

Wellness Wednesday



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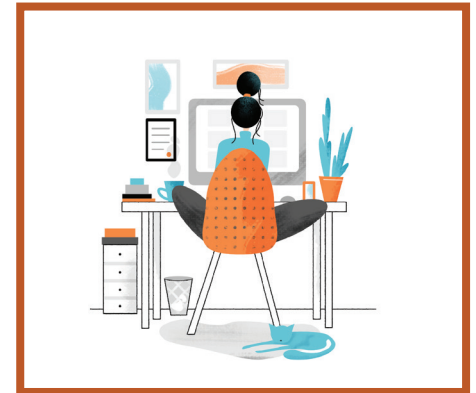
Fun Online Classes You Can Do From The Comfort Of Your Home

Need to fill your time while social distancing? Online courses will keep you from reaching for the Roku remote.

Class is in session — from a distance.

Google searches for online classes have catapulted in recent weeks, likely because people who are social distancing are looking to make the most of their newfound alone time by doing something productive.

Fitness classes were quick to adapt to the surge in online-only demand. Brands as big as Peloton and as small as local yoga studios are now offering online workout courses.



IPA Gym in Jersey City, New Jersey, is among the fitness businesses that have started offering virtual group classes for members through Zoom meetings.

“We want to assure them that we will still be available everyday to keep them active and accountable,” Joshua Teves, the gym’s founder and owner, told HuffPost Finds. “We are there to give them a sense of community and emotional support by communicating through Zoom.”

But the hunt for online activities doesn’t stop at breaking a sweat.

Sites like Skillshare, Creative Live and Udemy offer online classes focused on creativity, whether it’s brushing up on painting skills, playing an instrument or learning a new language. If you want a class that’s streamed live and feels more intimate (or just want to support a local business), platforms like Dabble and Groupon offer courses from local shops near you.

That’s been the case for Dan and Josh Lucero, the brothers behind Wine & Design in Weehawken, New Jersey. The creative studio typically hosts events where the local community can gather to enjoy a drink while painting and crafting. After brainstorming with other Wine & Design franchise owners, they agreed to offer virtual classes. Participants just have to pick up a take-home painting kits that contain canvas, paints and supplies for the project.

“More than anything, we wanted to continue to provide a space for positivity and creativity, whether physically or virtually, for our customers to get together and forget for a bit about what was going on in the world around them,” Dan Lucero said.

3. Online fitness and wellness classes

Blink Fitness: The gym is streaming live workouts on Facebook.

CorePowerYoga: The yoga studio is offering free access to online yoga and meditation classes.

Creative Live: Take self-improvement and wellness courses in building confidence, stress management and more.

Crunch Fitness: All gym members now have free access to Crunch Live, an app featuring a wide variety of workouts.

Masterclass: Learn gymnastics from Simon Biles and basketball from Steph Curry.

Obé Fitness: The exclusively online workout app features live workouts.

Orange Theory: The fitness studio is sharing daily workouts that can be done with no equipment or household items.

Peloton: The popular spinning studio is offering its app to new users for free for the next 90 days, featuring yoga, bodyweight cardio, strength training and of course, cycling.

Planet Fitness: The gym known for being a “judgement-free zone” is live streaming workouts on Facebook.

Retro Fitness: The gym is streaming live workouts on Facebook.

Udemy: Take a wide variety of fitness classes in dancing, self-defense and yoga. As well as personal development and wellness offerings like massage and nutrition.

305 Fitness: The dance studio is live streaming cardio dances twice a day on Youtube.

4. Online cooking and bartending classes

Blueprint: Sharpen your knife skills and learn how to cook a wide variety of recipes using professional techniques.

Masterclass: Learn wine tasting from James Suckling and French pastry fundamentals from Dominique Ansel.

Udemy: Find classes like bread baking, bartending and cooking your choice of cuisine.

