



HEALTHY LIVING

Get Up on Your Feet!

Tips on How to Use a Standing Desk

A sedentary lifestyle is a growing concern but not impossible to fix. The solution that more and more companies are opting for is the installation of standing desks. If you have this set-up, here are some valuable tips, courtesy of Forme Ergonomics, on how to make the most out of it.

1. Maintain correct posture when you stand. This way more muscles are used. Try to squeeze your buttock muscles together, without tucking it in under your pelvis too far or sticking it out behind too far. Tighten your stomach muscles (about 20% of your best effort), then let your arms hang down your sides and roll your shoulders back. Make sure your keyboard and mouse are in a comfortable position for your arms.
2. Vary your standing position. Using a footrest can provide alternate postures for your back and legs. But remember to keep your pelvis level.
3. Get an anti-fatigue mat. Its cushiness makes you contract the muscles in your shins and calves to help keep you balanced.
4. Choose your shoes wisely. This is especially true for

women, who should probably put away the heels. Listen to your feet and opt for something that makes them feel better.

5. Vary between sitting, standing and walking. Too much of anything is taxing on your body so change it up every so often.
6. Stretch a few times throughout your day. There are plenty of apps to install on your cellphone or computer to remind you to stop and stretch. Set up a schedule that best suits your needs.
7. Behavioural changes. Start your day standing, then set a timer for the amount of standing and sitting time. Try to stand before and after your meetings and do not sit after lunch or eating.

HEALTHY MIND

Heads Up!

How Exercise is Good for Your Brain

You've heard many reasons on how regular exercise is good for your body. For example, if you are an avid runner or walker, you may feel more refreshed and ironically less tired after your legs hit the pavement. You may even feel more toned since your body is building muscles. The evidence is clear.

In contrast, the benefits of regular exercise is not as obvious for your mental health. However, recent

research suggests that exercise can also contribute to a healthy brain. Here's a closer look.

An article in the Behaviour Brain Research journal explains that exercise plays a role in the growth of new neurons in the hippocampus. As this is the area of the brain that is responsible for memory, the new production of neurons could potentially improve cognitive health and ward off mental ailments such as Alzheimer's disease, Parkinson's disease and depression.

According to the findings published in the Cell Reports journal, exercise also strengthens existing brain connections by repairing the myelin sheath, which protects the nerve fibres. The repair process is crucial, because damage to the myelin sheath causes scarring, which can result in the progressive disease, Multiple Sclerosis.

As you can see, the benefits of exercise on the brain is worth noting and trying. For a healthy body and mind, it's time to start moving!

HEALTHY HEART

No Meat, No Problem!

A Vegetarian Recipe

It's not necessarily Meatless Monday, but this heart healthy vegetarian recipe from the September/October 2010 issue of EatingWell magazine is so tasty that you might find yourself wanting to eat it every day.

Sesame-Honey Tempeh & Quinoa Bowl

Ingredients (for 4 servings)

Quinoa & Carrot Slaw

- 1½ cups water
- ¾ cup quinoa, rinsed
- 2 cups grated carrots (about 3 large)
- 2 tablespoons rice vinegar
- 2 tablespoons sesame seeds, toasted
- 1 tablespoon sesame oil
- 1 tablespoon reduced-sodium soy sauce

Sesame-Honey Tempeh

- 2 tablespoons sesame oil
- 2 8-ounce packages tempeh, crumbled into bite-size pieces
- 3 tablespoons honey
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons water
- 1 teaspoon cornstarch
- 2 scallions, sliced

Preparation (Active 30 min | Ready in 30 min)

1. To prepare quinoa: Bring 1½ cups water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water is absorbed, 10 to 14 minutes. Uncover and let it stand.
2. To prepare carrot slaw: Meanwhile, combine carrots, rice vinegar, sesame seeds, 1 tablespoon oil and 1 tablespoon soy sauce in a medium bowl. Set aside.
3. To prepare tempeh: Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add tempeh and cook, stirring frequently, until it begins to brown, 7 to 9 minutes.
4. Combine honey, 3 tablespoons soy sauce, 2 tablespoons water and cornstarch in a small bowl. Add to the pan and cook, stirring, until the sauce has thickened and coats the tempeh, about 1 minute.
5. Divide the quinoa among 4 bowls and top each with ½ cup carrot slaw and ¾ cup tempeh mixture. Sprinkle with scallions.

