

December 2010

Head-to-Toe Stretching at No Cost

Dynamic stretches are performed with slow, controlled, and continuous movements. Repeat stretches 5 to 10 times while breathing in through the nose and out through mouth. This will result in increased mobility and enhanced blood flow contributing to positive mental health.



- **Neck Rotation** - Drop chin towards chest and slowly rotate neck bringing left ear towards left shoulder. Return to centre and repeat on right side. Keep shoulders relaxed.
- **Back and Chest Stretch** - Cross (hug) arms in front of chest then slowly extend both arms wide and back slightly past shoulders. Extend finger tips. Return to hug and repeat.
- **Ankle Rotation** - Stand and rotate one ankle on the ball of the foot. Circle one way 10 times, then the other. Repeat with opposite foot.



For more visit www.actionschoolsbc.ca.

The holiday season is often a time for gathering together and sharing food. It is a time of plenty, but for some, access to food may be more difficult. If you are able to share with others or you need help, you can contact the Directory of North Shore Agencies and Organizations at 604-985-7138 for local food and meal assistance programs.



You can help by dropping off non-perishable food items at your local chain grocery stores, fire halls, or at your local food bank. Food items needed most include canned meat, poultry or fish, peanut butter, whole wheat pasta or rice, pasta sauce, canned fruit or vegetables, cereal, and baby food or formula.

Other ways you can share this holiday season include volunteering your time at various charitable groups or providing cash donations to your favourite local charity.

Holiday Cous Cous



1. Boil 1¼ cups (300 ml) water with 1 tsp (5 ml) chicken or vegetable bouillon. Remove from heat and add 1 cup (250 ml) cous cous. Cover for 5-7 minutes. Fluff and let cool.
2. Whisk together ¼ cup (60 ml) olive oil, 3 tbsp (45 ml) lemon juice, 1 tbsp (15 ml) lemon zest and 1 tsp (5 ml) cinnamon.
3. Add a 19 oz. (540 ml) can chickpeas, drained; 1 cup (250 ml) of fresh, chopped vegetables (e.g., tomatoes, cucumbers, peppers); ¾ cup (175 ml) dried fruit (e.g., cranberries, raisins) and ½ cup (125 ml) chopped, green onions.
4. Drizzle dressing on top and season to taste. Serves 6

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca.