

Wall Squats

How many wall squats can you do in two minutes?

Wall Squat Instructions

1. Stand with your arms at your sides and your feet about shoulder width apart
2. Your feet should be 18 to 24 inches
3. Lean against a flat surface with your back straight, and your neck aligned with your spine
4. Bend your knees and slide down the surface until you are in a sitting position
5. Your knees should be slightly behind or just over your ankles
6. Breathe in and out as you hold this position
7. Hold this position for as long as you can for a minimum of 15 seconds
8. Straighten your knees and slide back up the surface to the starting position
9. Do this exercise for 2 minutes submit your longest time.

Turn in your longest length of time within the 2 minute timeframe to
Shamona Moore or Anthony Adams

GET FIT CHALLENGE

GREEN SMOOTHIE RECIPES



Challenge

- ✦ Option 1: For 7 days, replace 3 meals per day with a green smoothie.
- ✦ Option 2 (Modified version): For 7 days, replace 1-2 meals per day with a green smoothie.

Ten Great Reasons to Drink Green Smoothies

- 1. NUTRIENT-RICH** – Ingredients in smoothies are more nutritious than cooked meals because they are all raw. The high temperatures used in cooking often deplete the nutrients of many foods.
- 2. WEIGHT LOSS** – High water content and green, leafy vegetables allow for large consumption without weight gain. Rich in fiber, they also help you stay full and reduce cravings.
- 3. DETOXIFICATION** – Green smoothies contain the fiber necessary to cleanse the body, tone the digestive system, and eliminate toxins.
- 4. VIBRANT, RADIANT HEALTH** – Eating raw, natural foods can help you look and feel better.
- 5. EASY TO DIGEST** – This blended, liquid form of fruits and vegetables are easier to metabolize, therefore, easier to digest.
- 6. IMPROVE DIGESTION** – Because the majority of the work your digestive system would normally need to do is already done, your body can more easily extract the nutrients it needs.
- 7. HYDRATION** – Staying hydrated gives you energy and helps ensure functionality of your brain, muscles, digestive system, and immune system. Because of their high water content, green smoothies help you stay hydrated.
- 8. SIMPLY DELICIOUS** – The sweetness of the fruit offsets the sometimes bitter taste of the green vegetables, giving you a tasty, healthy snack.
- 9. EASY TO MAKE** – Preparation time is about 5 minutes or less and cleanup is quick and easy. To save time, you can place all of your ingredients in a plastic bag in the

evening; and all you'll need to do in the morning is toss them in the blender, pour into a container, rinse your blender and be on with your day.

10. UNLIMITED NUMBER OF RECIPES – The possibilities are truly endless! With so many types of fruit, greens, and liquid combinations, your taste buds would never get bored. In her book ***10-Day Green Smoothie Cleanse***, J.J. Smith has over a hundred recipes; and there are even more online.

Equipment

Although all kinds of juicers and mixers at various price levels are on the market now, a blender will work just fine for these recipes. Blending tends to yield a thicker, creamier smoothie. Some juicers extract the skin, removing healthy fiber, from fruits and vegetables, another reason the blender might be a better choice.

Shopping List (Recipes 1-5)

To avoid risk of fruit and vegetables spoiling, I recommend buying no more than 5 days' worth of food at a time. Each recipe makes enough for a whole day (3 meal replacements) of juicing at 12 to 16 ounces in each serving.

- 🌿 6 apples
- 🌿 1 bunch grapes
- 🌿 20 ounces frozen peaches
- 🌿 20 ounces frozen blueberries
- 🌿 15 ounces frozen strawberries
- 🌿 10 ounces frozen mixed berries
- 🌿 6 ounces of mango chunks
- 🌿 3 bananas
- 🌿 1 bunch kale
- 🌿 20 ounces spinach
- 🌿 20 ounces spring mix greens
- 🌿 Stevia sweetener (packets)
- 🌿 Bag of ground flaxseeds (often in vitamin section)
- 🌿 Fruit and veggies of your choice to munch on (such as apples, carrots, celery, etc.)
- 🌿 Raw or unsalted nuts and seeds to snack on
- 🌿 Detox tea (by Triple Leaf or Yogi brands)
- 🌿 Sea salt (or any un-iodized sea salt)

OPTIONAL: Non-dairy/ plant-based protein powder, such as RAW Protein by Garden of Life or Sun Warrior protein

Shopping List (Recipes 6-10)

- 🌿 20 ounces frozen mango chunks

- ✦ 20 ounces frozen peaches
- ✦ 20 ounces frozen pineapple chunks
- ✦ 10 ounces frozen mixed berries
- ✦ 6 ounces frozen blueberries
- ✦ 6 ounces frozen strawberries
- ✦ 2 apples
- ✦ 5 bananas
- ✦ 1 bunch kale
- ✦ 20 ounces spinach
- ✦ 20 ounces spring mix greens
- ✦ Fruit and veggies of your choice to munch on (such as apples, carrots, celery, etc.)
- ✦ Raw or unsalted nuts and seeds to snack on

