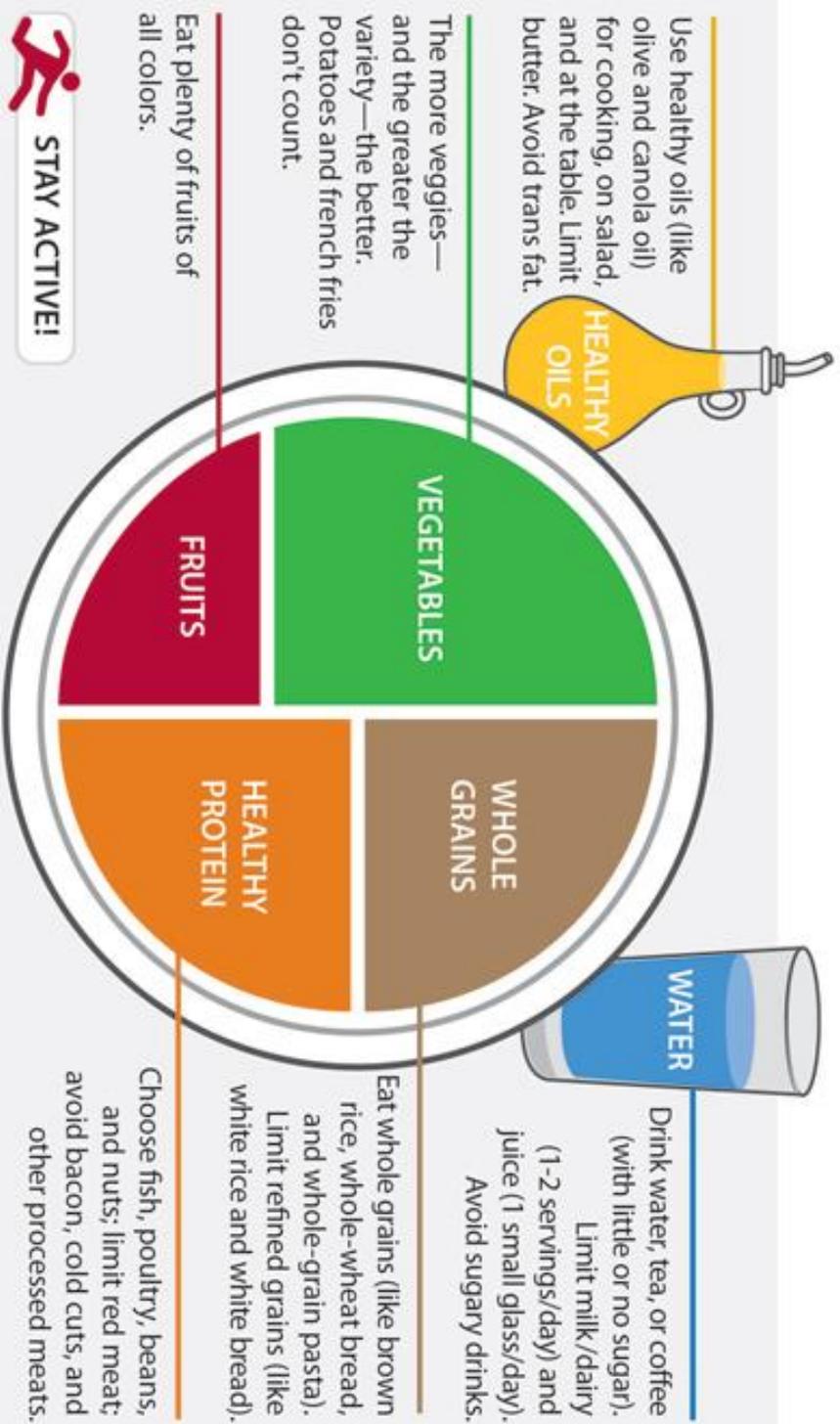


Session 4: Food and Movement as Medicine



- Check your vitals
- Centering meditation
- Go around
- Home practice review
- Health topics:
 - Food and Movement as Medicine
 - Healthy Eating Plate
 - Reading Nutrition Labels
 - Serving Suggestions
- Mind-body:
 - Introduction to Chair Yoga
- Review home practice assignments for coming week
- Recipe
- Healthy meal

HEALTHY EATING PLATE

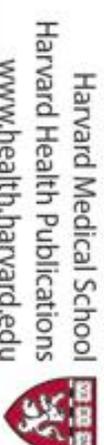


STAY ACTIVE!

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

Introduction to Reading Nutrition Labels

There is a lot of information on a nutrition label, but the most important information is at the top of every food label. The most important information is **servicing size**, **servings per container** and **calories**.

Serving Size

This is the recommended amount of food one person should consume.

This container recommends 1 cup per person.

Servings Per Container

How many servings are in the package, box, bottle or can?

There are 2 servings in this container.

Calories

This is calories per serving **NOT** calories per container!

