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TYLER JOHNSON



HSS

CHILI MAC

INGREDIENTS

- 2 Cups Water
- Pinch salt
- 1 Cup Uncooked Whole Wheat Macaroni
- 2 Cans Beef Chili
- 1 Can Corn (drained)
- 1 Cup Shredded Cheddar Cheese

HEALTH BENEFITS

- Beef chili is a good source of fiber and protein.
- Whole wheat pasta is high in fiber.

DIRECTIONS

STEP 1:

Add pinch of salt to water and bring to a boil in a medium-sized pot.

STEP 2:

Add pasta to boiling salted water and keep the heat high, stirring occasionally.

STEP 3:

Cook about 8 to 12 minutes.

STEP 4:

Drain pasta into a colander over the sink then return to pot.

STEP 5:

Meanwhile, in a large skillet, add chili and corn and heat about 5 minutes.

STEP 6:

Add macaroni and stir. Serve and sprinkle with cheese!

RECOMMENDED MOVEMENT

ASHLEY FLUGER, EXERCISE PHYSIOLOGIST, HSS



DEAD BUG

1. Lay on your back with your arms reaching up to the sky and hips and knees at 90-degree bends. Your shins are parallel to the ceiling.
2. Tighten your belly as if you were squishing something underneath you and hide your ribs.
3. Slowly extend your opposite arm and leg and then squeeze your belly to bring your limbs back to starting position. Keep your body really still as your arms and legs move.
4. Perform for 20 seconds and then increase to 30 seconds!



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