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start HEALTHY

ISSUE 16

RISE to the OCCASION

*Wake up with a smile with
these tips for a better morning*

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Front of Tear Out Card 1

bok choy stir-fried with garlic

ingredients:

- 1 ¼ lb. bok choy
- 2 tbsp. vegetable oil
- 3 slices fresh ginger
- 2 tsp. chopped garlic
- 1 tsp. salt
- ¼ tsp. sugar
- 2 tbsp. water



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Back of Tear Out Card 1

bok choy stir-fried with garlic



Recipe excerpted from *Quick and Easy Chinese: 70 Everyday Recipes* by Nancie McDermott (Chronicle Books, 2008).

This simple home-style stir-fry has put bok choy on my weekly grocery list. Its bright white stalks and lush green leaves cook up into a remarkably delicious, pleasantly textured dish that tastes great with rice or noodles. Think of it as a delicious vegetable dish, a worthy companion to steak and baked potato, grilled salmon, or pasta tossed with pesto, or serve it simply with garlic and oil.

cooking instructions:

1. Trim away and discard the bottom inch or so at the base of a bunch of bok choy, along with any tired outer leaves and stalks. Quarter it lengthwise, and then line up the spears. Cut crosswise into 2-inch lengths, and transfer the pieces to a large bowl. Tumble to loosen up all the leaves and pieces; you should have around 6 cups.
2. Heat a wok or a large, deep skillet over high heat. Add the oil, and swirl to coat the pan. Add the ginger, garlic, and salt, and toss well. Scatter in the bok choy, and toss well, until it is shiny and beginning to wilt, less than 1 minute.
3. Add the sugar and the water, and continue cooking, tossing now and then, until the leaves are vivid green and the stalks are tender but not limp, 1 to 2 minutes. Add a little more water if needed to prevent burning while it cooks.
4. Transfer to a serving plate, and serve hot or warm.

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Dear Bill and Judy,

Peace!
Welcome to Start Healthy magazine.

Start Healthy is a comprehensive guide to a healthier, happier life. This 48-page publication features articles on wholesome recipes, insight on fitness trends, adventurous travel ideas, mental wellness, and targeted facts in oral, heart, and brain health. Engaging articles and invaluable lifestyle advice makes Start Healthy magazine beloved by health and wellness enthusiasts, and those wanting to know more.

This magazine gives me the chance to stay in touch with people like you, who I have had the pleasure to work with over the years. My hope is that you find the information in Start Healthy extremely helpful in maintaining your overall health and wellness and that you'll learn something new and inspiring about each issue.

Please feel free to share this issue with your friends, family, and colleagues. I would love to hear what they think of Start Healthy magazine, too.

I look forward to continuing to share this magazine with you.

Peace!
Blkgaud U Allah



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UPRIGHT IS *All Right*

written by: alexa bricker

Many of us know the feeling of a sore back and shoulders after sitting at a desk all day. Not all nine-to-five jobs involve manual labor, but the hours of sitting stagnant can take a toll, especially when improper posture has become somewhat of the norm. Although this problem might not seem life-changing right now, poor posture can lead to a myriad of other health concerns over time.

Luckily, there are a few simple practices you can start today to improve your posture in the long term—and alleviate that neck and back pain in the process.

While sitting ...

- **Keep your feet on the floor.** If you can't reach the floor, consider using a footrest, and try not to cross your feet.
- **Leave your shoulders relaxed.** The bottom of your back should touch the back of your chair. You can use a rolled-up towel or purchase a lumbar roll for extra support.
- **Make sure your computer or laptop is at eye level.** Keep your head straight so your neck isn't straining up or down.
- **Change your position often.** If you feel your muscles starting to strain, stand up and walk around.

While standing ...

- **Stand tall.** Keep your head forward and shoulders back but relaxed.
- **Keep your feet about hip-width apart.** Your weight should be placed on the balls of your feet.
- **Make sure your stomach is pulled in**—imagine your belly button is being pulled toward your spine.
- **If standing for a long time, shift your weight.** Rock back and forth from your heels to your toes to avoid straining your legs.

For more info, visit acatoday.org.

startHEALTHY



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RISE to the **OCCASION**

interview with: *ellen goodwin* **written by:** *rebecca poole*

Mornings aren't everybody's forte—some press snooze until the last minute, around thirty-one million Americans skip breakfast, and “I woke up on the wrong side of the bed” is an all-too-common phrase—but there's something to be said for crafting a more stable routine in the a.m. The beginning of the year is an especially good time to take stock of what habits you'd like to turn around.

When you look at some of the most successful people in the world, one thing they often have in common is that they start their days with purpose. Productivity expert, author, and speaker Ellen Goodwin gives her take on why having a morning ritual is so important and offers tangible tips for limiting distractions.

What does your weekday morning routine look like?

I get up and put on my workout clothes—absolutely no comfy yoga pants, which are productivity killers for me! I make the bed (always), I have a cup of tea with my husband, and then I work out. I walk with a friend, taking care to properly social distance. Still, the walk with her gives me accountability. It's too easy for me, on my own, to decide not to walk. Then I come home, do kettlebell exercises, shower, and read business books for an hour. After that, I go into the office and do the first task on my to-do list that I'd put together the night before. I'm a big believer in alarms to keep me on schedule, so the first workday alarm goes off at 8:30 a.m., and one goes off every half hour until 4 p.m.

How do you limit distractions in the morning? Are there helpful tactics you can implement at night?

I have a list that I write out the night before, and I do everything I can to eliminate any morning moments of choice. I use the phrase "moments of choice" to describe the feeling of "What's next?" You have this moment of finishing one task and deciding what you're moving on to, and those options can lead to distractions, which can lead to procrastination. There are a number of things clamoring for your attention, and usually the option you give in to is the one that feels comfortable and easy.

This means I don't use my phone as an alarm clock. I have my exercise clothing available to put on when I get out of bed, or I have the clothes I need already laid out. I don't lounge

around in my pajamas. I have things scheduled with others for accountability, whether it's a walk with a friend, a phone call, or an email with an accountability partner discussing what I am going to accomplish that day. Each of these things limits the opportunity for distractions. My biggest tip is to make sure you've planned your day the night before. This way, you know what your day looks like immediately, and you can jump in. With a list already prepared, you don't waste time thinking about what you need to do.

How does someone who's not a morning person turn into one?

There's nothing inherently magical about being a morning person. Just because you get up early doesn't mean you are necessarily a productive morning person. You have to use that time efficiently. A night owl can just as effectively use their time. The difference would be that fewer people see this happening (and it's not as romanticized). You become a morning person when you use those early hours to do tasks that meet your definition of productive.

