

# HEALTHY LIFESTYLE POKER CHALLENGE

## SMALL CHANGES – BIG IMPACT!

### IT'S WEEK 2 OF THE HEALTHY LIFESTYLE POKER CHALLENGE!

At face value, the changes that have been implemented from your first task card can seem like nothing. But over the course of a year, the impact of these small changes can be huge! Does that extra glass of water really make a difference? A recent study by the University of Illinois found that when water consumption is increased by even just 1%, it reduced caloric intake, consumption of saturated fat, sugar, sodium, and cholesterol! (*Journal of Human Nutrition and Dietetics*, 2016). This week the tasks become a little more challenging. We are going to make it easier for you with a great back stretch routine to implement into your workday and a recipe that will have you craving your next serving of fish!

## STRETCH IT OUT IN 10!

### Supine Figure 4

Lying on your back with your knees bent, place right foot over the left knee. Grab the left thigh and pull towards your chest. Hold 20 seconds and then switch.

### Cat and Cow

Come up on all 4's and round your spine to the ceiling, tucking your tailbone under and dropping your head. Then reverse that movement and tilt your tailbone up and look up. Hold 5 seconds in each position and repeat 10x. Drop your backside onto your heels and hold there for 10 seconds.

### Side Stretch

Standing, place your right hand on your right thigh and lean over to the right, lifting your left arm above your head. Hold for 10 seconds and repeat a few times on each side.

### Chair Stretch

Sitting in a chair, curl everything down until your chest is on your thighs and you can touch the ground with your hands. Hold for 10 seconds and curl up. Repeat 10x.

## MAPLE PECAN CRUSTED SALMON



4 – 4oz salmon fillets  
2 tbsp maple syrup  
1 tbsp plain Greek yogurt  
2 tbsp whole wheat panko crumbs  
4 tsp finely chopped pecans  
¼ tsp salt  
¼ tsp garlic powder

1. Heat oven to 425 degrees F. Line a baking sheet with foil and place a greased wire rack over top.
2. In a small bowl, whisk together maple syrup and yogurt until smooth. Spread about 2 teaspoons of the syrup mixture on top of each salmon fillet.
3. Mix remaining ingredients in a separate bowl. Gently press approximately 1 tbsp of the crumb mixture onto the top of each fillet.
4. Bake for 8-10 minutes, or until salmon flakes easily with a fork and topping is browned and crispy.

Nutrition Info: Cal/Serving: 307 Fat: 12g Protein: 35g  
Carbs: 10g Sugar: 6g

Adapted from:  
<https://www.theseasonedmom.com/maple-pecan-crust-salmon/>

Sources: EWS Network – Back Stretches – Document 8031  
<https://www.sciencedaily.com/releases/2016/03/160301174759.htm>