For this label, to figure out how many calories are in the whole container you have to do some math:

$250 \times 2 = 500$ Calories per container

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Potassium 700mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Image credit: <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm114155.htm>

Vitamins and Minerals



Serving Suggestions

Here is a guide to think about servings using everyday objects.
Next time you have a snack or a meal, see if these images help you think about your portion sizes.

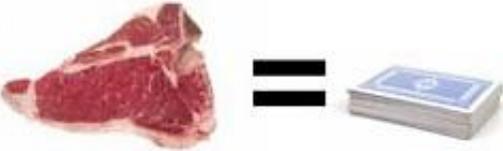
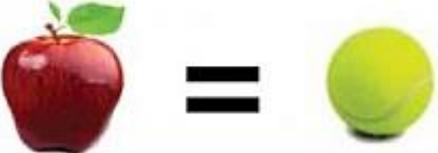
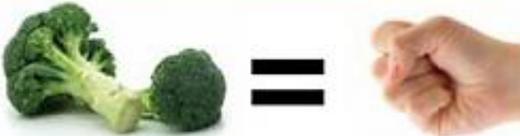
3 ounces of meat is about the size and thickness of playing cards or an audiotape cassette.	
A medium apple or peach is about the size of a tennis ball.	
1 ounce of cheese is about the size of 4 stacked dice.	
½ cup of ice cream is about the size of a racquetball or tennis ball.	
1 cup of mashed potatoes or broccoli is about the size of your fist.	
1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.	
1 ounce of nuts or small candies equals one handful.	 = 1 oz.

Image credit: <http://ctsurgeryassociates.com/eating-with-your-hearts-consent/#seven-ways>

Gentle Chair Yoga Sequence

What is yoga?

Yoga is a practice that unites the mind, body and spirit through a series of breathing exercises and holding various postures. There are many different styles of yoga and ways to adapt postures for everyone. We will focus on these gentle postures as an introduction to the practice.

Below the postures we have offered are modifications using a chair. You can still receive the many benefits of practicing yoga in a chair. This may be a more comfortable option for many.

Reminder: Like with any new physical activity, be sure to listen to your body and be mindful of what postures make the most sense for you. Be on the lookout for any sharp pains- discomfort from muscle engagement is ok, but come out of the posture if anything is painful. Feel free to modify and make the postures work for you.



Sitting Mountain



1. Sit in the chair with your feet planted at hips distance and your knees over your ankles.
2. Rest your hands, palms down on your thighs or in your lap. Eyes may be open gazing down, half closed or gently closed.
3. Lengthen your spine so your shoulders are directly over your hips and look straight ahead. Pull your belly button in to support your spine.
4. Inhale and exhale here for 5 deep breaths.

Centering and Circling



1. Sit upright in your chair with hands on your hips or one hand on your belly and one on your back.
2. Inhale and lengthen your spine.
3. Exhale and lean to the right, forward, left and back to center with your feet planted on the ground and your buttocks on the chair.
4. After circling 5 times, switch directions to circle the opposite way 5 times.

Neck



1. Inhale and lengthen your spine and back of your neck.
2. Gaze up and gently lift your chin.
3. Exhale and allow your chin to drop down toward your chest, keeping your spine long.
4. Let the weight of your head stretch the muscles of your neck and shoulders.
5. Inhale as you lift up through crown of your head and exhale as you turn your head to the right, looking over your right shoulder.
6. Inhale to center and exhale as you turn your head to the left, looking over your left shoulder.
7. Inhale to sit tall and exhale as you gently drop your right ear towards your right shoulder.
8. Inhale to sit tall and exhale as you gently drop your left ear towards your left shoulder.

Rolling your shoulders



1. Inhale as you lift your shoulders up toward your ears
2. Exhale as you roll them back down.
3. Inhale and exhale while rolling your shoulders 5 times.
4. Switch directions and roll your shoulders the other way 5 times.

Rocking Feet



1. Press your feet into the ground with your back and buttocks supported by the chair.
2. Feel your strong core, drawing your belly toward your spine.
3. Inhale as you lift your heels, pressing into your toes.
4. Exhale, rolling your feet onto your heels and lift your toes.
5. Repeat this five times.

Foot Extensions



1. Plant your right foot and lift the left leg up slightly.
2. Circle your ankle in and out a few times.
3. Plant your left foot and lift the right leg up slightly.
4. Circle your ankle in and out a few times.

Stirring the pot



1. Move slightly forward in your chair and draw your belly in and up.
2. Gently lean forward with a straight back.
3. Plant your feet wider than your hips and point your knees in the direction of your toes.
4. Place one fist on top of other and circle your arms and torso, as though you are stirring a giant pot of soup.
5. Breathe fully and circle a few times in both directions.

Arms



1. Rest your left hand on your heart and inhale to stretch your right arm up as far as is comfortable.
2. Exhale to lower your right arm and place it on your heart.
3. Inhale to stretch your left arm up as far as is comfortable.
4. Exhale and release.
5. Repeat this exercise 5 times on each side while breathing fully.