It's going to be like building any other habit. It will take work and time to make it happen. It won't necessarily be easy—especially if you are a night owl by nature—and it may not feel good. You can start by setting your alarm (not on your phone) for five minutes earlier than the time you would usually get up. You do this for five days. When the alarm goes off, you get up immediately, and you jump into your morning actions. After the fifth day, set the alarm back for another five minutes. Get up at this new time



You become a morning person when you use those early hours to do
tasks that meet your definition of productive.



for five days. Then set the alarm back again. Continue working backward until you are getting up at a radically new time. Just be sure that as you've been getting up earlier, you've been adding in actions to make that time productive.

What are some overall productivity tips? Use a kitchen timer to block out time for focus sessions, which can be as short as ten minutes each. During this time, work on one thing and one thing only. When the time is up, take a break, then set the timer again and do another focus session if you have time. Why a kitchen timer? Because the timer on your phone is dangerous. Each time you pick up your phone, you are presented with the choice to be distracted.

Know the obstacles that you might encounter in your day and set up if-then plans to work around them. This is a plan you put together ahead of time that tells you *"If this happens, then I will respond like this."* For example, if you were having trouble making cold calls (and it was essential to your business) your plan

might be *"If I'm getting frustrated while making cold calls, then I will take a break and walk around the block, come back, and make five more calls."* More than anything, this eliminates options for giving in to unhealthy habits. If you encounter an obstacle, you don't have the time to stop and figure out what to do next—you already know.

Do you think having a morning routine is essential to success? I believe some sort of morning routine is essential because it eliminates the moments of choice that can lead to procrastination and destroy productivity. For example, I don't have a set morning routine for the weekend, and it's easy to see where things quickly go off track without one. One cup of tea becomes two, ten minutes of social media becomes twenty or thirty, and the early-morning power walk becomes the late-morning saunter to get a bagel. Having experienced how things don't work without a routine, I know having one changes the average day for the better.

For more info, visit ellengoodwin.com

written by: matthew brady

a novel idea

There are many ways to spend your downtime nowadays, even compared to ten years ago. Some of the most popular, of course, are scrolling through your smartphone and watching TV. As a result, time-honored forms of leisure, such as reading a book from cover to cover, can seem pointless, even boring.

However, that mindset flies in the face of empirical evidence—science has shown again and again that reading books makes you healthier, a better thinker, and even a better person. So read on to discover how a page-turner can turn the page on the notion that there's no good reason to read books.

Improves Your *Mental Health*

You've heard of muscle memory, so think of your brain as a muscle. Reading a book helps you work out your "muscle" and makes it stronger by forcing you to remember scores of characters, timelines, plots, and subplots.

This reading benefit is there for people of any age, but it can be especially beneficial for children and the elderly. For example, reading at a young age has been associated with increased intelligence both in



adolescence and later in life—and the benefit may be even more pronounced if classic literature is the focus. And ample research has shown the positive correlation between mental stimulation and brain function for older people. One particular study, published in the journal *Neurology*, suggests that the longer you do mentally stimulating activities, such as reading, over the course of your life, the more you can stave off cognitive decline in your golden years. Other research has even linked reading with living longer.

Improves Your *Physical Health*

We all have our own ways of destressing, which is an important part of maintaining good health. For some, it's active (getting in a good workout), while for others, it's passive (playing video games, watching TV, and scrolling on phones).

But reading? It may be the best option of all. Curling up with a good book has been shown to decrease blood pressure and lower heart rate, among other



stress-reduction benefits—with one study indicating that six minutes of reading is more calming than even listening to music or drinking tea or coffee.

Improves Other *Abilities*

VOCABULARY

From a very young age, kids are fascinated with books—the pages fill their imaginations and expand their worlds. But, as parents and educators alike will tell you, they are also key tools in expanding children's

vocabulary. And that can help later in life, since the earlier you start consistently reading and filling your head with new words, the more likely you'll succeed in things like tests and interviews.

COMMITMENT AND CONCENTRATION

Contrary to most things in the twenty-first century, book-reading requires unhurried, deliberate processing and more reflecting. You must be all in to get through a substantial read, and that includes slowing down your thoughts and focusing—after all, it takes time

and effort to read a novel from beginning to end. And that's especially true for a book series like the *Lord of the Rings* trilogy or the *Harry Potter* collection, since you need to remember everything not only within the covers but between books.

But in this area, is there an advantage to a physical book versus an e-book? Surprisingly, people are still clamoring for paperbacks and hardbacks—in 2018 alone, readers spent over ten times as much on them

than e-books. Perhaps it's the romance or stature of holding the book or the smell of the paper. But research also shows that opting for physical books makes better connections in your mind and helps you concentrate and remember the text more—so maybe there's an underlying physiological reason as well.

CRITICAL THINKING

Reading a book goes beyond entertainment, too. The activity often requires you to push past the superficial and dig for deeper meaning—allowing you to discover



your own unique voice and help it stand out from the crowd, a beneficial skill for anything from careers to relationships to parenting.

Makes You a *Better Person*

Part of the enjoyment derived from reading books, especially fiction, stems from simple escapism: through the page, you're transported to a different place (and perhaps to a different time) and putting yourself into someone else's shoes. By willingly taking

the ride, either through the protagonist's eyes or the author's eyes, you're experiencing things through his or her perspective and feeling his or her conflict ("Did George do right by Lennie?"), which can even lead to reconsidering the world or self-reflection ("Holden Caulfield reminds me too much of myself.")—characteristics that are often sadly lacking in real life.

The bottom line: reading books can make you more empathetic and thus a better person. How many leisure activities can lay claim to do that?

How to Rediscover Reading

This may all be well and good, but how do you break through barriers—either your own or your family members'—and instill reading as a healthy habit? Here are some quick and easy tips to help bring the love of books back into your home.

- **Make time for it.** You most likely already have a daily calendar of to-dos, so prioritize your reading as well by adding it to your daily routine. Experts also say that morning is an ideal time to get some chapters in.
- **Eliminate distractions.** Let's face it: unexpected moments tend to pop up over the course of a day. Accept that this can and probably will happen, and adjust accordingly. More problematic are the aforementioned screens that are always tempting us. Try setting aside screen-free time blocks each day, perhaps after dinner. And when you read, keep phones, remotes, and other gadgets far away.
- **Take advantage of a book's inherent flexibility.** There's almost no place where you can't read a book. Taking public transportation? Let your book transport you to a different place during the

