

Fitting News

Guest Article

Quinoa Salad



Ingredients:

- 3 TB Lemon juice
- 3 TB Olive Oil
- 3 TB Cilantro, minced
- Sea Salt, to taste
- Freshly ground pepper, to taste
- 1 C fresh or frozen corn
- ½ C Quinoa, rinsed well (before cooking)
- ½ tsp toasted cumin seeds or cumin powder
- 1 C cooked black beans (rinsed)
- 1 med tomato, diced
- 3 TB red onion, minced

Directions:

Whisk together lemon juice, olive oil, cilantro, and salt and pepper to taste; set aside.

In a small saucepan, bring 1 1/2 cups of water to boil and add organic corn (most corn is genetically modified so always purchase organic). Reduce heat and let corn simmer until tender. Drain corn, reserving 1 cup of the cooking liquid.

Bring cooking liquid to a boil and add Quinoa (well rinsed beforehand is a must) add cumin. Cover, reducing heat, and let simmer until liquid is absorbed (10 - 15 minutes). Remove pan from heat and leave undisturbed for five minutes. Fluff

Quinoa with a fork and allow to cool slightly. In a bowl, combine cooled Quinoa, corn, black beans, tomato and onion. Pour dressing over and toss gently to mix. Refrigerate salad until ready to serve.

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Stretch to Your Heart's Content (Part 1 of 2)

How Did the Idea Get Started?

My local gym had not offered a stretch class in years. In fact, it's unusual when any exercise class includes stretching for more than three minutes. Unless you warm-up in a yoga class, you're stuck. While the idea was swirling around in my head, at the same time my friends and business associates (I was already teaching my personal clients) kept asking me to teach a group class at my studio. I wasn't sure what I would teach so I declined.



Then I attended this year's WALK TO END ALZHEIMER'S planning meeting. I rallied my energies and talent for a group training stretch class with a cause dear to my heart. I decided to donate half the proceeds from these classes to fund the research to END Alzheimer's disease.

Getting Back to Stretching – Dynamic and Static Methods

It becomes easier when you know which corrective technique to use for your body and what your goals are so that you see improvement without the risk of injury. If you are seeking a format that is restorative (recovery-regeneration-repair) which will sustain good health and improve your functional capacity, you can choose from various methods.

Dynamic style involves movements (such as wide arm circles) that more closely resemble what the body does during sports activities. This type of stretching allows for less hold times and more movement. Historically, dynamic stretching has been used to gain flexibility in the muscle structure to reduce risk of injury, enhance muscle performance and reduce soreness associated with tight muscles that pull on our bones.

Static poses are very similar to dynamic stretching. Static stretching helps to lengthen the muscle when the position is held longer. The effects can last up to 24 hours, but most effects seem to last for about 15 minutes. Static stretching is the most common stretching method. It involves holding a stretch position just beyond the normal range of motion by adding some external force such as equipment: bands, your own body weight or the assistance of a training partner. Typically, the position is held for five to 30 seconds. For the full blog about stretching, [on the Lori Michiel Fitness website, click "Blog" on the menu.](#)



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