

Fitting News

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Healthier Apple Crisp



A simply wonderful dessert that's healthier for you with less sugar, whole wheat flour and walnuts.

Ingredients:

10 cups unpeeled, cored and sliced apples
 ½ cup white sugar
 1 tablespoon white whole wheat flour
 1 teaspoon ground cinnamon
 ½ cup water
 1 cup quick cooking oats
 1 cup white whole wheat flour
 ½ cup packed brown sugar
 ½ cup chopped walnuts
 ¼ teaspoon baking powder
 ¼ teaspoon baking soda
 ½ cup butter, melted

Directions:

1. Preheat oven to 350 degrees F.
2. Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 tablespoon flour and ground cinnamon together and sprinkle over apples. Pour water evenly over all.
3. Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda, walnuts and melted butter together. Crumble evenly over the apple mixture.
4. Bake at 350 degrees F for about 45 minutes.

Songs For September

"Sunny"
by Bobby Hebb
 "See You in September"
by The Happenings
 "Thank the Lord for the Nighttime"
by Neil Diamond

What Does It Mean When You Hear The Words Kinesthetic Awareness?

Do you have it? What difference does it make if you don't?

There was nothing more invaluable to my clients than the methods I employed after I completed a course called "Three-Part Cueing."



In my practice, I teach clients ways to improve their form by implementing various corrective exercise techniques and healthy movement. Cueing, along with guided imagery, is a major contributor to their success.

By definition, kinesthetic awareness refers to how our senses take information from our brain and translate that data into movement. Touch and closed-eye patterns are sensory tools I use when I see my clients get stuck in an inefficient movement pattern. For example, think about people with poor posture, unrelated to nothing more than bad habits. Suppose they bend down to pick something off the floor and when they start to get up back up, their body gets stuck half way between bending and completely standing up straight. It becomes an incomplete movement pattern. Their brain forgot to tell them to straighten back up. I see this happen to my husband from time-to-time.

[On the Lori Michiel Fitness website, click "Blog" on the menu to read the rest of this article.](#)



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