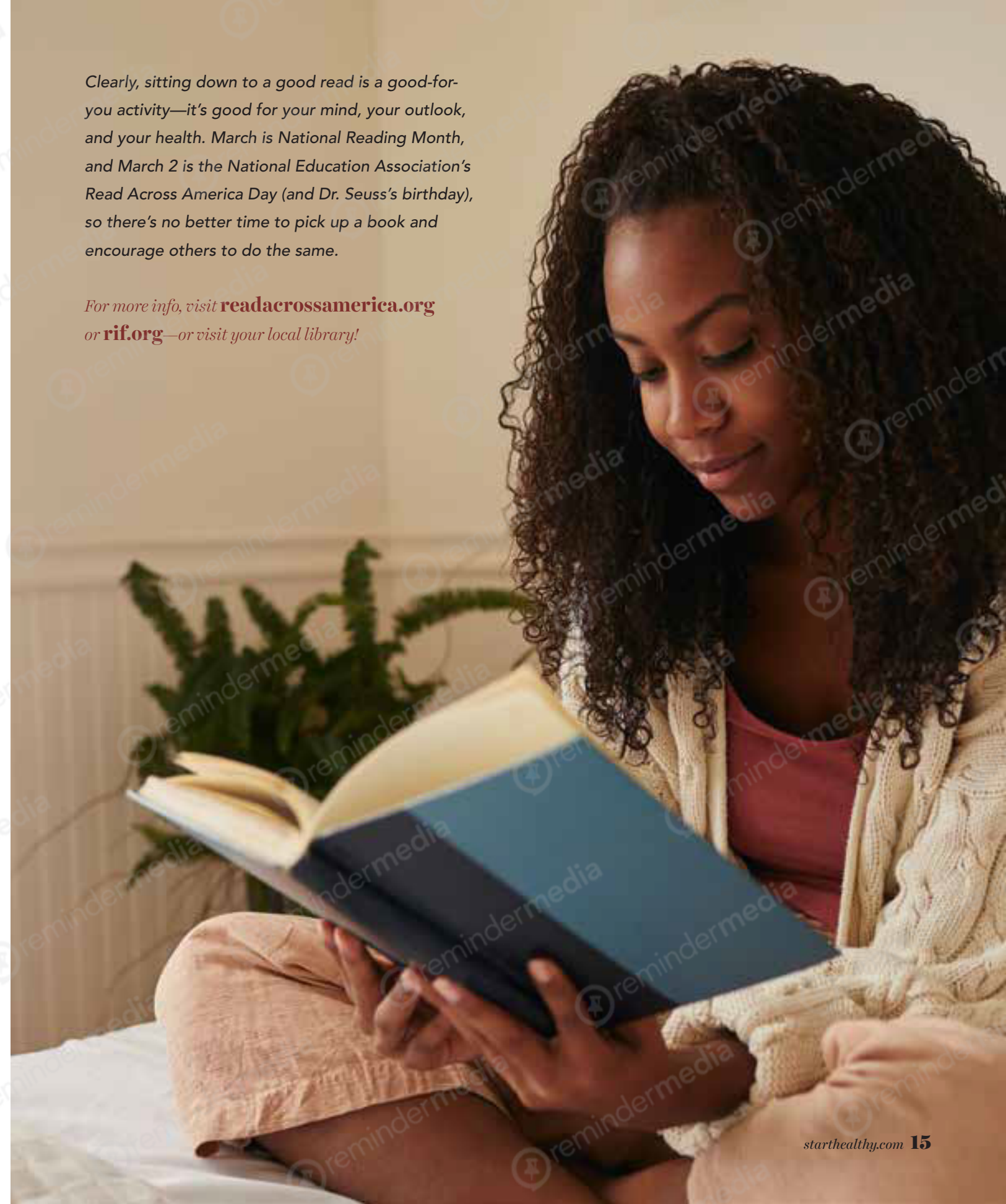
ride. (Bonus benefit: It's guaranteed to make the commute seem quicker.) Flying for business? An ideal time to crack open a book.

- **Be honest with yourself.** If you've read four or five chapters of a book and it seemed like a chore, don't hesitate to move on to a different one.
- **Challenge yourself ...** but don't overdo it. If you're super eager to get reading, you may try to do too much at once. Ease yourself in, as you would with exercise. Set a realistic goal for yourself to finish, perhaps a week or a month. Once you get into the swing of it, then set a goal for the number of books you'd like to read for the year. And, even though it's often considered a solitary endeavor, reading can also be a fun social tool—reading challenges abound online, and book clubs allow you to discuss shared literary adventures.



Clearly, sitting down to a good read is a good-for-you activity—it's good for your mind, your outlook, and your health. March is National Reading Month, and March 2 is the National Education Association's Read Across America Day (and Dr. Seuss's birthday), so there's no better time to pick up a book and encourage others to do the same.

For more info, visit readacrossamerica.org or [rif.org](https://www.rif.org)—or visit your local library!





Traveling through Time

written by: alexa bricker

When it comes to an ideal vacation, there are so many different possibilities that come to mind. Some people prefer a relaxing trip to a remote beach, others an adventurous tour of an exotic city. But no matter what your dream travel plans look like, there's one thing most people can agree on—traveling can broaden your horizons.

The way time has shaped people's place in their life often determines the types of trips they take. But you shouldn't necessarily let the confines of age stop you from planning the kind of vacation you really want. In fact, you can use your age, experience level, and generation to your advantage when planning a vacation—and your trip will be more enjoyable for it.

And although traveling has looked somewhat different for most people over the past year, there's no time like the present to start planning for your next trip. The guide below will help you understand the benefits of travel at any walk of life and can help you make sure your next trip is the adventure of a lifetime.



EXPLORING THE UNKNOWN: YOUNG ADULTS

Whether you're in your early twenties and fresh out of college or have been working hard to save up for your dream vacation before you enter middle age, there's nothing like a life-changing trip as a young adult to influence the way you move through the world.

Oftentimes young people have dreams of vacationing to a far-off land, and while there's nothing wrong with planning the ultimate foreign getaway, you don't necessarily have to leave the country to get the experience you crave. Inspiration can be found in a number of places—you just have to know where to look.

FOR AN EDUCATION

If knowledge is what you seek on your travels, consider planning a trip to one (or many) of the country's historic cities. The Northeast is filled with them, such as Boston, Philadelphia, and Washington, DC, all of which offer an incredible opportunity to explore America's past. Museums, historic architecture, and charming streets abound in these cities, and they are within a relatively short distance from one another, making for the perfect quick trip.

FOR SELF-EXPLORATION

There's something to be said for solo travel as a young adult. It pushes you outside your comfort zone and helps you learn more about yourself. Challenge yourself with a journey to explore the country's premier national parks. Western states like California, Arizona, Utah, Wyoming, and Idaho are home to some of America's most incredible sites, such as the Grand Canyon and Old Faithful, and breathtaking geological formations like the red arches in the aptly named Arches National



No matter what your dream travel plans look like, there's one thing most people can agree on—
traveling can broaden your horizons.



Park. Hiking and mountain biking in these parks also make for the perfect physical and mental challenge.

A WELL-DESERVED ESCAPE: MIDDLE-AGED ADULTS

By the time you've reached your early forties, fifties, and sixties, you've hopefully had the opportunity to do some of the more adventurous trips of your life, but that doesn't mean you still can't plan a trip that incorporates the best of both worlds: a little adventure and a little relaxation.

