

MARCH 2020



HAPPY BODY BITES & BITS

The Official Monthly Newsletter of Happy Body Wellness, Richmond, VA
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WHAT WE'RE DISHIN' UP THIS MONTH

NUTRITION

- Munch of the Month
- What's Trending
- Hype or Helpful; Medical Nutrition Therapy
- Food for Thought

FITNESS

- Move of the Month
- Happy Body Fit Tips
- Get this Gear/Go Here

REST & STRESS MANAGEMENT

- A More Mindful Month
- Relax and Recover



WHAT'S TRENDING

Love the taste of kombucha and booze? Make getting tipsy kind of healthy with these hard kombuchas.

FOOD FOR THOUGHT

Green bananas have a higher resistant starch content and a lower sugar content compared to overripe yellow bananas. So those who suffer from Type 2 Diabetes are better off eating a green banana than a yellow one. Unripe bananas also have a probiotic bacteria that helps with good colon health.

NUTRITION



MUNCH OF THE MONTH NATIONAL PEANUT BUTTER LOVERS DAY (MARCH 1!)

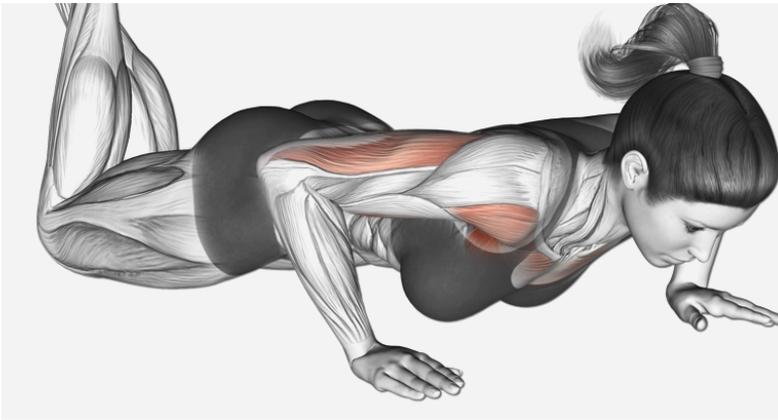
No Bake Peanut Pie Yes please! Check this recipe out from [Skinny Taste](#) and let us know your thoughts!



HYPE OR HELPFUL; MEDICAL NUTRITION THERAPY

Both practices have used turmeric to aid with digestion and liver function, relieve arthritis pain and regulate menstruation. Today's uses include aiding with heartburn, stomach ulcers, gallstones, inflammation and cancer. **It is recommended to use turmeric daily as a cooking spice, and this would be the best way to have the whole, intact herbs, with all of their components working in concert.**

FITNESS



MOVE OF THE MONTH-PUSH UP

Start at the top of the push up position with your hands on the floor, arms straight and underneath your shoulders. Step your knees back behind you so that there is a straight line through your body from your knees up to your head. Engage your glutes, tense your legs and brace your core to keep your body rigid.



HAPPY BODY FIT TIPS

Stick to a sleeping schedule and an easy morning routine. Sleep is when your body recovers — whether it's from exercise, stress, or something else entirely. The morning — or whenever you wake up — may be the most important part of your day. That's why you need to develop a routine, keep it, and use it as a springboard to set you off for another round of victories.



GET THIS GEAR/ GO HERE

The best of both worlds; [this wellness tracker](#) combines fashion with function to help you raise your well-being to the next level. Become in sync with your body, mind and soul!

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With the new day comes new strength and new thoughts.

REST & STRESS MANAGEMENT



A MORE MINDFUL MONTH

Keep it short. Our brains respond better to bursts of mindfulness. So being mindful several times a day is more helpful than a lengthy session or even a weekend retreat.



RELAX & RECOVER

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.