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start HEALTHY

ISSUE 17



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*Get the lowdown on your
lymphatic system | PAGE 36*

ISSUE 17
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Front of Tear Out Card 1

Getting through this time will be a little easier by remembering that we're in this together. As we continue to social distance, know that you're not alone.

DON'T HESITATE TO CALL-WE CAN MOVE FORWARD AS A TEAM.



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Back of Tear Out Card 1

“ **When you have exhausted all possibilities, remember this: you haven't.** ”

—THOMAS EDISON

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Dear Bill and Judy,

This time of year inevitably finds us welcoming the embrace of spring and reveling in the joy of getting back to basics. This issue of Start Healthy celebrates the simple things, including gardening, journaling, and making your bed clean and comfy.

There's something special about connecting with the Earth, especially when nature reinvents itself come springtime and we garden in earnest. You may be surprised, though, by just how much gardening can positively impact your health.

Cultivating your thoughts can have an invigorating effect as well, and a great way to do this is through journaling. Discover all the benefits you can reap when you pour out your feelings through pen and paper.

In addition to decluttering your mind, refreshing your environment can make it feel new--and an ideal place to start is where you spend a lot of your time, your bed. Improve your peace of mind and your bedroom comfort level with these bed-cleaning tips.

May you always appreciate the little things in life that make a big difference to your well-being. As always, it's a pleasure to send you this magazine.

Peace!
Blkgaud U Allah



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written by: *matthew brady*



A Laughing MATTER

There's a well-known saying that *laughter is the best medicine*. Many of us have personally experienced this, but what does science say? To put a twist on another age-old adage, it turns out that a laugh a day may well keep the doctor away.

Physiological Benefits

- Research indicates that when we laugh, our body responds by reducing stress hormones like cortisol while increasing dopamine, a feel-good chemical.
- Laughter has been linked with improved heart health, as it increases your circulation, heart rate, and oxygen intake while decreasing your blood pressure.
- Research has shown that increased laughter may help your immune system and raise its level of antibodies.

Physical, Mental, and Social Benefits

- If you laugh enough, it feels like a workout—in fact, fifteen minutes of laughter can burn up to forty calories.
- Even though your face may hurt from laughing so much, laughter itself relaxes your muscles and decreases stress, producing an overall calming effect.
- Laughter has been shown to help with pain tolerance, depression, and anxiety; you can even try laughter therapy or laughter yoga.
- Do you experience social anxiety? Research has shown that laughter can help reduce such stressful situations, and it's even included in social anxiety therapy.
- Not surprisingly, perhaps, the more you share laughs with others, the better your relationships are, whether they're romantic, family-based, or friendships.

So go ahead and laugh until you cry, and enjoy every moment doing so—your well-being will reap many rewards.

startHEALTHY



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WRITE *it out*

written by:
rebecca poole

What falls under the umbrella of self-care often takes the form of things like skincare, meditation, and eating healthily, but there's something else that is deserving of the same amount of attention: journaling. This form of self-expression may conjure an image of grade school assignments from your yesteryear, but journaling is just as beneficial to partake in as an adult.





OUT IN THE REAL WORLD

Journaling can be used as an organizational methodology (bullet journaling, for example) or for creative purposes. One of the best parts about it is there are no rules. As someone who has been writing in a journal since I received one for my eighth birthday, I can attest to the positive effects this practice has on your life. I tend to journal in more of a stream-of-consciousness way than in an organized way, and regular journaling has taught me a lot about the way my mind works. However, if you're a writing newbie, have no fear. Laura Rubin, the founder of notebook and creative coaching company AllSwell Creative, has some sound advice for those looking to get into this practice:

"Journaling is for everybody, whether you're a good writer or not. You can become a more visionary leader, a more empathetic manager, a more focused individual, and operate with a greater awareness overall. There's a lot of real-world application to be found."

As Rubin touches on, the importance of soft skills in the workplace is not to be underestimated. Journaling can help hone skills such as accountability, honesty, empathy, and listening. Without even realizing it, an argument with a loved one or an overwhelming calendar can bring unwelcome feelings to the surface that, in turn, can be projected onto those you work with. Writing down those experiences and feelings can help you reflect and grow. Leaders all over the world, both past and present (including Oprah), have turned to journaling to help them be more effective in everything they do. It's often used in coaching techniques for that very reason.

When asked about the workshops and coaching sessions she leads at AllSwell, Rubin mentions how many participants are business leaders. "I work with a lot of entrepreneurs who want to hone their brand's vision," she says. "I also do creative coaching for executives of top companies who need better support on being more creative. In the process of talking about their feelings, people find it helps connect with that innate creative voice. It's a grounding experience."

