Have you thought about stretching as a gentle way to ease yourself into the day? Some studies suggest that, along with other forms of regular exercise, stretching could help you to relax, increase your flexibility, reduce lower back pain, and help to manage some other health conditions.

Hold each stretch for 15-20 seconds and repeat each one two to three times, especially if your muscles and joints feel tight.

1. Spinal twist

Lying on your back, raise one of your knees, and gently roll it over to the opposite side. Make sure both of your shoulders stay in contact with the bed at all times. If it feels comfortable, stretch one arm out to the side, keeping it in line with your shoulders, and slowly turn your head to face your outstretched arm. You should feel the stretch on the sides of your upper body and your lower back. Breathe deeply and repeat on

2. Upper back stretch

Sit on the edge of your bed, with your feet flat on the floor. Interlock your fingers and reach forward, bending from your middle back. Stretch with your hands forward at shoulder level. You should feel the stretch between your shoulder blades.

3. Shoulder stretch

Relaxing your shoulder blades back and down, reach one arm across your body and gently use your other arm to deepen the stretch. Hold for 15-20 seconds and repeat on the other side.

4. Side stretch

Stand with your feet hip-width apart and clasp your hands above your head. Gently lean your body to one side, feeling a deep stretch along the side of your body. Hold for 10-15 seconds and repeat on the other side.

5. Hamstring stretch

Stand upright and gently bend one knee as if you’re going into a sitting position. Place the opposite leg outright, pointing your toes towards the ceiling. Bend forward from your hips to feel a nice stretch along the back of your outstretched leg. Hold for 10-15 seconds and then repeat with your other leg.

6. Calf stretch

Placing your hands on a wall for support, step back on one leg and gently push your heel towards the ground, feeling a nice stretch along the back of your calf. Hold for 10-15 seconds and repeat on your opposite leg.

Remember to stretch safely

It’s important to listen to your body each day and take these stretches at your own pace.. Don’t be disheartened if you’re not very flexible at first. With regular practice your body should become more relaxed and each day you’ll be able to reach that little bit further.

But only take yourself to a comfortable stretch without any pain. If you notice any sharp or shooting pain, ease off completely.

**What Is the Vegan Diet?**

hare on Pinterest

[Veganism](https://www.healthline.com/nutrition/what-is-a-vegan) is defined as a way of living that attempts to exclude all forms of animal exploitation and cruelty, whether for food, clothing or any other purpose.

For these reasons, the vegan diet is devoid of all animal products, including meat, eggs and dairy.

People choose to follow a vegan diet for various reasons.

These usually range from ethics to environmental concerns, but they can also stem from a desire to improve health.

**Vegan sources of calcium and vitamin D**

Calcium is needed to maintain healthy bones and teeth.

Non-vegans get most of their calcium from dairy foods (milk, cheese and yoghurt), but vegans can get it from other foods.

Good sources of calcium for vegans include:

green, leafy vegetables – such as broccoli, cabbage and okra, but not spinach (spinach does contain high levels of calcium but the body cannot digest it all)

fortified unsweetened soya, rice and oat drinks

calcium-set tofu

sesame seeds and tahini

pulses

brown and white bread (in the UK, calcium is added to white and brown flour by law)

dried fruit, such as raisins, prunes, figs and dried apricots

The body needs [vitamin D](https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/) to regulate the amount of calcium and phosphate in the body. These nutrients help keep bones, teeth and muscles healthy.

**Good sources of vitamin D for vegans include:**

exposure to sunlight, particularly from late March/early April to the end of September – remember to cover up or protect your skin before it starts to turn red or burn [(see vitamin D and sunlight)](https://www.nhs.uk/live-well/healthy-body/how-to-get-vitamin-d-from-sunlight/)

fortified fat spreads, breakfast cereals and unsweetened soya drinks (with vitamin D added)

[vitamin D supplements](https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/)

Read the label to ensure the vitamin D used in a product is not of animal origin.

**Vegan sources of iron**

Iron is essential for the production of red blood cells.

A vegan diet can be high in iron, although iron from plant-based food is absorbed by the body less well than iron from meat.

Good sources of iron for vegans are:

pulses

wholemeal bread and flour

breakfast cereals fortified with iron

dark green, leafy vegetables, such as watercress, broccoli and spring greens

nuts

dried fruits, such as apricots, prunes and figs

**Vegan sources of vitamin B12**

The body needs vitamin B12 to maintain healthy blood and a healthy nervous system.

Many people get vitamin B12 from animal sources, such as meat, fish and dairy products. Sources for vegans are limited and a vitamin B12 supplement may be needed.

Sources of vitamin B12 for vegans include:

breakfast cereals fortified with B12

unsweetened soya drinks fortified with vitamin B12

yeast extract, such as Marmite, which is fortified with vitamin B12

Vegan sources of omega-3 fatty acids

Omega-3 fatty acids, primarily those found in oily fish, can help maintain a healthy heart and reduce the risk of heart disease when eaten as part of a healthy diet.

Sources of omega-3 fatty acids suitable for vegans include:

flaxseed (linseed) oil

rapeseed oil

soya oil and soya-based foods, such as tofu

walnuts

Evidence suggests that plant sources of omega-3 fatty acids may not have the same benefits in reducing the risk of heart disease as those in oily fish.

**A Vegan Sample Menu for One Week**

To help get you started, here’s a simple plan covering a week’s worth of vegan meals:

Monday

Breakfast: [Vegan breakfast sandwich](http://www.ilovevegan.com/how-to-make-a-vegan-breakfast-sandwich/) with tofu, lettuce, tomato, turmeric and a plant-milk chai latte.

