

By Susan E. Poppiti, Esquire

Witness to Wellness

It goes without saying that healthy eating habits and regular physical activity are essential to your overall wellness. Yet, they require free time, something that is difficult to find for those in the legal profession. The nutritious recipes in this article take just minutes to prepare. In addition, the 30 Day Challenge can ease you into a regular workout routine.

For both the recipes and workout, I consulted with my friend and colleague at Padua Academy, Lauren DiSabatino. As Associate Athletic Director and Health and Physical Education Teacher, Lauren focuses her career on wellness. For best results with the smoothies, use a high speed blender or juicer.

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
30 DAY CHALLENGE	Week 1	Arms x 3 5 push ups 20s plank 10 Mt. Climbers 8 Tricep Dips	Glutes x 5 10 Bridges 30s Swimmer 20s Wall Sit 10 Sumo Squats	ABs x 3 20s Side Plank 5 Elbow to Knee 10 Russian Twists 15 Crunches	CARDIO	Glute-core x 3 10 Sumo Squat 20s Wall Sit 20s Side Plank 10 Crunches	Arm-core x 3 10 Russian Twists 8 Tricep Dips 15 Mt. Climbers 5 Push ups	STROLL AND STRETCH
	Week 2	Arms x 3 5 push ups 40s plank 20 Mt. Climbers 12 Tricep Dips	Glutes x 3 12 Bridges 35s Swimmer 50s Wall Sit 12 Sumo Squats	ABs x 3 40s Side Plank 8 Elbow to Knee 15 Russian Twists 20 Crunches	CARDIO	Glute-core x 3 12 Sumo Squat 30s Wall Sit 40s Side Plank 15 Crunches	Arm-core x 3 15 Russian Twists 12 Tricep Dips 20 Mt. Climbers 8 Push ups	STROLL AND STRETCH
	Week 3	Arms x 3 8 push ups 60s plank 30 Mt. Climbers 15 Tricep Dips	Glutes x 5 15 Bridges 40s Swimmer 40s Wall Sit 15 Sumo Squats	ABs x 3 50s Side Plank 12 Elbow to Knee 20 Russian Twists 20 Crunches	CARDIO	Glute-core x 3 15 Sumo Squat 40s Wall Sit 50s Side Plank 20 Crunches	Arm-core x 3 20 Russian Twists 15 Tricep Dips 30 Mt. Climbers 10 Push ups	STROLL AND STRETCH
	Week 4	Arms x 3 10 push ups 80s plank 40 Mt. Climbers 20 Tricep Dips	Glutes x 3 20 Bridges 45s Swimmer 60s Wall Sit 20 Sumo Squats	ABs x 3 60s Side Plank 15 Elbow to Knee 25 Russian Twists 20 Crunches	CARDIO	Glute-core x 3 20 Sumo Squat 60s Wall Sit 60s Side Plank 25 Crunches	Arm-core x 3 25 Russian Twists 20 Tricep Dips 40 Mt. Climbers 10 Push ups	STROLL AND STRETCH
		*ALL EXERCISES ARE MODIFIABLE DUE TO ABILITY			*CARDIO EXAMPLE: WALKING, RUNNING, BIKING, SWIMMING			

Pink Energy Smoothie

Ingredients:

- 1 1/2 cup frozen strawberries
- 1 cup frozen raspberries
- 1 orange, peeled
- 1 1/2 cups light coconut milk (or almond milk)
- 2 medium carrots, chopped
- 1 small beet, peeled and quartered

Refreshing Green Smoothie

Ingredients:

- 1 stalk celery
- 1/2 medium cucumber, peeled and cut into chunks
- 1 handful spinach
- 1 cup frozen pineapple chunks
- Half a lime, juiced
- 1 small piece raw ginger root
- 1/4 cup light coconut milk (or almond milk)

To create your own flavor combination, follow this easy framework:

- 50% leafy greens such as collard greens, kale, Romaine, spinach, spring greens or swiss chard
- 50% fruit such as apple, avocado, banana, blackberry, blueberry, cantaloupe or fig
- 1/8 – 1/4 cup nuts or seeds such as almonds, cashews, walnuts, chia seeds, flaxseeds, pumpkin seeds, sesame seeds or sunflower seeds
- Water, ice, coconut milk, almond milk or milk to act as liquid fillers

Trompe l'œil Chicken Salad

A simple "plant based lunch" where chickpeas are the star.

Ingredients:

- 1 can chickpeas, drained
- 1 stalk celery, chopped
- 1/4 cup sweet onion, chopped
- 2 tablespoon dried cranberries, plumped in a fruit juice (or Rosé wine -- this is my addition!)
- 1 granny smith apple, chopped
- 1 avocado, mashed
- 1 or 2 tablespoons honey Dijon mustard
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste

Using a fork or food processor, mash your chickpeas to "chicken salad" consistency. In a bowl, mix the chickpeas with the celery, onion, and cranberries. In a separate bowl, mash the avocado with the mustard, garlic and onion powder. Combine the avocado with the chickpea mixture. You now have a light salad to add to lettuce wraps, whole wheat wraps, pitas, or multigrain bread for a traditional sandwich. If you prefer a mayo "dressing," replace the honey Dijon mustard with a chipotle flavored mayo for a little kick.

Add more strength and vitality to your docket with these recipes and the 30 Day Challenge. Be well. 🧘



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