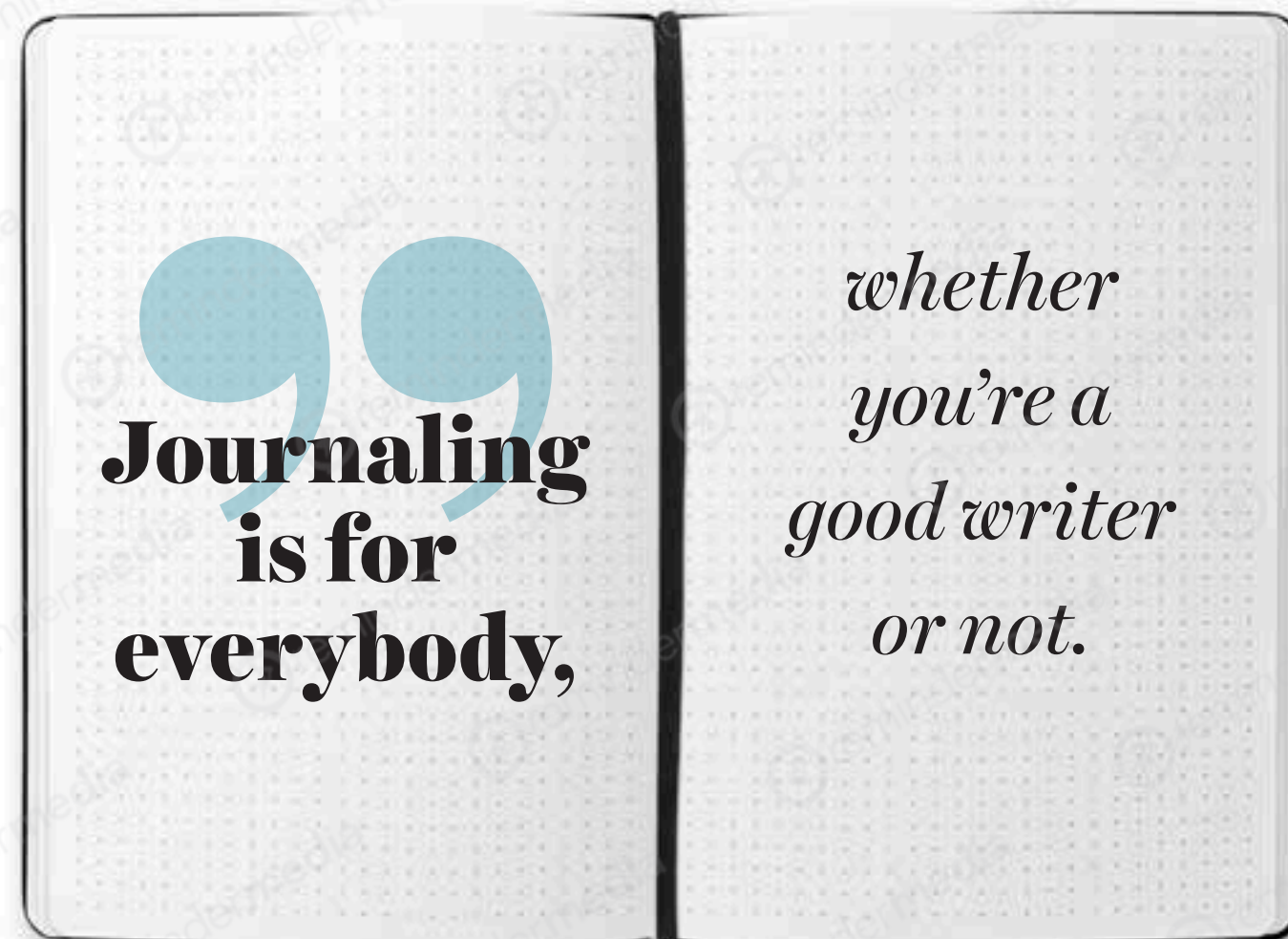
HAPPY THOUGHTS

Writing can help reduce feelings of depression, anxiety, and stress, as well as help you identify what is causing those feelings in the first place. If you typically find it difficult to talk about your emotions or tough experiences, writing could be the answer to get you in an emotionally healthier place. One fact that will help

give you a push is realizing that there is no third party that will see these entries—unless, of course, you want them to. Journaling is a very personal experience. Aside from being a catalyst in bettering your emotional well-being, it can also help with things like confidence and self-awareness. Instead of obsessing over destructive thoughts, you're writing them down and releasing them. You're telling these behaviors and negative thoughts that they no longer serve a purpose swirling around in your head all day and will live inside the pages of your journal instead.

While there are no concrete rules to journaling, there are things you can do if you want to get the most out

of this practice. First and foremost, be as unfiltered as possible. This goes back to the 'no third party' reminder; no one will see this but you, so if you hold back, you're doing yourself a disservice. Secondly, limit distractions in your space. If the TV is on in the background or there are kids running amok, it can be hard to focus on the page in front of you. Pick a time of day when you know you can sit down in an environment conducive to this practice. Lastly, read and reflect on what you've just written. If you wrote about an argument with a close friend, think about how you could turn those thoughts and feelings into actions that will help you resolve and move on from this issue.



PROMPTS AND CIRCUMSTANCE

Whether or not you're a writer at heart, following a journaling prompt can often help you identify with and reflect on something more specific.

For when you want to be more grateful:

- Describe something that happened today that made you smile.
- List five to ten things you are grateful for.
- Describe a moment that made you feel successful.
- Write about a person, place, or hobby that makes you happy.

For when you want to be more introspective, ask yourself:

- Who am I? How do other people perceive me?
- Who are people I struggle to be empathetic toward? Why?
- What am I afraid of?
- What makes me happy? What makes me sad?

For when you're struggling with your mental health:

- Identify your typical coping mechanisms. Are they good or bad? Do you want to change them?
- How do you feel in this moment?
- What are your strengths?
- Pinpoint and describe short-term and long-term goals.

Generic prompts for any time:

- Describe a trip that really stuck with you. What made it special?
- What does your ideal day look like?
- Who or what could you not imagine your life without?
- Write a letter to your childhood or teenage self.
- What does success look like to you?

MIGHTIER THAN THE SWORD

The power of putting pen or pencil to paper can produce results of the highest significance. Even taking the smallest window of time in your day to journal can make a huge difference in how you feel. Rubin recommends beginning with a 4/4/4 rule: four minutes a day, for four days, over four weeks. You'll soon realize that this outlet will put you in touch with your innermost self and leave you with passages to look back on throughout the rest of your life.

