

Getting Healthy with the Moor

Basketball player Magic Johnson once said, "You're the only one who can make the difference. Whatever your dream is, go for it." Of course, this can apply to anything: academics, extracurriculars or even getting in shape. According to the Mayo Clinic, the numerous benefits of exercising include energy boosts, better sleep and combating some health conditions. Thus, the Moor Weekly has dedicated itself to providing you with fitness tips, workouts, recipes and much more!

ANGELA YANG
EDITOR IN CHIEF

'Ab'solutely Easy Workouts

Thigh Trimmer (5-10 minutes)

- 1) **Swinging doors x20 each leg:** Swing leg out as high to one side as you can. Then return it to the center. The foot should be hovering the whole time.
- 2) **Squat walk x30 total of walking from each side:** Squat as low as you can and walk side-to-side.
- 3) **Push backs x20 each leg:** Push your knee into your chest then push back as high as you can.
- 4) **Push holds x15 seconds each side:** Hold each leg as high as you can as you flex each foot.
- 5) **Thigh accordions x30:** Move legs in and out like you are playing an accordion with you thighs.
- 6) **Thigh wipers x30:** Keep hips high and even, keeping your leg straight. Bring out and in.

Toning Abs (5-10 minutes)

- 1) **Single leg ab twist x20 each side:** While sitting on the floor/mat, bring your right hand behind your neck and your left arm forward. Raise your left leg straight in front and lean back. Exhale and bring right your elbow to your left knee and swing your left arm back.
- 2) **Oblique twisters x20:** Bring your knee in front, bent with ankles crossed. Lift your elbows to chest height, hands clasped. Bring your right elbow down to the mat and move to the left.
- 3) **Jackknife crunch x20 each side:** Have both hands behind your head. Cross your left ankle over your right. Kick your left leg up while crunching up, lifting your shoulders off the mat.
- 4) **Double leg lift x20:** Keep legs straight in the air and lower to the floor.

JACQUELYN LOI
STAFF WRITER
SOURCE: Blogilates.com

Simple Turkey Wrap Recipe

Ingredients:

- 1 8-ounce package of cream cheese with chives
 - 2 tablespoons of Dijon mustard
 - 6 8-inch whole wheat tortillas
 - 1 ½ cups of finely shredded iceberg lettuce
 - 12 slices of thinly sliced turkey
 - ¾ cup of shredded Swiss cheese
 - 1 large tomato, seeded and diced
 - 1 large sliced avocado
 - 6 slices of bacon, cooked and crumbled
- 1) Mix the cream cheese and Dijon mustard together until smooth. Spread each tortilla with 2 tablespoons of the cream cheese concoction, spreading within 1/4 inch of the edge of the tortillas.
 - 2) Arrange about 1/4 cup of shredded lettuce on each tortilla, and press the lettuce down into the cream cheese mixture. Place two turkey slices on each tortilla over the lettuce, and sprinkle it with two tablespoons of shredded Swiss cheese. Top each tortilla evenly with tomato, avocado slices and crumbled bacon.
 - 3) Roll up each tortilla tightly and cut them in half across the middle with a slightly diagonal cut.

PAULA KIRYA
STAFF WRITER
SOURCE: allrecipes.com

Nutrition Facts

Serving Size 172 g	
Amount Per Serving	
Calories 200	Calories from Fat 8
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 36g	12%
Dietary Fiber 11g	45%
Sugars 6g	
Protein 13g	
Vitamin A 1%	Vitamin C 1%
Calcium 4%	Iron 24%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

What's in Your Serving?

Nutrition facts labels have many components to them, making it complicated to figure out exactly what they are trying to say about the product. Trans fat, sodium, total carbohydrates, what does all of this mean?

At the top of the label is the serving size (the specific amount that one person/serving should eat) and servings per container.

While the numbers on the label are all estimates based on a 2,000 calorie diet, they tell you what is enough for a person to eat and the recommended daily intake of each subcategory.

The next section of the label tells the amount of calories the product has, and how many of those calories come from the fat of the product.

The final section shows the percentage of vitamins that are in one serving. Depending on the product, this section might or might not be included.

SARA HERNANDEZ
STAFF WRITER

MOOR graphics by LESLIE HWANG and fda.gov

THE MOOR WEEKLY

101 South Second Street, Alhambra, CA 91801

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Note: Issue reviewed by adviser for content and journalism standards.

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