Recipes¹

Berry Green

- ✦ *3 handfuls spinach*
- ✦ *2 cups water*
- ✦ *1 apple cored, quartered*
- ✦ *1 cup frozen mangos*
- ✦ *1 cup frozen strawberries*
- ✦ *1 handful frozen or fresh seedless grapes*
- ✦ *1 stevia packet (add more to sweeten, if necessary)*
- ✦ *2 tablespoons ground flaxseeds*

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Apple Strawberry

- ✦ *3 handfuls spring mix greens*
- ✦ *2 cups water 1 banana, peeled*
- ✦ *2 apples, cored, quartered*
- ✦ *1 1/2 cups frozen strawberries*
- ✦ *2 stevia packets (add more to sweeten, if necessary)*
- ✦ *2 tablespoons ground flaxseeds*

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Apple Berry

- ✦ 1 handful spring mix greens
- ✦ 2 handfuls spinach
- ✦ 2 cups water
- ✦ 1 1/2 cups frozen blueberries
- ✦ 1 banana, peeled
- ✦ 1 apple, cored and quartered
- ✦ 1 packet stevia
- ✦ 2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Berry Peachy

- ✦ 2 handfuls kale
- ✦ 1 handful spinach
- ✦ 2 cups water
- ✦ 2 apples, cored, quartered
- ✦ 1 1/2 cups frozen peaches
- ✦ 1 1/2 cups frozen mixed berries
- ✦ 2 packets stevia
- ✦ 2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Peach Berry Spinach

- ✦ 3 handfuls spinach
- ✦ 2 cups water
- ✦ 1 cup frozen peaches
- ✦ 1 handful fresh or frozen seedless grapes
- ✦ 1 1/2 cups blueberries
- ✦ 3 packets stevia to sweeten
- ✦ 2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place spinach and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Pineapple Spinach

- 🌿 2 cups fresh spinach, packed
- 🌿 1 cup pineapple chunks
- 🌿 2 cups frozen peaches
- 🌿 2 bananas, peeled
- 🌿 1 1/2 packets stevia
- 🌿 2 cups water
- 🌿 2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place spinach and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Pineapple Berry

- 🌿 2 handfuls spring mix greens
- 🌿 2 handfuls spinach
- 🌿 1 banana, peeled
- 🌿 1 1/2 cups pineapple chunks
- 🌿 1 1/2 cups frozen mango chunks
- 🌿 1 cup frozen mixed berries
- 🌿 3 packets stevia
- 🌿 2 cups water
- 🌿 2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Spinach Kale Berry

- 🌿 2 handfuls kale
- 🌿 2 handfuls spinach
- 🌿 2 cups water
- 🌿 1 apple, cored, quartered

- 🌿 1 banana, peeled
- 🌿 1 1/2 cups frozen blueberries
- 🌿 2 packets stevia
- 🌿 2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Apple Mango

- 🌿 3 handfuls spinach
- 🌿 2 cups water
- 🌿 1 apple, cored, quartered
- 🌿 1 1/2 cups mangoes
- 🌿 2 cups frozen strawberries
- 🌿 1 packet stevia
- 🌿 2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Pineapple Kale

- 🌿 2 handfuls kale
- 🌿 1 handful spring mix greens
- 🌿 2 cups water
- 🌿 1 1/2 cups frozen peaches
- 🌿 2 handfuls pineapple chunks
- 🌿 2 packets stevia
- 🌿 2 tablespoons ground flaxseeds

OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Other Information

1. **Don't let yourself get too hungry.** Drink a smoothie or eat a snack every 3 to four hours to keep your metabolism revved up.

2. **Eat snacks.** You may snack on raw fruits and vegetables, unsweetened peanut butter, hard-boiled eggs, and a handful of raw or unsalted nuts and seed.
3. **Drink water and detox tea.** Drink at least 8 glasses of water each day. Drink an herbal or detox tea if desired. Drink the detox tea first thing in the morning to aid the detox process by cleansing the kidneys, liver, and skin (your detox organs). I recommend a green tea with a slice of lemon and 1 pack of stevia each morning.
4. **Keep moving.** Exercising will further improve the cleansing process by causing you to sweat out toxins.
5. **Stay away from bad carbs during the challenge.** Do not eat refined sugar, milk, cheese, drink liquor, beer, coffee, sodas/diet sodas, processed foods, fried foods, donuts, cookies, etc. Cooked meals should consist of a lean meat, and vegetables.
6. **Talk to your doctor.** This is not medical advice and does not replace a diet recommended by a licensed healthcare professional or nutritionist. If you have diabetes, heart problems, etc., consult your physician first.

Resources

1. ***10-Day Green Smoothie Cleanse.*** JJ Smith. Atria Paperback. New York, NY. 2014
2. ***The 10 Day Smoothie Challenge: Lose Weight, Feel Great, and Transform Your Life from the Inside Out.*** Drew Conole. Fitlive TV LLC. 2014
3. www.juicerecipes.com
4. www.doctoroz.com
5. <http://www.shreveportla.gov/index.aspx?NID=1377>
6. ***Juicing!*** NetSummitApps. (Available on android and ios devcies)



get **FIT!**

Health & Wellness Challenge

Sponsored by the Human Resources Department