For more info, visit allswellcreative.com



WELLNESS IN BLOOM

written by: *matthew brady*

There's nothing quite like the collective happiness that abounds when winter turns into spring. Of course, one of the reasons is the warmer weather. But another big reason is that nature once again comes alive—and that includes our gardens.

Gardening is more popular than ever, thanks in part to more people being home and rediscovering victory gardens. You can seemingly grow a garden anywhere: in a

yard, outside your front door, on a rooftop terrace, and even in a neighborhood community garden.

The stereotypical view of this activity being reserved for older generations can be put to rest, too: millennials are gardening in large numbers as well. No matter your age, location, or situation, there's a certain satisfaction to be gained from growing a garden.



There are many significant mental and emotional benefits to be had from this hobby, but did you know that you get a host of physical benefits through gardening as well? That's right: your garden can be both your personal oasis and your gym, just outside your door.

Cultivating Well-Being

As one of our primary means of survival, gardening has been with us since humanity began. However, what was once solely done out of necessity has grown into a beloved hobby for many, a well-manicured means to achieve mental wellness. Here are just a few of the ways that gardening can make you feel good.

MORE HAPPINESS, LESS ANXIETY

One of the most obvious benefits of gardening is that it beckons you outdoors for an extended period of time. Just by being outside, you are helping your mental health—you are not only getting fresh air but also taking in ample vitamin D naturally, even if you are outside for a short period of time. This is associated with increased serotonin, a feel-good drug in your brain that can help you feel happier.

Science also seems to confirm this. Research shows that gardening can reduce anxiety, depression, and stress levels while improving your mood and overall happiness. This can be especially true in city settings—urban gardening has been associated with better overall well-being. So, no matter where you live, gardening can improve your quality of life.



DIGGING UP MINDFULNESS

Zen gardens have been around for centuries, and there's a reason for their long-standing popularity. A garden is a place of peace: it's just you and nature, allowing you to be in the present moment. In fact, gardening essentially *requires* you to do so, as you focus your time in the garden while delaying gratification—you don't usually see the byproduct of your work for weeks or months.

PLANTING A PURPOSE

As with any labor of love, gardening is a purpose-driven hobby, providing a sense of satisfaction in not only the physical outcome (flowers or produce) but also how it connects you with the world. For example, planting your own garden can help your home environment as well as the global environment by increasing oxygen. In addition, community gardens

have blossomed in popularity because they bring people together for a common cause, helping both neighborhoods and social relationships to flourish.

Sowing Strength

Clearly, gardening makes us feel better mentally. However, don't underestimate the importance of gardening to your physical health as well. Once considered back-breaking work, tending to a garden is now better understood for the vitamin-enriching, well-rounded workout it is.

VITAMIN D, PART DEUX

As mentioned earlier, gardening gives you a good dose of vitamin D. In addition to helping you mentally, this can help you physically. That's because this vitamin has been shown to increase blood cell production, fortify your immune system, and strengthen your bones—

the latter two of which can be especially helpful for older people.

OFFICIALLY AN AEROBIC ACTIVITY

If you're a seasoned gardener, you know that aches and pains often go hand in hand with being in the garden all day. There's a lot of crouching down, getting up, and contorting involved with gardening, so you are using many of your muscles and making them stronger. As far as aerobic benefits go, the World Health Organization recommends 150 minutes of moderate-intensity cardio activity per week for adults—and it specifically names gardening on its list, on the same level as brisk walking or slow biking. Research confirms this benefit, showing that, depending on what you're doing in your garden, you can burn two or three hundred calories per hour or more, making it a legitimate workout.

**Just by being outside,
you are helping your
mental health—**

*you are not only getting fresh
air but also taking in ample
vitamin D naturally, even if
you are outside for a short
period of time.*

Dos and Don'ts

If you're going to be a horticultural workout warrior, you need to do it right—otherwise, as with any activity, you're going to end up causing yourself a lot of pain.

- Prepare accordingly, keeping safety top of mind. Wear a hat, gloves, sunscreen, and goggles, and make sure you have plenty of water handy to stay hydrated.
- The first rule of lifting applies to your garden: bend with your knees so your back doesn't take the brunt of the weight.
- Speaking of your back, don't slouch while gardening. Keep your back straight as much as possible when you're sitting, kneeling, or standing.
- Whether you're using a shovel or a wheelbarrow, don't overload it. Doing so could end your day earlier than planned and give you physical problems in the long run.
- Take frequent breaks. Remember that, as much as you may be enjoying your time in the garden, you don't need to get everything done at once. Stay in the shade. Walk for a little while or stretch during your downtime to stay flexible. (In contrast, sitting could make you stiffen up.)

On an intrinsic level, gardening is an activity like no other. It offers promise in the hope of what's to come. It provides serenity, and it's nature's canvas. Through your garden, Mother Nature nurtures both you and your sprouts while also being your workout partner—helping you become mentally and physically healthier right in the comfort of your own yard.



fighting the FIRE WITHIN

written by: alexa bricker



If you've ever spent a full day on your feet, you may have experienced the pain of swelling and redness in your ankles and legs. Or perhaps you have eaten a particularly spicy meal and are probably familiar with the uncomfortable bloating and burning that can result from it. Most people would describe these symptoms as inflammation, simply brought on by their behavior. However, it turns out that inflammation is a much more complicated

and insidious problem than the result of standing too long or suffering a bad case of heartburn.

There are two distinct types of inflammation that can cause a diverse range of problems—sometimes lasting for months or even years. And it's not just the regular external warning signs you need to be aware of.

The Inflammatory Response

You may not know that your body is experiencing an inflammatory response unless it presents itself externally, and you might even suspect other conditions are at play—which is why it's so important to understand how inflammation works.