Sourced: This service employs bartenders who are out of work due to the coronavirus to deliver everything you need to create a craft cocktail directly to your door. While it’s not exactly an online class, many of these bartenders share their tips and recipes on social media.





SKINNY HUMMINGBIRD CUPCAKES



198 Calories | *PREP TIME: 20 mins* | *COOK TIME: 23 mins* | *TOTAL TIME: 45 mins*
YIELD: 22 Servings | *COURSE: Dessert* | *CUISINE: American*

INGREDIENTS

3/4 cup all-purpose flour
3/4 cup whole wheat flour
1 cup sugar, I used raw
2 tsp baking soda
1 tsp salt
1 tsp ground cinnamon
1/4 tsp nutmeg
1/4 tsp ground ginger
2 tbsp oil
2 large eggs
1 tsp vanilla
2 cups mashed ripe bananas
20 oz can crushed pineapple in juice, drained
1/2 cup chopped pecans

For the Frosting:

8 oz 1/3-less fat Philadelphia Cream Cheese
1 cup powdered sugar
2 tsp vanilla extract
22 pecan halves

These super moist hummingbird cupcakes are light, full of pineapple, chopped bananas, pecans, cinnamon and spices topped off with a sweet cream cheese frosting.

TIP:

Instead of cupcakes, you can also make this recipe into a classic Hummingbird cake by increasing the bake time.

Nutrition Information

Serving: 1 cupcake, Calories: 198 kcal, Carbohydrates: 31 g, Protein: 3 g, Fat: 6.5 g, Saturated Fat: 0.5 g, Cholesterol: 16.5 mg, Sodium: 284 mg, Fiber: 1.5 g, Sugar: 22 g

Source: Skinnytaste.com



INSTRUCTIONS



- 1.) Preheat oven to 350°. In a large bowl, combine flour, sugar, baking soda, salt, and spices; stir well with a whisk.
- 2.) In a medium bowl, combine oil, eggs, and vanilla; stir well. Add banana and pineapple; mix well.
- 3.) Fold wet ingredients and chopped pecans with the dry ingredients, batter will be stiff and dry but keep folding it and it will all come together.
- 4.) Spoon batter into cupcake tin. Bake at 350° for about 23 minutes, or until a wooden toothpick inserted in the center comes out clean.
- 5.) Meanwhile, to prepare frosting, beat together cream cheese, powdered sugar and vanilla until smooth. Refrigerate until ready to use.
- 6.) Cool cake completely on a wire rack.
- 7.) Spread frosting over the cupcakes once they are cooled. Garnish each cupcake with a pecan half on top.

FEATURED EXERCISE

Skull Crushers

Lay on your back holding your dumbbells with your arms straight up towards the ceiling. Keep your elbows pointed straight towards the ceiling and slowly bend your arms to 90 degrees (the weight coming right down to your forehead or just outside either side of your head).

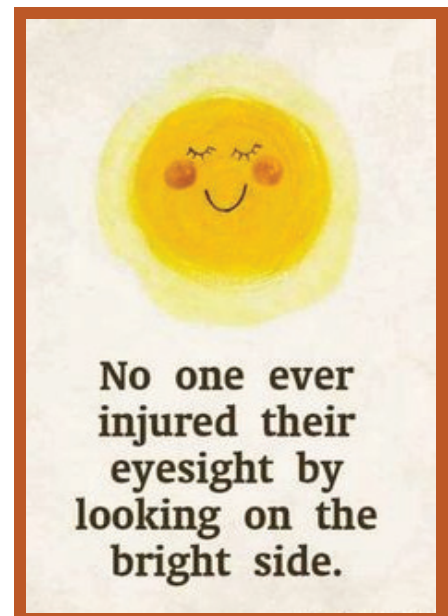
3 sets of 10



Grab your dumbbells – let's go to work!

<https://tone-and-tighten.com/10-of-the-best-dumbbell-exercises-to-tone-your-arms.html>

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



Meet Ulliance Senior
Wellness Account Manager