If you're looking for a trip that can accommodate your needs, as well as those of children, there are plenty of family-friendly vacations available that can help you get some much-needed "me" time as well.

FOR FAMILY FUN

It can be difficult to find a vacation that pleases everyone, but luckily most cruises are designed for this specific purpose. A cruise is full of activities for young

and old alike, with game rooms, on-deck entertainment every night, and a host of restaurants, among other activities. Kids' activities are often supervised so caretakers can enjoy some much-deserved relaxation time. And when you're ready to come together again, nighttime entertainment can provide an opportunity to make memories as a family.

FOR A COUPLES RETREAT

Does anything sound better than a relaxing vacation for two at an all-inclusive retreat? A dude ranch or spa vacation is the perfect idea for couples to connect and spend some time getting in touch with nature. From massages to horseback riding at sunset to morning yoga sessions, this kind of trip is ideal for couples looking to get away from the hustle and bustle of everyday life.

RETIREES

Making the shift into retirement is a huge life milestone, and it's one that deserves to be celebrated. No matter

what you have planned for your golden years, you've earned a vacation like you've never had before.

Whether you're looking to venture far and wide for your trip or stay closer to home, there's a vacation that's perfect for making memories.

FOR THE TRIP OF A LIFETIME

The idea of a road trip has been romanticized and marketed to young people; however, this kind of trip can be perfect for retirees as well—allowing you to see parts of the country you never have before. If you live along one of America's coasts, try road-tripping across Middle America to see exciting midwestern cities like Bismarck, St. Louis, and Chicago. If you've lived in a small town your entire life, venture out of your comfort zone to visit some of the nation's biggest cities like Los Angeles and Seattle or New York and Pittsburgh. Sites like Roadtrippers even allow you to preplan your road trip, marking specific attractions you'd like to see along the way, with clear starting and ending points.

FOR EXPERIENCES CLOSE TO HOME

It's understandable for older adults to be hesitant to travel far from home, and if a close-by vacation sounds much more appealing than a cross-country road trip, there are plenty of options to have new experiences without traveling too far. A quick internet search of your surrounding area might show you previously unknown attractions to visit, like a historic theater or a wildlife preserve. Or, if you've always wanted to see a nearby destination but never got the chance, make it a point to go there.

No matter what stage of life you're in—a twenty-two-year-old looking to find yourself or a recent retiree ready for new experiences—the perfect vacation is out there. So what are you waiting for? Adventure is calling!

For more info and help with vacation planning, contact your travel agent or visit travel.usnews.com



recipes by: robin donovan photography by: evi abeler

simply satisfying



Portioned, small-batch recipes often save time and money, but that doesn't mean they aren't delicious, as proven by these recipes from the cookbook *5-Ingredient Cooking for Two*.

V **GF** **SERVES 2**

Per serving: Calories: 310 | Total Fat: 20g | Saturated Fat: 13g | Cholesterol: 56mg | Sodium: 402mg
Total Carbs: 27g | Sugars: 6g | Protein: 7g

sweet potato noodles with sage brown butter

Spiralized sweet potatoes make a perfect grain-free substitute for pasta. You will love the natural sweetness they bring to this dish. Brown butter and sage is a classic flavor combination.

measure

- 3 tablespoons unsalted butter
- ¼ cup packed fresh sage leaves
- 2 medium sweet potatoes, peeled and spiralized
- Kosher salt
- Freshly ground black pepper
- Pinch ground nutmeg
- ¼ cup freshly grated Parmesan cheese

make

1. In a large skillet, melt the butter over medium heat. Continue to cook until it foams and then the foam subsides. Add the sage and cook until the butter begins to brown and the leaves start to crisp, about 5 minutes. Keep your eye on the pan because the butter can burn quickly.
2. Add the sweet potato noodles and cook, stirring frequently, for 5 to 7 minutes, until tender. Season with salt, pepper, and the nutmeg.
3. Divide the noodles between two individual serving plates, sprinkle with the cheese, and serve immediately.

Optional Finishing Touch: For a bit of crunch, sprinkle 1 to 2 tablespoons chopped toasted walnuts, pecans, or hazelnuts over the top.

Variation: This sage brown butter sauce goes equally well with al dente spaghetti if you don't have sweet potato or a spiralizer on hand.

RECIPE KEY:

- GF** Gluten Free
- VG** Vegan
- V** Vegetarian
- DF** Dairy Free

Excerpts from *5-Ingredient Cooking for Two: 100 Recipes Portioned for Pairs*, by Robin Donovan, published by Rockridge Press. Copyright © 2020 by Callisto Media. All rights reserved.

V

SERVES 2

Per serving: Calories: 177 | Total Fat: 3g | Saturated Fat: 1g | Cholesterol: 94mg | Sodium: 123mg
Total Carbs: 33g | Sugars: 21g | Protein: 6g

blueberry *clafoutis*

Clafoutis sound fancy even though they're crazy easy to make. Just create a layer of fresh fruit, pour a simple pancake-like batter over the top, and bake. The result is a cross between a custard and a thick, fruity pancake.

measure

- Nonstick cooking spray or vegetable oil
- 1 cup fresh or frozen blueberries
- 1 large egg
- 3 tablespoons reduced-fat milk
- 3 tablespoons flour
- 2 tablespoons sugar
- Pinch kosher salt

make

1. Preheat the oven to 375°F. Lightly coat 2 (8-ounce) ramekins with cooking spray. Place the ramekins on a baking sheet.
2. Divide the berries evenly between the ramekins, placing them in an even layer.
3. In a medium bowl, whisk together the egg, milk, flour, sugar, and salt. Pour the mixture over the berries in the ramekins, dividing it equally.
4. Bake for 30 minutes, until the top is golden and the center is set.

Optional Finishing Touch: Garnish with a sprinkle of powdered sugar

Variation: You can make clafoutis with any fruit you like. Cherries are the most traditional, but you can also use sliced strawberries, peaches, pears, or nectarines.