Inflammation is a naturally occurring process that happens when your body encounters a harmful agent, such as an infection or a toxin. Acute inflammation typically lasts from a few hours to a few days, but it eventually resolves itself as your immune system fights back. However, in the case of more severe chronic inflammation, your body's natural responses can go into overdrive, potentially causing a wide range of other problems, including diseases.

Typically, inflammation is a sign that your body's immune system response is actually working properly. Inflammatory cells release chemicals that fight off infection and heal the body, but if the inflammation is prolonged, the body can actually start to have the opposite response, with good cells and healthy tissue being attacked. This chronic response can result from a number of things, such as the inability to rid the body completely of the irritant, an autoimmune disorder, or even repeated bouts of acute inflammation.

But what long-term problems can this prolonged inflammation cause for the body?

Skin conditions

Acute inflammation of the skin, such as a reaction to poison ivy, is typically resolved quickly with the help of medication. But chronic inflammatory skin conditions like rosacea, psoriasis, and eczema can all stem from a prolonged immune system response, resulting in



redness, rashes, itching, and other uncomfortable skin problems.

Arthritis

You might think of arthritis as a condition that occurs with old age, as bones weaken and become easily fatigued. However, age is not the only determining factor in whether a person will experience arthritis. Arthritis is one of the most common inflammatory diseases, affecting some 350 million people worldwide. The disease causes damage to once healthy tissue, leading to pain in places like the hands, knees, and feet, though it can also affect other parts of the body like the lungs.

Heart disease

One of the most dangerous problems associated with chronic inflammation is when organs function improperly. Over time, an abundance of inflammatory cells can contribute to troublesome plaque buildup in the arteries. When your critical organs have to work harder because of inflammation, other serious health conditions, including a higher risk of heart attack and stroke, are more likely to develop.

Prevention vs. Cure

In most cases, it's much easier to prevent chronic inflammation from occurring rather than trying to cure it once it's already developed. There are plenty of ways you can help protect your body from inflammation, and many of them are things you should already be doing to benefit your well-being.

You are what you eat

The most obvious way to prevent inflammation is through the foods you eat, which includes avoiding certain foods known for aggravating an inflammatory

response. Some examples of good foods to eat include green vegetables such as spinach and kale, berries, and omega-3-rich fish like salmon. The Mediterranean diet has grown increasingly popular in recent years, in part because it is loaded with these types of foods—making it a good program to follow if you’re trying to reduce inflammation.

On the contrary, foods that cause inflammation should be avoided when possible; these include sugary drinks like soda and sweet tea, red meat, and refined carbohydrates such as processed breads or pasta made from enriched flour.

Practice self-care

Not surprisingly, stress is another major factor in chronic inflammation. We’re always told that we need to reduce our stress levels if we want to live long, healthy lives. While that may be true, it’s a lot easier said than done. If you feel that your stress is severe enough that it’s causing headaches, fatigue, loss of sleep, or other disruptive issues, it might be a good time to speak with your doctor about ways you can help manage your stress before it manifests into a more severe condition.

Keep moving

A sedentary lifestyle can contribute to a number of health conditions, including inflammation. Thirty to forty-five minutes a day of consistent movement that elevates your heart rate is ideal for adults. People who are not at a healthy weight are more likely to experience inflammation, but exercise, along with good eating habits, is one of the most effective ways to prevent an inflammatory disease. You can also try incorporating workouts that aid the mind *and* body, such as yoga—a practice that can help with relaxation.

Here’s What to Look for

If you think you might be suffering from chronic inflammation, these are a few warning signs that you should pay attention to:

- **Gut problems.** Consistent bloating and irregularity, as well as stomach pain, can be a marker of inflammation in the body.
- **Fatigue.** As long as you’re getting the proper amount of sleep, you shouldn’t feel overtired first thing in the morning. Constant feelings of tiredness can be a sign that your immune system is working overtime.
- **Pain and skin reactions.** Inflammation commonly damages tissue in muscles and joints, so chronic pain is one of the most common symptoms. This response can also trigger skin problems like psoriasis.

Chronic inflammation is one of the most common health problems, so if you’re suffering from any of these symptoms, you’re not alone. The most important thing to remember is that many inflammatory problems are preventable. Inflammation is a necessary process for your body to go through to heal itself—but it can also cause long-term damage.

Talking to your doctor should always be the first step if you feel like inflammation is impacting your daily life. Identifying the source of inflammation and implementing lifestyle changes could help you start feeling like yourself again in no time.

For more info, visit [mayoclinic.org](https://www.mayoclinic.org)

Be sure to follow recommended mask-wearing and social-distancing guidelines



There are plenty of ways you can help protect your body from inflammation,
and many of them are things you should already be doing to benefit your well-being.



Excerpt from *The Truly Easy Heart-Healthy Cookbook: Fuss-Free, Flavorful, Low-Sodium Meals*, by Michelle Routhenstein MS RD CDE CDN, published by Rockridge Press. Copyright © 2020 by Callisto Media. All rights reserved.

do your HEART GOOD

recipes by: michelle routhenstein MS, RD, CDE, CDN

photography by: laura flippen

RECIPE KEY:

GF Gluten Free

VG Vegan

V Vegetarian



Yes, you can enjoy recipes that are high-quality yet lower in sodium, carbs, and fat, thanks to *The Truly Easy Heart-Healthy Cookbook*.

