

Live HealthSmart Alabama



Health involves many factors that affect the community and its residents. At Live HealthSmart Alabama, we're working to reduce obesity, high blood pressure, diabetes, and high cholesterol by making good health simple. Every other week, we'll share tips on physical activity, good nutrition, and prevention and wellness. This week, we're focusing on physical activity.

Improving Balance & Stability

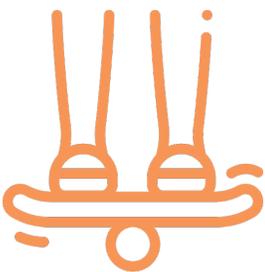
Improving balance and stability is essential for reducing the risk of falls and maintaining your independence. Incorporate at least 150 minutes of moderate-intensity exercise per week with simple exercises to enhance your balance, boost your confidence, and enjoy a healthier, more stable life.

Basic Balance Exercises:



- 1. STANDING ON ONE LEG:** Stand on one leg while holding onto a chair or countertop for support. Try to balance for 10-15 seconds, then switch legs. *Progression: Gradually reduce the support and aim to balance without holding on.*
- 2. HEEL-TO-TOE WALK:** Walk in a straight line, placing the heel of one foot directly in front of the toes of the other foot. Take 10-20 steps. *Progression: Try this exercise with your eyes closed for an added challenge.*
- 3. ROCK THE BOAT:** Stand with feet hip-width apart. Shift your weight to one foot and slowly lift the opposite foot off the ground. Hold for a few seconds and return to starting position. Repeat on the other side. *Progression: Increase the duration you hold each position.*

Advanced Balance Exercises:



- 1. SINGLE-LEG SQUATS:** Stand on one leg and slowly lower your body into a squat position. Keep your back straight and your knees aligned with your toes. Return to the starting position and repeat. *Progression: Hold weights or use a resistance band for added difficulty.*
- 2. BALANCE ON AN UNSTABLE SURFACE:** Stand on a balance board, foam pad, or a rolled-up towel and maintain your balance for as long as possible. *Progression: Do a squat or leg lift while maintaining your balance on the unstable surface.*
- 3. TAI CHI:** Join a Tai Chi class or follow an instructional video. This practice involves slow, controlled movements that improve balance, stability, and overall strength. *Progression: Increase the duration and complexity of the movements as you become more comfortable.*

Source: University of Alabama at Birmingham Recreation

FIBER RICH

HEART HEALTHY

Mango Salsa

By: Callie Horn

INGREDIENTS

- 3 ripe mangoes
- 1 red bell pepper
- 1/4 cup cilantro
- Juice of 1 lime
- 1/2 teaspoon of salt
- 1/2 cup chopped red onion

INSTRUCTIONS

1. Peel mangoes with potato peeler or knife—chop into bite sized pieces and add to large mixing bowl.
2. Dice bell pepper, red onion, and cilantro—add to mixing bowl.
3. Squeeze lime juice and add salt.
4. Stir mixing bowl until evenly distributed.
5. Leave in refrigerator for 15 minutes.
6. Serve with chips or as a garnish on a main dish, or use as a marinade or seasoning cooking tofu, poultry, or seafood.



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