

MOVE. GET READY TO

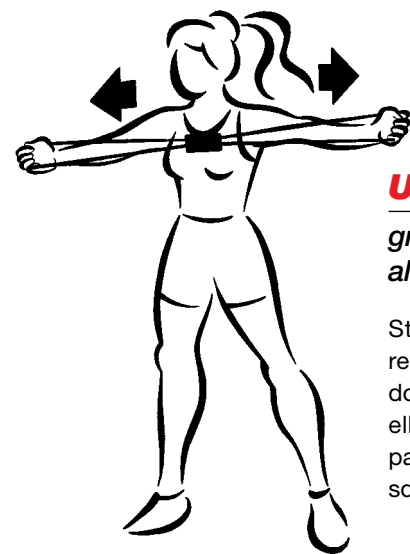
The Ready Position

This posture is much like that of a military person standing at attention. The exerciser should stand with feet shoulder-width apart, chest lifted up, the head directly over the shoulders, shoulders over the hips, the hips aligned directly over the knees and the knees over the ankles. This ensures the proper stacking of the body and protects the head, neck, spine and lower back.



CHOOSE TO MOVESM

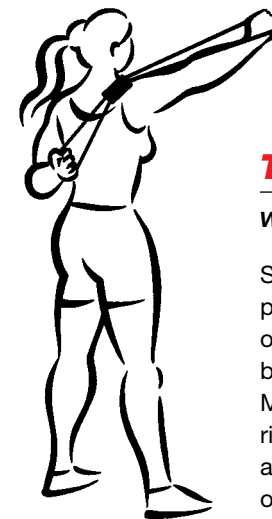
Exercises



Upper Back

great for countering sitting at a computer all day and important for posture

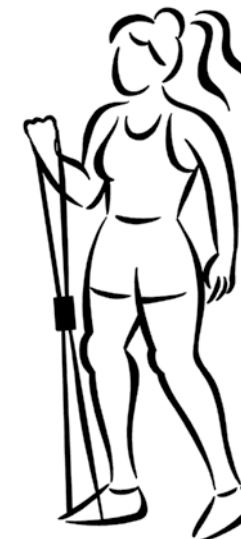
Stand with feet shoulder-width apart, assume the ready position, grasp the band at each loop, palms down, arms extended in front of you at shoulder level, elbows slightly bent. Pull band apart keeping arms parallel to the floor by pulling the shoulders back and squeeze the shoulder blades together.



Tricep Extension

works back side of the upper arm

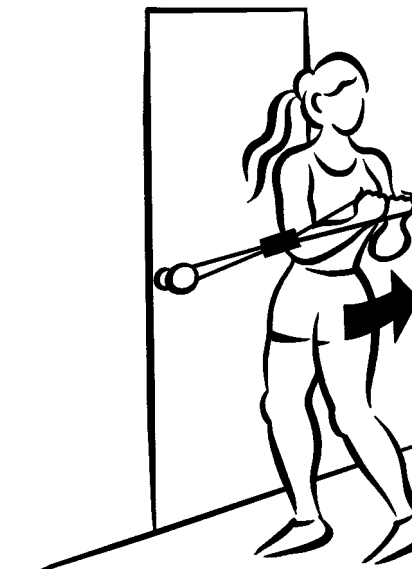
Stand with feet shoulder-width apart, in the ready position. Raise right elbow up to eyebrow level. Grasp one loop with right hand, palm up, drop other loop behind back and grab with left hand, palm facing out. Maintain this level throughout the exercise. Extend the right elbow (but don't lock it out) by pulling the band apart. The right hand is traveling up and out. Repeat on other side.



Bicep Curl

for front side of upper arm

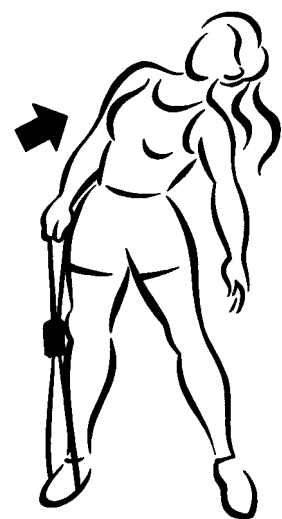
Loop one end of band under ball of right foot and grasp other loop with right hand palm up and wrist firm (not bent), and in line with forearm. Stand in ready position. Bend elbow pulling band up. Keep right elbow by the hip. Right hand moves toward the shoulder but stops short of the shoulder for best results. Repeat on other side.



