



NAMI NYS asks **YOU**
to join us in the Strong Body, Strong Mind Challenge!!!



Starting April 1st, Tina Yun Lee, Community Education and Outreach Manager and Christine Rickeman, the Resource and Information Helpline Coordinator NAMI NYS have begun the **NAMI NYS Strong Body Strong Mind Challenge!** Christine has pledged to lose 10 pounds by eating healthier, exercising daily and journaling by the day of the NAMIWalks, Saturday September 29th 2018. To help her reach her goal, she is pledging \$5.00 a week until walk day. If she meets her goal, she has a nice little savings. If not, the money will go to the team she joins for the walk.

Tina is pledging to start up her Zumba and yoga workouts again. By the walk date, Tina wants to be back in the gym at least twice a week. To help her reach her goal, Tina is going to pledge \$5.00 a week until walk day. If she does not meet her goal, she will double her pledge and donate the monies to her walk team.

Week one Healthy Recipe



Carrot cake overnight oats

10 minutes, 513 calories, 1 serving

Ingredients

- ½ cups rolled oats (uncooked) (~1 ¾ oz)
- 1 cups non-dairy milk alternative (almond, cashew, soy, ...) (~9 oz)
- 1 ½ tbsp ground flax seeds (~½ oz)
- 1 tbsp raisins (dried) (~⅓ oz)
- 1 tbsp chia seeds (~¼ oz)
- 1 carrot (~2 oz)
- **optional:** ¼ tsp cinnamon
- **optional:** ¼ tsp ginger (dry)
- **optional:** a tiny bit of nutmeg (dry)
- **optional:** a tiny bit of salt

Instructions

1. Peel carrot and grate it. Mix well with the other ingredients (oats, raisins, chia seeds, flax seeds, milk of your preference, cinnamon, ginger, nutmeg and salt).
2. It tastes best when stored in the fridge for at least an hour, but you can also enjoy it straight away.

Week One Beginners Workout

8-Week Beginner Fitness Guide

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| <i>Monday</i> 20 Jumping Jacks 15 Squats 15 Crunches 10 Push Ups 20-Second Plank 15-Minute Walk | <i>Friday</i> 30 Jumping Jacks 20 Walking Lunges 20 Ab Bikes 15 Tricep Dips 25-Second Plank 20-Minute Walk |
| <i>Tuesday</i> 20 Jumping Jacks 15 Step Ups 15 Crunches 25 Mountain Climbers 20-Second Plank 15-Minute Walk | <i>Saturday</i> 12 Burpees 20 Squats 20 Straight Leg Sit Ups 12 Push Ups 30-Second Plank 20-Minute Walk |
| <i>Wednesday</i> 10 Burpees 20-Second Wall Sit 20 Crunches 25 Mountain Climbers 25-Second Plank 15-Minute Walk | <i>Sunday</i> 25-Minute Walk |
| <i>Thursday</i> 20-Minute Walk | |

For more information + this week's healthy dinner meal plan, visit Happiness is Homemade! www.happinesishomemade.com

WEEK ONE

[Click here for full eight weeks](#)