Lunch: Spiralized zucchini and quinoa salad with peanut dressing.

Dinner: [Red lentil and spinach dal](http://ohsheglows.com/2015/10/12/golden-red-lentil-dal-with-cilantro-speckled-basmati/) over wild rice.

Tuesday

Breakfast: Overnight oats made with fruit, fortified plant milk, chia seeds and nuts.

Lunch: [Seitan sauerkraut sandwich](http://veganyackattack.com/2013/06/10/seitan-sauerkraut-sandwich/).

Dinner: Pasta with a [lentil bolognese sauce](http://minimalistbaker.com/zucchini-pasta-with-lentil-bolognese/) and a side salad.

Wednesday

Breakfast: Mango and spinach smoothie made with fortified plant milk and a banana-flaxseed-walnut muffin.

Lunch: [Baked tofu sandwich](http://veganyackattack.com/2012/10/17/balsamic-baked-tofu-sandwich/) with a side of tomato salad.

Dinner: Vegan chili on a bed of amaranth.

Thursday

Breakfast: Whole-grain toast with hazelnut butter, banana and a fortified plant yogurt.

Lunch: [Tofu noodle soup](http://www.ilovevegan.com/tofu-noodle-soup/) with vegetables.

Dinner: Jacket sweet potatoes with lettuce, corn, beans, cashews and guacamole.

Friday

Breakfast: [Vegan chickpea and onion omelet](http://www.vegansandra.com/2014/06/chickpea-and-onion-omelette.html) and a cappuccino made with fortified plant milk.

Lunch: Vegan tacos with mango-pineapple salsa.

Dinner: Tempeh stir-fry with bok choy and broccoli.

Saturday

Breakfast: Spinach and scrambled tofu wrap and a glass of fortified plant milk.

Lunch: [Spiced red lentil, tomato and kale soup](http://ohsheglows.com/2012/11/07/spiced-red-lentil-tomato-and-kale-soup/) with whole-grain toast and hummus.

Dinner: Veggie sushi rolls, miso soup, edamame and wakame salad.

Sunday

Breakfast: [Chickpea pancakes](http://www.veganricha.com/recipe-pages/vegan-chickpea-flour-pancakes), guacamole and salsa and a glass of fortified orange juice.

Lunch: [Tofu vegan quiche](http://minimalistbaker.com/simple-tofu-quiche/) with a side of sautéed mustard greens.

Dinner: [Vegan spring rolls](http://ohsheglows.com/2012/07/20/veggie-summer-rolls-with-spicy-peanut-lime-sauce-two-ways/).

Remember to vary your sources of protein and vegetables throughout the day, as each provides different vitamins and minerals that are important for your health.

food

<https://www.myenso.de/>

clothing

<https://www.domaxsport.com/>

On Monday, we all gathered the content we wanted to have on different webpages. On Tuesday we were supposed to start making the subpages but we had some problems regarding to the designing matters like colours. But by the end of the day we finally managed to pick a colour theme and split the different parts of the website between ourselves. We starts working in the subpages on Wednesday. I made some kind of a template for my subpages, like I added the slide bar, slideshow and paragraph places in HTML and designed each with the suitable colour and fonts in CSS. On Thursday I finished the 3 exercises subpages and found some ideas for its main page. On Friday, I continued with the exercises main page and managed to put everything in place after a lot of hard work including figuring out how to put boxes, images and link on top of each other using position: absolute. By the end of first week, I am kind of relieved and hopeful that we may actually be able to finish the whole thing because we learned how to work together peacefully.

What do we do?

Shape Up is a website providing all the needs one would require to achieve hers/his body goals. We will help you through your fitness process and will be honoured to see you succeed in what you want to be.

Our Team

Ariana

[shafieiariana@gmail.com](mailto:shafieiariana@gmail.com)

Kind of too much into designing! Hope to make the most badass websites in the future!

My goal for today was to make the “about us” page. I used the template I had built last week and replaced the old content with the new ones. Each member wrote a paragraph about themselves and I added those with their email addresses to the webpage. Then I also added a message box for users and designed it. I achieved my goal mostly. Now we just need to take pictures and I will add them in the code once they’re taken.

Today I made a submit page but I have to figure out how to make it to actually send me emails. Also I found some ideas about the main page. So I have to check them and see if they work.

**BUILDING YOU**

**Luke left his childhood ailments behind and improved his fitness**

The Singapore-born Luke was plagued with chronic asthma, epilepsy, and kidney disease growing up – and the medications he took for these ailments left him borderline obese. Helping himself to 8-10 fried chicken wings each Sunday surely wasn’t helping here, just like the ribeye steak he loved to eat.

Staying on a “high protein” diet seemed to be a non-negotiable in his adulthood, especially when he entered the fitness industry as a trainer and bodybuilder. Along with over 2 pounds of animal flesh per day, he was also spending a fortune on supplements, workout pills, and fat burners.

Luckily, his vegan wife introduced him to plant-based heroes like John Robbins and Robert Cheeke (a vegan bodybuilder) who opened his eyes and showed him how this diet was more ethical, sustainable, and healthful. Turning vegan for the animals, he was surprised to find his overall muscularity increasing after just one month and even dropping body fat.

He tried our vegan diet and exercises and had more energy, a better recovery, less joint issues, and a better skin. In 2013, he competed in the Australian Natural Bodybuilding Championships as a vegan and placed second in his division.