Per serving (2 burgers): Calories: 206 | Total Fat: 10g | Saturated Fat: 3g | Cholesterol: 84mg
Sodium: 134mg | Carbs: 7g | Sugars: 2g | Fiber: 3g | Protein: 25g

turkey cauliflower BURGERS SERVES 4

These juicy burgers are seasoned with a flavor-forward Mediterranean blend and are a hit with my whole family, especially my 2-year-old son, Jacob. I packed these burgers with vitamin C-rich cauliflower and potassium-rich frozen spinach to add a heart-healthy boost and bind the burger. Garnish this dish with sliced red onion, tomato, and fresh spinach.

make ... measure

- 2 teaspoons garlic powder
 - 1½ teaspoons freshly ground black pepper
 - 1 teaspoon ground turmeric
 - ½ teaspoon smoked paprika
 - ½ teaspoon ground cumin
1. Make the Mediterranean Seasoning Rub Blend: in an empty spice container, mix the garlic powder, pepper, turmeric, paprika, and cumin until well combined.
 2. Set an oven rack 6 inches from the broiler and preheat the oven to broil. Line a baking sheet with parchment paper.
 3. In a blender, pulse the cauliflower and onion for 1 to 2 minutes, until they are minced.
 4. In a large mixing bowl, combine the spinach, cauliflower and onion mixture, turkey, and 1½ teaspoons of the spice blend. Mix well and form into 8 medium patties and place them on the baking sheet.
 5. Broil for 10 minutes on one side, flip when lightly golden and juicy, and then broil for 3 minutes on the other side until golden brown. Serve on a whole wheat bun with lettuce and tomato, on top of a salad, or in a collard green wrap. The burgers can be stored in the refrigerator in an airtight container for up to 3 days or frozen for up to 3 months.

Substitution Tip: Swap the cauliflower for 1 cup of broccoli florets for a greener and slightly firmer burger. Broccoli has more vitamin K than cauliflower, so be mindful if you are tracking your vitamin K intake.

V

Per serving: Calories: 160 | Total Fat: 6g | Saturated Fat: 2g | Cholesterol: 169mg | Sodium: 250mg | Carbs: 8g
Sugars: 2g | Fiber: 4g | Protein: 17g

artichoke, basil, and tomato CRUSTLESS QUICHE

SERVES 4

Artichokes are a herbaceous Mediterranean plant with a mild taste, similar to asparagus. Frozen artichokes have no salt added and easily defrost in a pinch. This crustless artichoke quiche is baked in a cast-iron skillet with a sweet, peppery, basil-and-tomato flavor and a creamy ricotta filling. This is an easy meal-prep dish, allowing you to have four deliciously balanced breakfasts ready with a quick 30-second warm-up.

make measure

- 2 cups artichoke hearts, finely chopped
- 1/4 cup part-skim ricotta cheese
- 1/3 cup chopped fresh basil
- 4 whole eggs
- 1 cup cherry tomatoes, halved
- 8 egg whites
- 3/4 teaspoon freshly ground black pepper
- Avocado oil spray

1. Preheat the oven to 400°F.
2. In a large mixing bowl, mix the artichoke hearts, basil, tomatoes, pepper, ricotta cheese, whole eggs, and egg whites, and combine well.
3. Spray a large oven-safe dish with cooking spray (or evenly grease it with 1 teaspoon of avocado oil). Pour the mixture into a cast-iron skillet or oven-safe pan and bake in the oven for 15 minutes at 400°F, then increase the heat to 425°F for an additional 5 minutes, until the eggs are baked through and the edges are slightly browned. After cooled for at least 10 minutes, divide into 4 or 8 even pieces and serve, or store in the refrigerator for 5 to 7 days.

Flavor Tip: To create a flavorful crust, mix about 1/2 cup of almond flour with 1/4 cup of water until it's a paste with no excess water. Add 1 minced fresh garlic clove and 1 teaspoon of dried basil. Mix well and line the bottom of the cast-iron skillet with the mixture. Bake it in the oven for about 5 minutes before adding the quiche ingredients.





VG

Per serving: Calories: 199 | Total Fat: 8g | Saturated Fat: 1g | Cholesterol: 0mg | Sodium: 72mg | Carbs: 28g
Sugars: 6g | Fiber: 6g | Protein: 6g

whole wheat couscous tabbouleh WITH POMEGRANATE SEEDS

SERVES 2

This tabbouleh pairs whole wheat couscous with refreshing mint and parsley, plus a crunch from the beautiful red pomegranate seeds. Lightly seasoned with lemon juice and olive oil, all the bright flavors shine. Pomegranate seeds help decrease stiffness in the arteries, promoting optimal blood flow and vascular health. This salad easily accompanies any dish as a cooling, beautifully flavored, and textured addition.

measure

- ¼ cup water
- ¼ cup whole wheat couscous
- 3 cups chopped fresh parsley (about half a bunch)
- ¼ cup chopped fresh mint
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon freshly ground black pepper
- ½ cup pomegranate seeds

make

1. In a small saucepan, bring the water to a boil. Remove the pot from heat, add the couscous, and stir. Cover for 5 minutes and then fluff with a fork.
2. In a large serving bowl, combine the couscous, parsley, mint, lemon juice, olive oil, pepper, and pomegranate seeds. Mix well and serve. The tabbouleh can also be stored in an airtight container in the refrigerator for up to 3 days.

Substitution Tip: If pomegranate seeds are not readily available, you dislike or do not eat them, or you are in a rush and do not like to deseed pomegranates, add in quartered raspberries instead.

