



8

JEFF GREEN



SALMON AND RICE

INGREDIENTS

- 1 Cup Uncooked Rice
- 1 ½ Cups Water
- 1 Can of Salmon
- 1/3 Cup of Mayonnaise
- Salt and Pepper, to taste
- Soy Sauce (optional)
- Green Onion (optional)

HEALTH BENEFITS

- Salmon is rich in protein, Vitamin D, Calcium, and healthy Omega-3 fats

DIRECTIONS

STEP 1:

Combine rice and water in a pot and bring to a boil.

STEP 2:

Cover, reduce the heat and simmer for 15 minutes.

STEP 3:

While rice is cooking, mash salmon in a medium-sized bowl.

STEP 4:

Add mayonnaise to salmon, season with salt and pepper.

STEP 5:

Remove rice from heat and let sit covered for 10 minutes.

STEP 6:

Once the rice is cooked, combine the rice with salmon mixture.

STEP 7:

(Optional) Top with soy sauce and chopped green onion. Serve!

RECOMMENDED MOVEMENT

MAX CASTROGALEAS, EXERCISE PHYSIOLOGIST, HSS



PUSHUP

1. Place hands in line with shoulders but slightly wider than shoulder width. When you push yourself up be sure to engage your core and keep the body in alignment throughout the exercise.



MODIFICATION 1:

If performing a push up with your legs straight is too difficult, you can perform a modified push up with your knees down on the floor instead of the feet.

MODIFICATION 2:

If placing the knees on the ground feels uncomfortable with the modified push up, it helps to place a mat or a cushion underneath the knees to provide support.



[HSS.EDU/SPORTS](https://www.hss.edu/sports)