V **GF** Without Bread

SERVES 2

Per serving: Calories: 185 | Total Fat: 15g | Saturated Fat: 8g | Cholesterol: 216mg
Sodium: 237mg | Total Carbs: 2g | Sugars: 1g | Protein: 11g

baked eggs with spinach and goat cheese

Baking eggs in individual ramekins, with just a drizzle of heavy cream, makes a simple breakfast seem special. Adding spinach, goat cheese, and fresh herbs further elevates this dish. Feel free to use different vegetables, cheeses, or herbs, but keep the order of ingredients intact: veggies and cheese on the bottom, eggs in the middle, and cream and seasonings on top.

measure

- Nonstick cooking spray or butter, for preparing the ramekins
- 1/2 cup chopped baby spinach
- 1 1/2 ounces goat cheese
- 2 large eggs
- 2 tablespoons heavy (whipping) cream
- 1 teaspoon chopped fresh herbs (basil, thyme, or oregano)
- Kosher salt
- Freshly ground black pepper
- Toasted whole-wheat or sourdough bread, for serving (optional)

make

1. Preheat the oven to 375°F and spray 2 (6-ounce) ramekins with cooking spray.
2. Add half the spinach to each ramekin, then crumble the cheese on top, dividing it equally.
3. Crack an egg into each ramekin. Pour 1 tablespoon of the cream over each egg. Sprinkle the herbs over the top of each ramekin, and season with salt and pepper.
4. Bake for 8 to 12 minutes, until the egg whites are set but the yolk is still runny, and the cream bubbles around the edges.
5. Remove from the oven and let cool for a couple of minutes before serving.
6. Serve immediately, with toasted whole-wheat or sourdough bread, if desired.

Variation: Add diced tomatoes or diced roasted red bell peppers along with the goat cheese.

SERVES 2

Per serving: Calories: 371 | Total Fat: 22g | Saturated Fat: 4g | Cholesterol: 211mg | Sodium: 588mg
Total Carbs: 15g | Sugars: 1g | Protein: 28g

spicy *crab cakes*

Crab cakes are definitely a special meal dish in my book. But that doesn't mean they have to be time-consuming to make or require a lot of ingredients. These crab cakes can be on the table in 15 minutes. Add a salad of mixed greens with vinaigrette dressing and you'll feel like you're in a fancy bistro.

measure

- 1 large egg, lightly beaten
- 2 tablespoons mayonnaise
- 1½ teaspoons Cajun spice mix (I like Tony Chachere's)
- 8 ounces lump crabmeat
- ½ cup panko bread crumbs
- 1 tablespoon olive oil

make

1. In a medium bowl, whisk together the egg, mayonnaise, and spice mix.
2. Add the crab and bread crumbs and stir to mix well.
3. Form the mixture into ½-inch-thick patties, about 3 inches in diameter.
4. In a large skillet, heat the oil over medium heat until sizzling. Add the crab cakes and cook for about 4 minutes, until golden brown on the bottom. Flip the crab cakes over and cook for another 4 minutes or so, until the second side is golden brown. Serve hot.

Pairing Tip: For a dipping sauce, make a quick garlic aioli by stirring together mayonnaise and minced garlic.



IN THE absence of fear

written by: alexa bricker



No one is immune to feeling afraid from time to time. A close call at a busy intersection, an elevator that looks like it may be *slightly* overdue for an inspection, a presentation in front of your boss at work—there are infinite possibilities for fear to overcome your day-to-day.

However, when this fear becomes crippling, seeping into seemingly every aspect of your life, it can quickly become problematic. It's the type of fear that stops you in your tracks before you even get a chance to give something a try. It could be as simple as avoiding speaking up at work for fear you'll face judgment or criticism or failing to commit to a relationship because the thought of rejection is too much.

Ralph Waldo Emerson once said,
**“Do the thing you
fear, and the death
of fear is certain.”**

Sometimes all it takes is getting up the courage to try—and fear dissipates. Unfortunately, it’s not always so easy to make that first move. It can take time to work up the strength to stare fear in the face and train your mind to recognize when panic is warranted or not.

Like anything else, it will take practice to overcome it. But when you do, you might be amazed at the reward.

Nothing but a Novelty

Can you remember the first time you learned to ride a bike without training wheels? Or the first time you took that leap of faith off a diving board? Chances are, the experience was somewhat frightening—maybe it even took you a couple times of stepping back before you could actually do it. But you did it. And after repeating it a few more times, you probably forgot about how terrified you were in the first place.

This is a basic principle of fear—habituality. The more you are exposed to your fear, the less frightened you will be. For example, a child who grows up with a dog is not likely to be afraid of dogs. However, a child who was raised without pets might be hesitant to approach a friend’s pup on the first encounter. It’s unfamiliar territory, and without the ability to predict the outcome, your mind can race through a myriad of potentially negative scenarios. *Will the dog be*



friendly? What if he bites me? Although the worst-case scenario is not the most probable, it's the one your brain likes to resort to in order to protect you, even if you don't necessarily need protection.

The same can be applied to any anxiety or fear you might experience. Until you expose yourself to it, you allow your brain to manifest any number of debilitating probabilities. Is exposure scary? Yes. But is it effective? Also, yes.

Building Exposure

When it came to riding a bike or jumping into the deep end, you may have been told something along the lines of "Just do it." For many of our childhood fears, the simplest answer is to face them headfirst. But children are often easier to coax because they haven't yet experienced many setbacks. As an adult, however, this is not usually the case. You're wiser to the potential of failure, and it can easily hold you back.

In some instances, you may find it easier (and more effective) to expose yourself to your fear slowly through a process called graded exposure. This involves taking small steps toward conquering your fear, with a goal to reduce the amount of anxiety you experience each time until it is manageable (or even until it disappears completely). For example, if you're afraid

of meeting new people, don't just throw yourself into a crowd. Set up steps to meet people slowly, which could look something like this:

Step 1: Say hello to one new person each day.

Step 2: Introduce yourself to one new person at work.

Step 3: Invite an acquaintance to lunch.

Step 4: Attend a social event, and introduce yourself to one new person.

Connecting the Dots

Once you manage to expose yourself to your fear, you might be wondering, "What happens if it doesn't go well? What happens if I fail?" The truth is, you might not have a successful experience the first time. You might introduce yourself to a person with whom you have trouble connecting, or a presentation might not go exactly as planned. However, the good news is the more frequently you try something, the less likely you are to fail over time. Like playing a sport or learning an instrument, practicing can help you become better at working past your fear, naturally reducing your anxiety surrounding it.



Franklin Roosevelt famously said, "The only thing we have to fear is fear itself." And that statement can ring true for many of us. Exposure may help you realize that what you were afraid of wasn't necessarily the object or behavior but the feelings of fear itself. Your anxieties can be overwhelming, and training your brain to differentiate between necessary fear versus needless fear is a challenge. There is no such thing as a life completely void of fright, but you'd be amazed how much easier it is to get through your day without the worries that prevent you from actually living. You have the power to conquer your fear—all you have to do is start.