Oblique Abdominals

great for trunk/abdominals

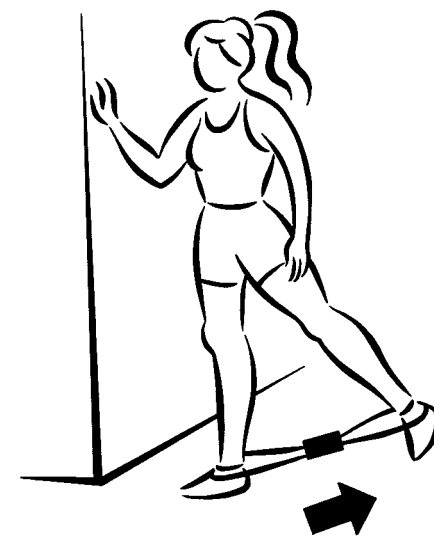
Loop one end of band around the door handle. Grasp other loop with both hands. Forearms are parallel to the floor and elbows are bent. Stand in ready position with right side of body 2-3 steps from door. Slightly bend the knees. Rotate the entire upper body to the left (away from the door) pulling with the abdominals, not with the arms or shoulders. Turn around and face the other direction to repeat on other side.



Internal Obliques

great for obliques

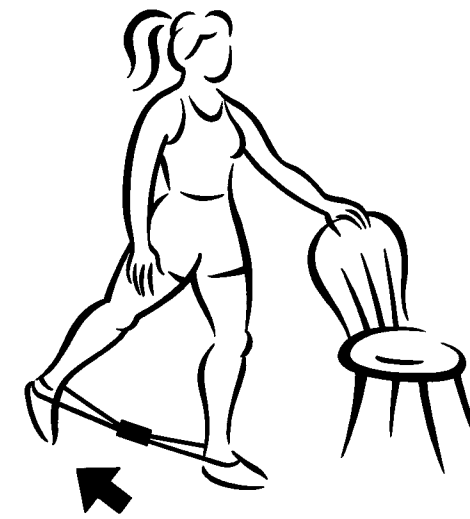
Place one loop under the right foot and grasp other loop with the right hand by the side of your body. Bend your torso directly to the left without forward torso movement. Keep hips stationary. Repeat on other side.



Standing Hip Abduction

great for legs

Place band around both ankles. Stand next to the wall or furniture for balance, feet shoulder-width apart, assume ready position. Move the far leg away from the body, pulling the band apart. Keep foot and toes of moving limb straight forward; do not rotate or twist. Turn around (remember to use wall or furniture to balance) and repeat on other side.



Standing Hip Extension

for the buttocks or gluteal muscles

Place band around both ankles. Stand facing the wall or furniture for balance in ready position. Move right leg straight back, toes pointing forward until you feel the buttocks contract. Do not sway the lower back and keep the left knee slightly bent. Repeat on other side.



Seated Leg Extension

strengthen upper, front thighs

Sit in a chair all the way back. Place one loop around the ball of the right foot. Grasp other loop with both hands and draw the thigh toward the chest, knee bent. Extend the right knee as the entire thigh and leg move downward and away from the body. Don't lock out the knee. Repeat on other side.

Recipes

Nibbles

Serves 16; 1/2 cup per serving. Serve this snack warm, or cool it thoroughly and store in an airtight container.

Ingredients

5 cups dry cereal
(such as rice squares, wheat squares, oat circles, or puffed corn, or a combination)
2 cups unsalted pretzel sticks, broken in half
1/4 cup fat-free tub margarine
2 teaspoons low-sodium Worcestershire sauce
1 teaspoon celery flakes
1 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 cup whole almonds

Directions

Preheat the oven to 275°F.
In a large bowl, stir together the cereal and pretzel sticks.
In a small saucepan, melt the margarine over low heat.
Stir the remaining ingredients except the almonds into the saucepan.
Stir into the cereal mixture.
Stir in the almonds.
Transfer the mixture to a shallow roasting pan.
Bake for 1 hour, stirring every 10 minutes.

Southwestern Nibbles

Add 1/2 teaspoon ground cumin, 1/2 teaspoon chili powder, and 1/8 teaspoon red hot-pepper sauce to the melted margarine with the other seasonings.

Nutrition Analysis (per serving)

Calories	81
Protein	3 g
Carbohydrates	12 g
Fiber	1 g
Sugars	1 g
Cholesterol	0 mg
Total Fat	2.5 g
Saturated	0.5 g
Polyunsaturated	1.0 g
Monounsaturated	1.0 g
Sodium	91 mg

Dietary Exchange

1 starch

This recipe is adapted with permission from The New American Heart Association Cookbook, Seventh Edition, © 2004 by the American Heart Association. Published by Clarkson Potter/Publishers, a division of Random House, Inc. Available from booksellers everywhere.

For Best Results:

- Perform the 8 exercises 2-3 times per week.
- Allow one day of rest between workout sessions.
- Begin with one set of 8-15 repetitions.
- Increase to 2-3 sets over the following 2-4 weeks.
- Rest 30-60 seconds between sets.

Every movement (repetition) should be done with a smooth, controlled tempo so that the band is pulled apart slowly, followed by a pause, before slowly releasing the tension on the band and returning to the starting position. The slow, controlled movements keep tension on the muscles, thus producing strength and safety. The exercise should control the band and not allow it to yank or snap the limbs/torso back to the starting position.

Call 1-800-AHA-USA 1

Visit www.ChooseToMove.org



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