Per serving: Calories: 266 | Total Fat: 12g | Saturated Fat: 2g | Cholesterol: 80mg | Sodium: 57mg | Carbs: 13g
Sugars: 4g | Fiber: 2g | Protein: 27g

baked chicken SHAWARMA SERVES 2

Shawarma is a Middle Eastern dish that, while delicious, is typically high in saturated fat and calories. This rendition uses lean chicken breast marinated in a paste-like wet rub of Mediterranean spices and lemon juice, and cooked over a bed of caramelized onions that keeps the chicken tender. Serve this warm, well-seasoned shawarma in a toasted pita pocket with a handful of arugula, and bite-size cucumbers and tomatoes.

measure

- 2 teaspoons garlic powder
- 1½ teaspoons freshly ground black pepper
- 1 teaspoon ground turmeric
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin
- 4 teaspoons avocado oil
- 2 tablespoons lemon juice
- 8 ounces chicken, cut into 1-inch cubes
- 1 large red onion, cut into rings

make

1. Make the Mediterranean Seasoning Rub Blend: in an empty spice container, mix the garlic powder, pepper, turmeric, paprika, and cumin until well combined.
2. Preheat the oven to 450°F. Line a baking sheet with parchment paper.
3. In a large mixing bowl, combine the seasoning blend, oil, and lemon juice. Add the chicken and coat well with the mixture. Let marinate for at least 5 minutes; the longer it marinates the more flavor it will have.
4. Place the onions on the prepared baking sheet, add the chicken on top, and bake for 12 to 15 minutes, until the onions are caramelized and the chicken is lightly browned. Serve with your desired toppings and enjoy. Store in an airtight container in the refrigerator for up to 3 days.

Flavor Tip: To add a caramelized crust and subtly sweet complement to the chicken, add 1 teaspoon of maple syrup and 1 teaspoon of cinnamon to the seasoning blend.



sorting out sports

written by: *matthew brady*

If you've ever been to a sports bar, you've probably heard (or have been involved in) a good-natured debate about what a "real" sport is. Some will argue that high-level competitions such as ice hockey and basketball are actual sports compared with, say, ping-pong or badminton. But is this merely a popularity contest? Or does the line get blurred between a sport and a leisure activity?

To discover the answers, objectivity is a must—and you can't get more objective than a dictionary. Merriam-Webster.com defines "sport" as "a contest or game in which people do certain physical activities according to a specific set of rules and compete against each other."





Even slower-paced, less popular, or lesser-known games are competitive, use rules, and provide an ample amount of physical activity, so they would fall under the category of sports.

So, in searching for answers, our criteria are:

1. A contest or a game.
2. Physical activity.
3. Established rules.
4. Competition.

When you use these benchmarks as your starting point, you may be surprised by what you discover when you look beyond the surface of what some consider “so-called” sports.

SEDENTARY COMPETITIONS

These events usually require the least amount of movement, as participants are standing still or have minimal movement.

ARCHERY

Even though archery has been around for thousands of years and was first included in the Olympic Games in 1900, it doesn't often get much love as a sport. You might think differently, though, if you ever pull an actual archer's bow—which can require upward of forty to fifty pounds of force. Add to that the precision of hitting the target from seventy feet away, with millimeters often determining victory and defeat, and you have a sport that's probably more difficult than more commonly played ones.

BOWLING

Sure, the act of bowling only requires a handful of steps, which even kids can master. However, throwing the ball (which usually weighs between ten and sixteen pounds) can be quite forceful, producing speeds of sixteen to twenty miles per hour or more—so your muscles definitely feel it after a game. The sport has also been professionally competitive for decades.

DARTS

Darts is the ultimate hobby—a common activity you can find in bars and pubs. It's also an undeniably and fiercely competitive game, requiring a lot of concentration. But is it a sport? Throwing darts only burns about 100 calories per hour, about the same as croquet. That said, the repetitiveness does tax one's muscles, and there are even workout routines for darters.

GOLF

A cart often takes you from hole to hole, and, at most, you walk casually for eighteen holes. The golf ball doesn't even move when you hit it! That said, opting to carry your bag—which weighs approximately thirty to thirty-five pounds—all day can make it a tremendous workout. Plus, the force of a golf swing can be 2,000 pounds or more, and it's one of the most mentally demanding challenges in the sports world. *Fore!* indeed.

TABLE COMPETITIONS

You'll tend to find the following games in home basements or rec rooms, but do they have what it takes to make it to sports status?

BILLIARDS

Over forty million people play pool in North America, making it one of our most popular forms of recreation. But is it a sport? The negative: it's very slow-paced and methodical, so it doesn't seem like an athletic endeavor. And even though an hour of billiards only burns the same number of calories as archery, you can walk upward of a mile over the course of a game. Plus, your back, stomach, and leg muscles do get a workout.



TABLE TENNIS

Also known as ping-pong, this game is played in countless homes around the globe. But did you know that by playing, you can burn the same number of calories as you would in a casual volleyball match? Watch a professional competition, where strikes can fly at over sixty miles per hour, and prepare to be amazed. The hand-eye coordination, small playing area, and intense competition more than make this a fitness-friendly sport.

NONTRADITIONAL COMPETITIONS

You'll see these at Olympic events, which arguably qualifies them as sports. But how much effort do they really take?



CURLING

Some people smirk at the sight of this sport, with its brooms sweeping the rock down the ice. But as Team USA captain John Shuster has noted, "The average male like me puts somewhere between 100 and 150 pounds of pressure down on the broom and is sweeping at a very high speed." Fun fact to consider: four retired pro football players formed their own curling team and couldn't come close to the skill of seasoned curlers.

RHYTHMIC GYMNASTICS

As Simone Biles reminded us in the most recent Summer Olympics, the incredible athleticism of gymnasts is unassailable. However, if you ask people about rhythmic gymnastics (which uses ribbons

and hoops), they may pause. After all, this version edges toward artistry more than athleticism, as the name suggests. If anything, its grueling training regimen—which includes strength, high-intensity interval, flexibility, and endurance training—shows that elegance, gracefulness, and power can coexist.