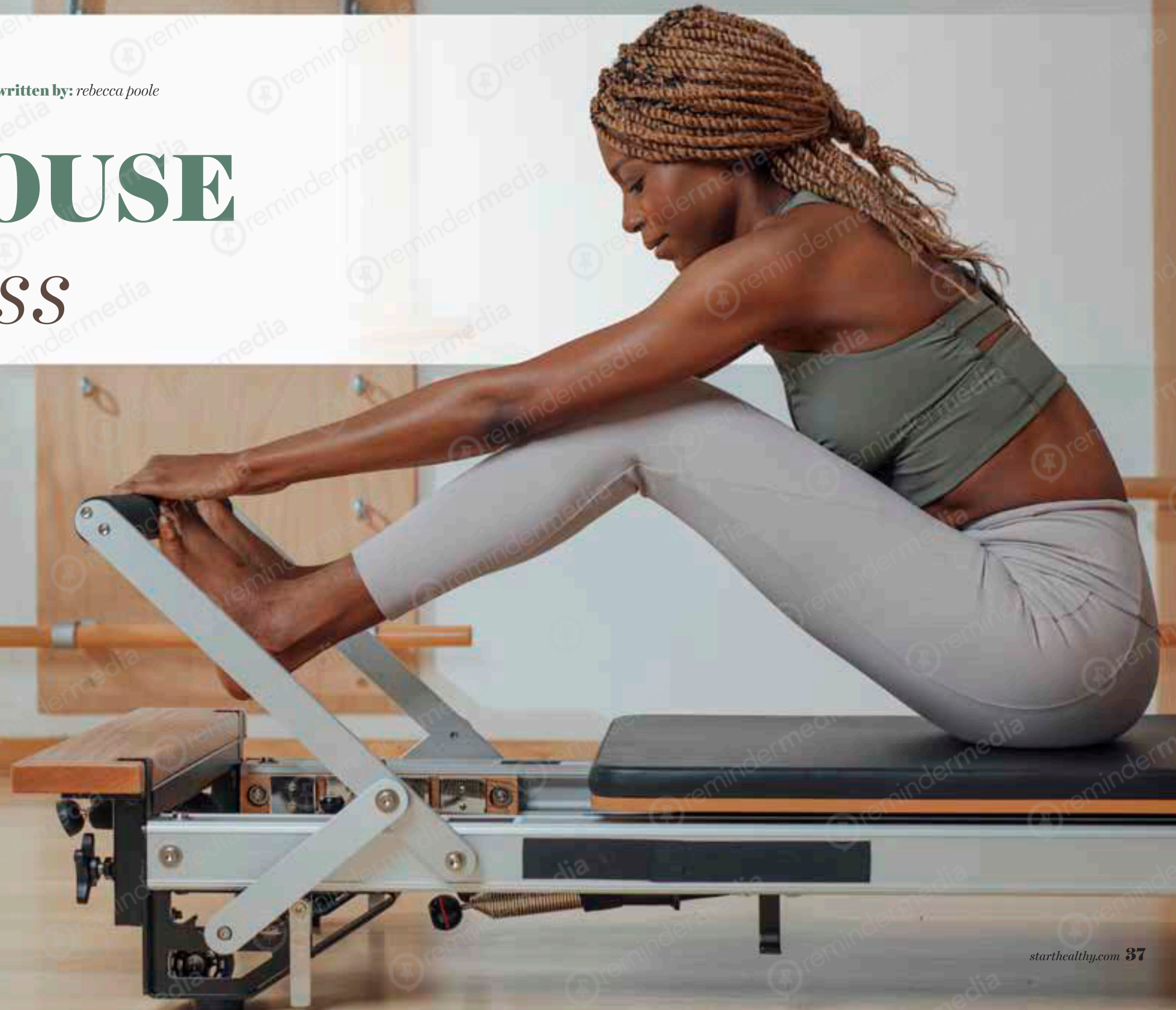
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fitness

written by: rebecca poole

The POWERHOUSE of Fitness

An interesting fact about Pilates is that, it was, in fact, named after a person. Joseph Hubertus Pilates was born in Germany in 1883, and, as he grew up, he became interested in what it took to find balance in the mind and body. This led to his development of the technique we're familiar with today, which places emphasis on core strength, alignment, flexibility, and muscle development. The method he founded during World War I in 1914 would later be introduced to the United States after his emigration here in 1926. He opened a studio that was shared with the New York City Ballet and resulted in a clientele primarily consisting of dancers.





As the studio's success grew, Pilates himself continued to train clients until his death in 1967. Although this low-impact exercise didn't permeate the mainstream wellness space until the late '90s, the principles left behind by its founder remain more influential than ever today.

At Its Core

As the debate on low-impact versus high-impact exercise rages on, it's important to note that each workout type has its own unique set of benefits. Pilates, falling into the low-impact category, revolves around toning your body by way of micromovements. You won't necessarily be dripping in sweat like you would at the end of a HIIT (high-intensity interval training) workout, but, with consistent practice, you'll notice a recognizable difference in your body. As Joseph Pilates

himself once said, "In ten sessions you'll feel the difference, in twenty you'll see the difference, and in thirty you'll have a whole new body." Those sessions range from forty-five to sixty minutes, depending on the Pilates studio you frequent.

A 2016 study in *The Journal of Sports Medicine and Physical Fitness* found that Pilates can improve the aforementioned areas just after eight weeks, but especially abdomen muscles and balance. Your core is—or *should* be—engaged throughout the duration of many different workouts, and continuing to strengthen and tighten those muscles will help take some strain away from your neck and back. Exercises that you may think are all in the legs or in the arms actually require a lot of core strength, too, and Pilates can help activate those muscles more easily.

A specific way the practice does this is with its signature exercise, the "hundred," named for the one-hundred-second-long arm movements performed, through which the deeper abdominal muscles are engaged. To do the exercise, lie on your back with your head and shoulders raised off the mat, and raise your legs to a ninety-degree angle at the knees. (Beginners can keep their feet on the mat, and those who are more advanced can extend their legs to a forty-five-degree angle.) Straighten and pump your arms about two inches off the ground for one hundred counts.

Given the ballet dancer clientele and movements focused on core strength, it may come as no surprise that another benefit to consistent Pilates practice is better posture. One way a typical class achieves this is through a group of exercises that includes deep

breathing, planks, and the roll up: a classic Pilates move that involves lying on a mat and curling up one vertebra at a time, with arms overhead, and reaching for your toes, thus bringing awareness to the importance of elongating your body.

Mentality Matters

Many fitness regimens require a certain mind-body connection that allows you to truly reap all the benefits of the workout. For Pilates, with the number of specific movements it has, this rings especially true—it's often linked to yoga for this very reason. You need only look to another Joseph Pilates quote to understand: "A body free from nervous tension and fatigue is the ideal shelter provided by nature for housing a well-balanced mind..." He was a big proponent of the idea that centering the mind influences your physical well-being.



“A body free from nervous tension and fatigue is the ideal shelter provided by nature for housing a well-balanced mind.”

— Joseph Pilates



This notion of centering is one of the practice’s primary components. It circles back to, you guessed it, activating your core muscles. Honing your focus on this muscle group requires a significant amount of concentration, which is why so much of what you can gain from Pilates comes from consistent practice. It’s important to not lose hope if you’re not getting it after one, or even a few, classes.