Candle Breath



1. Bring your palms together at your heart center (Namaste position).
2. Inhale and reach your arms as wide as you want, swooping them up over your head.
3. Let your hands come together above your head to touch.
4. Exhale as you press your palms firmly together above your head and lower your hands to heart center.
5. Repeat this motion several times breathing fully.
6. Now reverse the motion
7. Start from heart center, inhaling as you press your palms and bring them over your head.
8. Exhale as your arms float down to your lap.
9. Inhale and bring your hands back to heart center and repeat several times while breathing fully.

Butterfly



1. Gently hook your thumbs together in front of you and gently stretch your other fingers out.
2. Begin to trace a sideways figure 8 as your eyes follow the movement.
3. Trace the figure 8 with your hands 5 times as you breathe fully.

Hamstrings (back of the leg) Stretch



1. Sit slightly forward in your chair, drawing your belly in toward the spine and plant your feet on the ground.
2. Hold onto the sides of the chair and inhale to lengthen your spine.
3. Slide your left foot forward, straighten your leg and flex your foot.
4. Exhale as you hinge at the hips and release your torso into a gentle bow while keeping your back straight.
5. Take a few breaths here, exhale as you press into your left foot.
6. Press your hands into the chair to lift back up.
7. Switch sides and repeat the same sequence.

Spine: Arching & Rounding (Cat & Cow)



1. Bring your hands to your thighs with your palms facing down.
2. Push your hands out on your legs, close to your knees and lengthen your arms.
3. Draw your belly in and up to feel your strong core.
4. Inhale as you slowly slide both hands toward your hips, elbows hugging your torso.
5. Lift your chest and allow your upper back to gently arch.
6. Exhale as you slide both hands toward your knees and gently round your upper back.
7. Inhale and exhale through these positions 5 times.

Side Bend



1. Place both hands on your hips and inhale to lengthen your spine.
2. Exhale as you bend your torso to the right while you keep equal weight in both feet and buttocks.
3. Inhale as you return to center.
4. Inhale as you sit tall and exhale as you lean your torso to the left.
5. Inhale to return to center.
6. Inhale and exhale through these positions 5 times.

Gentle Twist



1. Bring your hands to your thighs and reach your hands towards your knees.
2. Inhale to lengthen your spine and exhale as you slide your right hand toward your right hip.
3. Put your left hand on your left knee and gently turn to the right.
4. Inhale and return to center.
5. Exhale as you slide your left hand toward your left hip.
6. Put your right hand over your right knee and gently turn to the left.
7. Inhale and return to center.
8. Inhale and exhale through these positions 5 times.

Chair Pose



1. Sit toward the front of your chair with your feet planted firmly with your knees directly over your feet.
2. Hold onto the sides of the chair with your hands on your hips and inhale to sit tall.
3. Exhale as you squeeze your buttocks and thighs and press your feet into the ground and lean forward with a straight spine.
4. Take 5 deep breaths in this extended position.
5. Exhale as you press into your feet and buttocks and come back to sitting.

Closing

1. Finish your chair yoga session with something fun and uplifting
2. Try shimmying, laughing, smiling, breathing, or whatever comes to you that brings you joy in that moment.

Home Practice: Session 4



MIND-BODY PRACTICE

- Alternate practicing the body scan and yoga every other day, 6 out of 7 days
 - OWL audio: body scan and yoga
 - You can also watch a video of chair yoga on OWL
- Practice meditation 6 out of 7 days
 - OWL audio: meditation

DAILY LIFE PRACTICE

- Read nutrition labels for 3 foods.
- Continue to bring mindfulness to your daily activities

MANUAL ACTIVITY

- Fill out Unpleasant Events Chart

HEALTH TOPIC VIDEO

- Vitamins and Minerals
- Yoga

Unpleasant Events Chart

Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Situation							
Body Experience							
Emotions							
Thoughts							

Black Bean and Corn Salad

Serves 4

This easily prepared salad is a powerhouse of nutrition and flavor for your budget!

Ingredients salad:

- 2, 15-ounce cans black beans, drained and rinsed
- 1, 15-ounce can of corn (no added salt), drained and rinsed (or use frozen, thawed corn)
- 1 large carrot, diced
- 1 red or orange bell pepper, seeded, cored, and diced
- 2 tablespoons chopped parsley or cilantro
- 1 ripe avocado, peeled and diced

¼ teaspoon ground cayenne pepper (optional)

½ teaspoon sea salt



Image credit: www.onceuponachef.com

Ingredients dressing:

- ¼ cup extra virgin olive oil
- Juice of 1 lemon or lime
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground chili powder

Preparation:

1. Combine rinsed and drained beans with corn, carrots, bell pepper, and chopped herbs.
2. Whisk together dressing ingredients and splash over salad.
3. Top with diced avocado. Can be eaten immediately, and it gets even better as it sits. Refrigerate leftovers.

Health Benefits: (Source: food user manual)

- ✓ When black beans and corn are combined they have all 9 essential amino acids, creating a complete protein. Complete proteins are the “building blocks” of the body.
- ✓ Plant proteins like beans, whole grains, nuts, seeds and vegetables offer the body a wide variety of nutrients, like healthy fats, minerals, vitamins and compounds called antioxidants, which can prevent disease.

