


Natural Health Resource

Monthly newsletter of



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How to Be a Movement Warrior

Get FITT: To make sure your body never gets too comfy with your workout, you might want to abide by the FIIT principle. It stands for Frequency, Intensity, Time, and Type-the 4 factors that determine the stress you put on your body during a workout. Changing up any of them “surprises” and challenges your body in a new way that will burn more calories and increase metabolism as long as your body is forced to adapt to a challenging workout.

Add HIIT: High intensity interval training is where you benefit from the “after burn” effect, which steady-state cardio won’t give you. You can burn up to 40% more calories throughout the day.

Slim –without the gym: Implement a program called NEAT (Non- Exercise Activity Thermogenesis)-the term for everyday activities that stimulate your metabolism. It requires you to find more active ways to hack your exercise habits. When going from lying down to sitting in a chair while fidgeting, you’ll burn 25%

more calories. Toe tapping and raising your heels while seated not only are NEAT exercises, they also work the muscles of the lower legs.

Count your steps: Easily add steps to almost every daily activity. Park farther away from the store, take an extra lap around the store or walk the field at your kids sporting events. Extra steps add up to significant benefits.

Move anywhere: Make the most of your time while standing in line or anywhere you’re waiting with nothing else to do. Contract your buttocks, contract your core muscles, or balance your weight on one foot.

Find opportunities to move: Dance as if you were 16 again, jog in place in between commercials. You can burn up to 45 calories in 5 minutes. Do leg exercises and lift hand weights while you watch your favorite show. Hover just above your chair in a squat position for 15 seconds every hour.

Add 10: Whatever your current activity level is, add 10 more minutes a day. Add 10 more reps to your exercise routine. Take 2 five-minute walk breaks during your workday. If you hit 5 days a week, that is an extra 50 minutes weekly of activity! It all adds up.

May 2020

May Supplements
20% off

✓WholeMune

✓Vitamin D3 5000 w/K2

Maple Nut Latte Protein Bites (Grain Free)



INGREDIENTS

- 1/4 cup finely chopped nuts-pecans are awesome!
- 2/3 cup almond meal or coconut flour
- 1/3 to 1/2 cup natural nut butter
- 1-2 tbsp ground coffee
- 1/4 to 1/3 cup vanilla protein powder of choice
- 1/4-1/3 cup maple syrup.
- 1/4 tsp pure vanilla
- Unsweetened cocoa powder or extra protein powder to coat outside

INSTRUCTIONS

Finely chop nuts. Transfer to large bowl & add in all the remaining ingredients – add maple syrup last. If it is too dry, add more maple syrup or a tbsp. water. If too sticky, add more flour. Mix well. and roll into bite size balls. Freeze. Coat bites (once frozen) with extra protein powder or cocoa powder. Makes about 20 balls. Freeze or keep in refrigerator. They won't last long!

Coronavirus Immune Building Tips

- Take targeted vitamins, minerals and nutrients
- Eat a diverse nutrient-rich diet with a rainbow of whole foods and loads of antioxidants
- Use immune fighting spices; garlic, ginger, oregano, curcumin, astragalus, licorice root
- Hydrate sufficiently-1/2 body weight in ounces
- Support optimal gut health with probiotics
- Remove inflammatory triggers: gluten, dairy, refined sugar, alcohol, processed foods. Know your individual food allergies & intolerances
- Include optimal sleep, relaxation & sunlight