

Food and Entertainment



Homemade Pasta

Ingredients:

3 cups flour
4 eggs (room temperature)

Instructions:

Wash your hands thoroughly with soap and water.

Sift 3 cups of flour into a large bowl and make a volcano-like crater in the middle for the eggs (see photo).

Using your hands, mix the eggs into the flour, kneading and working the dough for 10-15 minutes. Consider this your upper body workout for the day!

Work the dough into a ball and cover in cling wrap. Let it rest for a minimum of 30 minutes and a maximum of four hours in the fridge.

Roll it out until it is very thin and cut into any shape you like.

Cook for two minutes in boiling water.



Click the photo to watch a video of Jameson and his son, Liam, making pasta together!



This Week's Entertainment Picks

Jameson's Pick



Sherlock (Netflix)

This 13-episode miniseries is binge-worthy if you like character-driven mysteries and good production value.

Christina's Pick



Little Fires Everywhere (Hulu)

Your standard bestselling book getting adapted to the small screen, this is another character-driver story with a nail-biting mystery to be solved.

Ross's Pick



Party Animals (BBC)

Party Animals tells the story of people involved with the Parliament of the UK, including researchers, lobbyists and government and Conservative Members of Parliament.

Chair T'ai Chi



Click on the photo to following along with a 7-minute T'ai Chi class.

3 Moves You Can Use

This week, Christina and Jameson demonstrate three exercises that require nothing but a chair. Click on each picture for full instruction.

Have more questions? You can call the fitness team during the week between 8:00 AM - 4:00 PM using extension 208!



Mobility Warm Up

In this video, Jameson puts Christina through a seated mobility warm up that safely gets your body ready for exercise.

If you've attended Chair Class before, these movements will seem familiar to you.



Sit-to-Stand Tempo Variations

Next up, Christina leads Jameson through three different sit-to-stand variations.

Strengthen your legs, hips, and core with just one movement!



Core Work

Don't forget your core!

Jameson and Christina show you how to safely isolate your core muscles with this modified boat pose.

Make sure to keep your back safe by bracing your core muscles.



Blooper Reel

It may look like we're naturals in front of the camera (or not), but here's how our recordings *really* go.