prefer it to be colored or not, and whether you want it to be temporary or permanent. These are all decisions that should be made after careful consideration and discussion ”

adds tattoo artist, Victoria Hudgins whose expertise in the tattoo industry has earned her recognition in influential publications such as Yahoo Style, SFGate, and BuzzFeed.



Moreover, it's essential to bear in mind that each individual's journey with tattoos is as distinctive as the designs they choose. The perfect tattoo for one might not resonate with another. Hence it's pivotal to honor your intuition and refrain from rushing the process.

Remember, the most important thing is to choose a design that resonates with your personal style and story.



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