Breath and fluidity are also a couple of Pilates’s main elements. Deep-breathing exercises are incorporated into a typical class, with a heavy emphasis placed on the harmonization between the breath and a specific movement. This coordination leads to flow—a facet of the practice that refers to the mind and body working together throughout the duration of various exercises.

Equipped to Succeed

The Reformer, an apparatus designed by Joseph Pilates, is a carriage on tracks that moves back and forth. Its purpose is to give you better alignment by way of resistance, which your body weight and the connected springs provide. Flexibility and core strength are some of the results of using a Reformer. The mechanics of the machine are intricate, but the footbar (essentially a launchpad), the carriage (what you lie on), and the straps (attached at the top of the Reformer to create a pull or push motion) are the basic elements to know.

A Reformer class may be slower paced, but that doesn’t mean it’s easy. The varying resistance levels function to optimize the exercises on the machine. Your instructor is there to tell you the proper intensity

of resistance, correct your form, and provide various moderations based on skill level.

On the Mat

Both Reformer and mat classes revolve around the same types of movements and mind-body connection; however, the approach is different. A mat class is usually less expensive, and, depending on where you live, more accessible (especially since you can take a class virtually). Some studios may utilize small balls, a foam roller, or bands as well. Series of five—a group of exercises that includes leg stretches, scissors, and leg lifts—is one of the most common mat Pilates movements. These exercises aim to work the entire body, and, as a result, you *will* be sore the next day.

THINGS TO KNOW:

- Wear formfitting clothing and socks with grip.
- If you’re unsure of how to do an exercise, ask the instructor for help.
- Complement Pilates with other workouts throughout the week, taking a day or two off from the practice.

If you want a total body workout—that benefits your mental health as much as your physical well-being—then Pilates is the activity for you.

Check with your doctor before starting any new workout routine.

For more info, go to [pilates.com](https://www.pilates.com)

Producing HEALTHY HABITS

written by:
matthew brady

When I was a kid, I had enemies. We didn't get along at all, and I'd fight them all the time. They were just plain nasty.

My nemesis was lima beans. I have vivid memories of staring down these starchy, squishy monstrosities and refusing to eat them (especially my grandmother's, which always seemed to be mutant, giant-sized

versions). I could handle most other fruits and vegetables—though, looking back, I didn't eat them as much as I should have.

That's because, when I was growing up, the food pyramid was stacked a little differently—it called for two servings each of fruits and veggies a day. Today, however, the recommendation has been upped to half of your total plate. I likely was not getting enough produce in my diet ... and I still don't.



My experience is not the exception, unfortunately.

Today, an estimated three-quarters of Americans have an inadequate daily fruit and vegetable intake while taking in way too much sodium, saturated fats, and added sugars. That needs to be reversed. Doing so will provide better nutrition, of course, but also many preventative health benefits, according to studies—including reducing the risk of stroke, heart disease, and cancer when ten servings of produce a day are consumed.

To her credit, my mom had her ways of getting her sons to eat fruits and vegetables. At every dinner, for example, we had a vegetable on our plates and, in a twist, we also ate applesauce at lunch and dinner. (My dad had his ways, too, with his “You’ll sit there until you’re done eating” edict.)

So where there’s a will, there’s a way. Sometimes the will just needs to be served with a side of creativity.

CHANGE YOUR STRATEGY

Sure, incorporating produce into a meal could be as simple as adding tomatoes and lettuce on a burger, but that also makes it easy for somebody like me, who dislikes tomatoes, to remove them. The trick is to make them more enticing or at least less conspicuous.

Replace the carbs:

- Try swapping bread with hearty romaine leaves for sandwiches and burgers.
- If you want to be subtler, use ingredient substitutions. For example, serve pizza with cauliflower crust; nobody will likely taste the difference. (And while you’re at it, load your pizza with vegetable toppings.)
- Get out your spiralizer, and make “noodles” out of veggies like carrots or zucchini.



Add to the carbs:

- For that vegetable noodle dish, take advantage of the pasta sauce by blending extra veggies like peppers and onions into it.
- If you make your own soups or dips, make sure to pack them with plenty of your favorite veggies.
- For items like homemade pastries, load them up with fruit to balance the nutrition more. My wife does this with her blueberry buckle, which is bursting with fresh fruit.

Freeze your fruit:

Perhaps the most deviously ingenious way to get people to lunge for fruit is to make it look completely like a treat. An easy way to do this is to create homemade freezer pops using sliced or pureed fruits like blueberries or strawberries.

START THE DAY RIGHT. Breakfast meals practically beg for fruits and vegetables—a standby like adding bananas or blueberries to cereal, veggies to an omelet, or fruit in or atop pancakes is always welcomed. To maximize your produce intake, you can also get out your blender and make a delicious smoothie using fresh fruits and veggies.

ROAST ‘EM. A surefire way to change someone’s taste about something they’d rather not eat is to change the taste itself. A hint of smoky, grilled flavor on fruits like peaches and mangoes is wonderful, and lightly charred bell pepper kebabs hit the spot as a veggie side dish.

CHANGE BEHAVIORS

It's one thing if you're in control of what's in the fridge and on the plate, but sometimes that's not enough. Making the effort to create better produce-eating habits—for yourself and your loved ones—can also reap nutritional benefits.

DO AS YOU SAY. Start with yourself. Simply put, if the people you want to influence don't see you eating produce regularly, why should they? (Besides, if you have kids, you can play it up and sell the product: "Mmmm! This broccoli is so good!")

MAKE FRUIT AND VEGGIES YOUR GO-TO SNACKS.

This technique works for me. Like many other people, I tend to eat out of boredom or habit, which can be problematic. However, when I have the self-discipline to say "It's OK to reach for a snack, as long as it's a fruit or vegetable," it works wonders for my health. Plus, kids tend to respond surprisingly well when boundaries are strategically shifted to make healthy food more appealing.

GET EVERYONE INVOLVED. If people feel more ownership in a project, they'll be more excited about it—and food is no different, especially for kids. So go to the grocery store or farmers market together, and let everyone pick out the produce. If you have a vegetable garden, ask your kids to help you maintain it.

MAKE IT FUN. There are many ways you can add entertainment to snacking, many of which you can find online. For kids, you can make a playful plate of fruit-and-veggie slices designed as animals or a healthy dip to use with veggies, which you can let them scoop



Today, an estimated three-quarters of Americans have an inadequate daily fruit and vegetable intake while taking in way too much sodium, saturated fats, and added sugars.

That needs to be reversed.

away with celery or carrot sticks. (Plural is important here, too, since you want them eating more veggies than dip.)

Another trick is to take advantage of bountiful varieties, which is what I did with apples for my family. One day, I brought home five apples we had never tried before and did a blind taste test to see who liked which ones. It was a lot of fun, and it expanded our fruit options.