SKATEBOARDING

Interestingly enough, skateboarders can't even agree among themselves whether this is a sport. What isn't disputable, though, is that it has been a popular competition for decades, as shown by the X Games' success. Pushing it toward sports territory is the fact that skateboarding is quite an athletic endeavor, providing a great core workout and burning upward of 270 calories an hour.

Clearly, what one considers to be a sport is subjective. But the fact of the matter is, even slower-paced, less popular, or lesser-known games are competitive, use rules, and provide an ample amount of physical activity, so they would fall under the category of sports.

Disagree? The ultimate litmus test is literally putting yourself in the shoes of the athlete—if you question whether something is an actual sport, give it a try. See firsthand how much skill and training you need to succeed, and discover how much it tests your fitness and endurance. You might just realize that you need to redefine what you consider to be a "real" sport.



LET'S TALK

Lymphatic Health



Be sure to follow recommended mask-wearing and social-distancing guidelines

written by: rebecca poole

Have you ever heard of the body's lymphatic system? If not, you're not alone. The lymphatic system, a highly popular health topic among celebrities and beauty experts, is responsible for protecting your

body from illness, sustaining fluid levels, removing waste, and more. Understanding this often-overlooked system and how to make sure it's working properly can yield important health benefits.

A Powerful Network

Your lymphatic system is just that: a network in your immune system that includes your lymph nodes, spleen, thymus, and other tissues and vessels that lead to your bloodstream. It's an important part of your body to pay attention to and take care of because healthy circulation not only gets rid of waste but also plays a large role in keeping your immune system strong.

Here is a deeper explanation of some of the parts that make up this vital network:

Lymph:

This is the excess fluid that gets collected when your cells and tissues naturally drain. It also includes nutrients, proteins, and minerals, so don't believe that excess always means bad.

Lymph nodes:

Your lymph nodes are probably what first come to mind when thinking about your lymphatic system as a whole. Your lymph nodes are vital glands that help produce bacteria-fighting cells. These nodes, nearly six hundred of which exist in your body, are connected via vessels that work in a similar fashion to your veins and essentially keep these fluids moving properly.

Collecting ducts:

So where exactly does the lymph fluid go? This fluid is carried to the right and left lymphatic ducts, which eventually lead to the bloodstream. Perhaps it is starting to become clearer why keeping this system healthy is so important. It all works together to maintain blood pressure levels and keep fluid away from your tissues.





Be sure to follow recommended mask-wearing and social-distancing guidelines



Drain It Out

With a solid understanding of what makes up the lymphatic system, it makes sense to talk about the *how* and the *who*. How do you keep this system functioning at optimum levels, and who does it benefit? A quick internet search can turn up results like “lymphatic drainage massages” and “dry brushing.” These methods, among others, are easily accessible ways to maintain a healthy lymphatic system, and you can actually do most of them yourself at home.

While your lymphatic system naturally circulates fluid so that it doesn't accumulate in places it shouldn't, such as your tissues, various conditions or surgery can cause buildup to happen more easily. A lymphatic drainage massage helps moves things along and can also sculpt the body and keep skin smooth. While spas and massage centers typically have this treatment on their menus, there are also ways to do this at home. Keep in mind that if you have broken, infected, or sunburned skin, this could cause further irritation. Those with a history of blood clots and liver or kidney problems

should also steer clear of this practice altogether. Picking the right tools can help you improve not only the systems inside your body but also your skin. A dry brush is one of the most common tools. This kind of brush has stiff bristles and, typically, a long handle. Be sure to dry brush before hopping in the shower; you're getting rid of dead skin cells after all. Start at your feet, and brush in a circular, upward motion toward the heart. You should press firmly but not painfully, being more careful on tender areas. Similarly to any type of exfoliation treatment, you should only dry brush or massage one to two times a week, and make that once every couple weeks if your skin is especially sensitive.

For someone looking for a bit more of an intense experience, seek out a lymphatic drainage wooden paddle. This wavy tool contours more specifically to the body than a dry brush, so the same rules do not apply. For one, you should moisturize with a cream or oil before massaging. In other words, you use this tool after the shower instead of before. Start by using your fingers to activate the lymph nodes in the back of

your knees and below the armpits by pressing these areas five times. Then, holding the paddle horizontally, press it toward the heart in the aforementioned spots three to seven times per leg and arm, holding the tool vertically on the arms.

If you're dealing with arthritis, general swelling, or fatigue, or you want a new postworkout-recovery step to add into your routine, this is perfect for you. If you're feeling slightly puffy or swollen, either because you had one too many high-sodium snacks or you forgot to drink enough water, a lymphatic massage provides twenty minutes in your day to devote entirely to depuffing and relaxation. Lymphatic drainage can also help women in post-breast cancer surgery recovery, not only with swelling but also with quality of life, as it can be extremely relaxing. Although not a be-all and end-all cure, it's a form of self-care that can give you a few moments of reprieve.



It's an important part of your body to pay attention to and take care of because healthy circulation not only gets rid of waste but also

plays a large role in keeping your immune system strong.

Keep It Moving

How you care for your body after drainage treatment plays a big role in the effectiveness of the therapy. Hydrate properly (for men: three liters of water per day; for women: around two liters a day), and keep sodium, sugar, alcohol, and gluten intake to a minimum. While it's important to keep these tips in mind all the time, it's especially paramount for up to forty-eight hours after a lymphatic-drainage treatment, either professional or at-home. A quick fifteen-minute jog a couple times a week or a quick swim will also help keep circulation function strong. Those gentle inhale and exhale movements do more for your lymphatic system than you may realize.

