



“Unless some misfortune has made it impossible, everyone can have good posture. —Loretta Young



How to Improve Your Posture While Eating

Eating is something that we do every day, three times a day, sometimes more, so it is important that we have correct posture while we eat. What does correct posture while we eat mean and where do we begin?

Why is it important that we have good posture while we eat? We are upright creatures and that has an effect on all of our organs. When we slump, it impacts not only our spine, joints and muscles, but our organs as well—slowing down our digestion. Sitting upright when we eat can help to prevent bloating and heaviness. This means digesting and eliminating toxins with more ease.

How to Start:

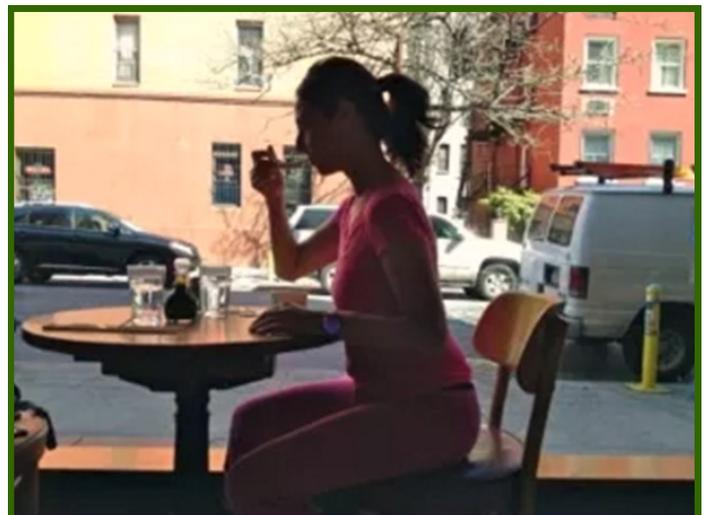
Correct seating and positioning of the body while consuming meals is important because it improves both the enjoyment and safety of the meal. This facilitates better digestion and eating awareness. To enable the upper body or trunk to be stable, the feet must have a firm footing so they can bear weight as you eat

- Sit close to a table to prevent you from having to stretch forward to reach your meal. This prevents hunching forward and pressure on the abdomen.
- Align your ear, shoulders and hips while eating and bring your food up to your mouth. This will encourage better control of head, neck and muscles in the tongue, jaw and mouth.
- If you do have to eat in a chair or sofa, use a tray

and sit up so your feet are firmly on the ground taking the weight of your trunk.

- Put cushions behind your back for support if needed. Keep your knees level with your hips and sit as far back as possible. Sitting up straight allows your food to digest uninterrupted.
- Try to stay seated upright for 10 to 20 minutes after the meal to help prevent symptoms of heartburn, indigestion or cramps.
- Avoid tight clothing around your stomach.
- Eat in good lighting. People tend to eat more if the lighting is low. (Think restaurants.)
- Avoid talking while chewing.

Really think about your eating posture at each meal. Sometimes your posture is a reflection of how you feel about yourself at the time of the meal.



THE GROVES OF TUSTIN

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Moderate Lunch, Lighter Dinner



We all know breakfast is the most important meal, but don't forget about lunch! We encourage our residents to eat at every meal to keep those metabolisms at work, to maintain a healthy weight

and appetite. This summer, Chef Ricardo will start implementing new menus with more side dishes at lunch and fewer side dishes at dinner. The reason is two-fold. First, for the residents that sleep in and skip breakfast, it will be their first meal of the day! A salad alone will not cut it for the afternoon when activity is at its highest. Another reason would be to help avoid overeating at dinner, after which activities tend to wind down. Though it sounds like the best idea to sit down and tune into our evening programs with a full stomach, it can lead to indigestion and discomfort at bedtime. Chef Ricardo believes that dinner should be lighter when compared to lunch. As for all the night owls that stay up until midnight or beyond, we recommend eating something light a few hours after dinner. Snack on some fresh fruit, some crackers with peanut butter or some pudding at least two hours before sleeping!

Always Available Menu

Notice something different about our weekly menus? Flip it over and find our Always Available Menu options at hand! We'd like to remind our residents and families that we have other meal options beyond our two daily specials at lunch and dinner. If you're unsure about ordering the specials of the day, you are able to order corresponding meal alternatives from our Always Available Menu. A Groves Staff favorite is the Signature Salad with Grilled Chicken and a cup of the soup du jour!

Vibrant Life Happenings

(Photo on the right) Residents (right to left) Margaret D., Chrys C. and Robert H. look at some artifacts at our Bowers Museum Outing held on June 13th.



(Right) Residents Mike B. and Jill P. spending some quality time with a cute patient at the Children's Hospital during our HealthBridge Volunteer Outing on June 14th.



(Left) Our Chili Team at work during The Tustin Street Fair and Chili Cook-Off on June 4th.