These are just a few of the ways you can easily incorporate more fruits and veggies into your family's daily diet. The important takeaway is to keep trying until you find something that works for your family's dynamic and tastes—it will produce better health for everyone in the long run.

For more info, visit [choosemyplate.gov](https://www.choosemyplate.gov)

LET'S Roll

written by: rebecca poole

WHAT IS FOAM ROLLING?

Using a foam roller is a way to provide self-myofascial release (SMR) to your muscles—in other words, it's a stretching technique that helps with flexibility, pain, and range of motion. This form of SMR essentially helps get out any knots that often occur in large muscle groups.

WHY DO I NEED IT?

We could all use a little nudge when it comes to preventing injury. After all, if you work out regularly and are in perfect health, the thought of an injury seems far off—that is, until something as simple as a hamstring pull sets you back weeks on your athletic progress. Foam rolling is a form of self-massage that can help prevent minor and major injuries.

It's been proven useful for optimal athletic performance as well. If you've found yourself plateauing in your chosen area of physical activity, it may be because you're not giving muscle groups the attention they deserve in your postworkout recovery.

WHAT FOAM ROLLER IS FOR ME?

There are many different foam rollers on the market, and knowing which one is best for you will help significantly when it comes to getting the most out of your recovery.

A soft foam roller is ideal for beginners, as it has more give, allowing you to ease yourself into this stretching experience. You should spend around ten minutes rolling with a softer type.

For those who are active on a regular basis, dense foam rollers are the way to go. These may feel more intense, offering a slightly more painful yet rewarding payoff.

If you're really ready to kick it up a notch, go for the grid. This style of foam roller—named grid for its 3D surface—is for experienced foam rollers who really need to stimulate those tighter knots. Aim to spend twenty to thirty seconds on each tender area when using a firm roller.

HOW DO I ROLL?

You can find dozens of exercises on YouTube, but a general rule of thumb is to pinpoint the sore muscle area, center yourself above the roller, and lower onto it slowly, staying there for twenty to thirty seconds. Roll back and forth slowly for the appropriate amount of time.

If you have a medical condition, be sure to consult with a physician before foam rolling.

What does a successful life mean to you? Whether it is as grand as owning a business or as simple as finding a way to balance work and family life, we all want our lives to be a reflection of success. But what steps are you taking to make that happen? Whatever your end goal may be, follow these inspirational ideas to help keep your life on track and make your dreams become a reality.

MAKE YOUR LIFE A SUCCESS

START DOING THIS:

Take decisive and immediate action.

An idea without a plan is still just an idea. In order to make your dream a reality, you will need to take action and make it happen.

Work outside of your comfort zone.

When an opportunity presents itself, just go for it, and don't let fear hold you back. You won't be able to grow as an individual if you choose to stay in the same place. Challenge yourself to step outside of your comfort zone.

Focus on making small, continuous improvements.

Let's let Henry Ford handle this one: "Nothing is particularly hard if you divide it into small jobs." Setting small, attainable goals will help you reach the bigger picture of success with much less stress.

Learn from your mistakes. Every mistake made is a lesson to be learned. The only true mistake you can make is choosing not to attain your goal because you are afraid of making a mistake. Stay positive, and when the going gets tough, keep going!

Choose the right people to spend your time with.

Surrounding yourself with supportive, like-minded, focused individuals will enrich your life. Mindset is contagious. Work together with these people to make a difference in everyone's life.

STOP DOING THIS:

Stop expecting perfection. Although it is important to maintain a high standard for ourselves, it is also easy to get carried away. Don't punish yourself when things don't go as planned; stay persistent and positive to get things done. The real world doesn't reward perfectionists—it rewards people who get things done.

Don't get too busy. Prioritize your goals, and decide what is worthy of your time now and what can wait. When your schedule is more cleared up, you will find you will have the time to be more productive, which is what will move you forward to a more successful life.

Don't neglect your health. Studies show that you are at your best mental state and happiest when you take the time to take care of yourself.

Stop saying yes to everything. Know when it is okay to say no to something you simply don't want to do or that is not important. Keep your schedule open for activities that you value or that could lead to opportunities.

Don't be an imitator. It's hard to be a success in your field when you are following others and their ideas. Be a leader, create your own path, and believe in yourself to get you where you want to be.

Front of Tear Out Card 2

Country Vegetable Soup

FOR THE BEANS

- 2 c. dried white beans such as cannellini
- 1 yellow onion, quartered
- 1 clove garlic, lightly crushed
- 3 sprigs fresh flat-leaf parsley
- 6 c. water
- Kosher or sea salt

FOR THE SOUP

- 3 tbsp. extra-virgin olive oil
- 1 yellow onion, finely chopped
- 1 rib celery, trimmed and chopped
- 2 cloves garlic, minced
- 2 carrots, peeled and sliced crosswise
- 2 potatoes such as Yukon gold, peeled and cut into 2-in. dice (1½ c.)
- 2 head green cabbage, shredded (8 oz.)
- 8 oz. kale, trimmed, and shredded
- 4 oz. beet greens, washed and shredded
- 1 c. canned whole tomatoes, mashed
- Sea salt and freshly ground black pepper





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Back of Tear Out Card 2

Zupa di Magroalla Campagnola

SERVES 4 TO 6

COUNTRY VEGETABLE SOUP



TO MAKE THE SOUP

In a large Dutch oven or other heavy-bottomed pot with a lid, heat olive oil over medium heat. Add onion, celery, and garlic, and sauté, stirring, for 7 to 8 minutes, or until the vegetables have begun to soften. Add carrots, potatoes, cabbage, kale, and beet greens, and stir to combine thoroughly. Stir in pureed tomatoes, and season with salt. Reduce the heat to medium-low, cover, and simmer for 10 minutes, or until the greens have begun to wilt and soften.

Add the whole and pureed beans along with any remaining cooking liquid. Cover, and simmer over low heat, stirring occasionally, for 45 minutes to 1 hour, or until the vegetables are completely tender and the soup has thickened. Add additional water (up to 3 cups) if the soup seems too thick.

At this point, the soup can be eaten as is, or cooled, covered, and stored in the refrigerator for up to 3 days.

TO MAKE THE BEANS:

Drain beans, and put them in a large pot or saucepan. Add onion, garlic, parsley sprigs, and water. Bring to a boil over medium-high heat, taking care to skim off any foam that forms on the surface with a skimmer. Reduce the heat to medium-low or low, as needed to maintain a gentle simmer, and cook, uncovered, for about 2 hours, or until the beans are tender. Add salt to taste during the last 15 minutes of cooking. Remove from the heat, and let cool for 10 minutes.

Remove and discard the onion, garlic, and parsley sprigs. In a blender, puree half of the beans along with some of the cooking liquid. Reserve both the pureed and whole beans.

Recipe excerpted from *The Glorious Soups and Stews of Italy* by Dominica Marchetti (Chronicle Books, 2006).

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