



TOPSTORY
Stretching



RECIPE OF THE MONTH
Baby Spinach With Golden Raisins and Pine Nuts



GET FIT
Biceps Curl



NUVAL WARS!
Choose This, Not That



In this month's webinar, Brett will provide helpful tips on keeping your body fit. But did you know that taking small stretches throughout the day can help too? Stretching not only improves flexibility, but it may also reduce tension, enhance muscular strength, and improve mental clarity. So the next time you find yourself in a stationary position for more than an hour, take a few minutes to perk up with an easy stretch.

Baby Spinach With Golden Raisins and Pine Nuts

Prep Time	Cook Time	Yields	Serving Size
0	10 minutes	4 servings	1 c. spinach and raisins

Ingredients:

- 4 Tbsp pine nuts
- 2 bags (10 oz each) leaf spinach, rinsed
- 2/3 c. golden seedless raisins
- 1/8 tsp ground nutmeg
- 1/8 tsp salt



Instructions:

In a medium nonstick pan over high heat, cook and stir the pine nuts until they begin to brown lightly and smell toasted, but not burnt. Set the pine nuts aside in another dish. Return the pan to the burner over medium-high heat. Add 1/4 cup water. As it begins to boil, add a small handful of the spinach. Cook and stir just until it begins to wilt. Then push it to the side of the pan, and add another 1/4 cup water and handful of spinach. Continue until all the spinach has been cooked, adding the raisins with the last handful of spinach. Sprinkle with nutmeg and salt. Cook and stir until all the spinach is wilted and the raisins are warm. Remove from heat. Press out excess water. Place one cup of spinach and raisins in a serving bowl. Top with pine nuts. *Calories 76, carbohydrates 13g, fiber 3g, total fat 3g, saturated fat 0g, cholesterol 0mg, protein 3g, sodium 130mg, potassium 510mg*

Arm Exercise: Biceps Curl



Muscles Worked: The biceps curl strengthens the biceps muscle, located in the front of the upper part arm.

Description: Stand with feet hip width apart, stomach tight, and knees slightly bent. The dumbbells should be at the front of your legs with your palms facing up (pic 1). Curl the dumbbells up toward the shoulders (pic 2). Lower the arms back to the starting position in a controlled manner. Keep your elbows stabilized during the entire motion. Breathe out on the motion up. Breathe in on the motion down. Perform 10-12 repetitions and rest 30 seconds. Repeat this sequence up to 2 more times.

**We recommend prior consent from your physician before starting any exercise program*

NuVal Trade-Up: Comparing Cereal

Shredded Wheat Cereal	Cheerios Toasted Whole Grain Oat Cereal
 <p>91 NuVal</p>	 <p>37 NuVal</p>

NuVal is a Nutritional Scoring System where foods are ranked on a scale of 1 to 100 – the higher the score, the higher the nutrition. Check out this month's comparison between two popular cereals: Shredded Wheat and Cheerios. Search the entire database on your MyActiveHealth website!

Quick Tip

You're only one workout from a good mood!

Speak with a health coach toll-free:
1-866-939-4721,
Monday–Friday, 8 am – 8 pm, Central time
and Saturday, 8 am–1 pm, Central time or visit
MyActiveHealth.com/Mississippi