Your lymphatic system plays a significant role in everything from internal blood flow to your body's silhouette, so taking care of it should be a top priority in your self-care routine. Repeat after me: drain, detox, and depuff.

Make sure to check with your doctor to see if lymphatic drainage is right for you.

For more info, go to [mayoclinic.org](https://www.mayoclinic.org)



Sleepy Clean

written by: alexa bricker

There are many areas of your home that you clean every week, some perhaps every day, because of how frequently they are used. The bathroom sink, kitchen floor and countertops, and living room floor are probably some of the most frequently cleaned areas. However, there is another room that you probably spend the most time in but don't think about cleaning nearly as often: your bedroom.

But it's not just your room that deserves a good cleaning. People who get a full eight hours of sleep each night will spend 2,920 hours in bed each year—and that's just sleeping hours. This fact might not be that surprising. Therefore, if you are not cleaning your bed as often as you should, it can become a health hazard instead of a place to relax and recharge.

So, how often should you give your bed a good cleaning? And what does a proper cleaning entail?

FROM TOP TO BOTTOM

Maybe you're in the category of people who remember to wash their sheets often. But there are still so many other pieces of your bed to consider. You wouldn't only brush half of your hair or wash half of your face, would you? The same concept applies to your bed.

SHEETS

Washing your sheets should still be a top priority, as it's one of the easiest steps you can take for a clean bed. Sleep Advisor recommends washing your sheets—that includes top sheets, fitted sheets, and pillowcases—

every one to two weeks. If you have allergies, make it once a week. Your body is coming into direct contact with these surfaces, meaning they get dirty a lot faster than other parts of your bed.

Be sure to read the label on your sheets to make sure you're washing them properly. Most can be washed and dried at home, but some fabrics may require special care. Wash with the hottest water possible, as hot water is best at eliminating bacteria. You should also store freshly washed sheets in a cool, dry place.



COMFORTER

Depending on its size and material, your comforter may not be as easy to launder as your sheets, but it's still an important piece to keep clean. Comforters and throw blankets should be washed once every three to four months or once every season. Duvet covers, however, should be washed every few weeks.

If possible, it's best to wash comforters in larger, commercial dryers (which can be found at your local

laundromat) so you don't deteriorate or compromise the filler material. It's best to wash on a delicate cycle, but be sure to read the label for exact care instructions. Using dryer balls can also help keep your comforter fluffy. In between washes, you can run your comforter through the dryer on high heat (if the label allows) to help combat bacteria.

PILLOWS

It's not just pillow cases that need cleaning—your pillows can also hold on to bacteria, too, which can eventually lead to health problems. A good rule of thumb is to replace your pillows entirely every one to two years and to wash your current pillows once every four months.

Pillows can be particularly challenging to wash. For example, if you wash a down pillow on the wrong setting, you could end up with a feathery mess. Most pillows can be washed on a gentle cycle with warm water. Tumble drying on low heat is best, and, similarly to your comforter, dryer balls can be used to maintain fluffiness. Foam pillows should not be washed, but they can be spot-cleaned with mild soap or even vacuumed. To dry your pillows, tumble dry with no heat or let them air-dry.



MATTRESS

Your mattress is perhaps the longest-lasting component of your bed, though it does need replacing eventually. You don't necessarily need to clean your mattress very often; twice a year should suffice. However, it is a good idea to clean it more often if you are particularly prone to allergies or if you allow your pet to sleep with you.

There are a few different ways to give your mattress a thorough cleaning, but the steps below are among the safest (and most efficient) options:

1. Remove all sheets and coverings from your mattress, including mattress covers or protectors.
2. Use your vacuum's upholstery attachment to vacuum the top and sides of your mattress. If there are any visible stains, spot-treat with a mixture of peroxide, baking soda, and a small amount of liquid detergent. This can be applied via a spray bottle or on a damp towel. For an all-natural alternative, mix together lemon juice and salt, and apply to the stain.
3. Follow up with a thin sprinkle of baking soda over the top of your entire mattress to absorb oil and odors. Allow this to sit for at least a few hours, preferably outside in direct sunlight. Bonus: UV light is a natural bacteria killer!
4. After a few hours, vacuum off the remaining baking soda, and consider purchasing a mattress cover (if you don't already have one) for added protection in the future.

CLEAN BED = HEALTHIER YOU

Although a clean bed is not a direct contributor to a better night of sleep, it can help tremendously in making sure your sleeping environment contributes to optimal relaxation. Who wants to put their head on their pillow at night knowing it hasn't been washed in years?

You lie on your bed for hours every day, inevitably leaving behind the natural dirt, oil, and bacteria that

accumulate on your skin throughout the day, along with dust, pet dander, and other allergens. While it's an easy part of your cleaning routine to overlook, in the grand scheme of things, keeping your bed clean doesn't take that much time or effort, and the health benefits are tremendous.

For more info, visit [sleepadvisor.org](https://www.sleepadvisor.org)



Back to Basics with BUDGETING

Sitting down to figure out your budget can be a daunting task, especially if you don't know where to start or what you're specifically budgeting for. The following tips offer simple ideas to help you get your finances on track once and for all.



written by: rebecca poole

SET SHORT- AND LONG-TERM GOALS.

Ask yourself, "Where do I want to be a year from now? Do I need to look into getting a new car? Is my family outgrowing our current home?" These are just a few questions that will get you thinking about long-term plans and will help you create a budget that makes sense. On the other hand, short-term goals are also vital. Things like paying off your credit card balance, setting up a savings account, and saving for personal items you've had your eye on are all important components that need accounting for.

CREATE A SPREADSHEET.

Keep track of how much you're spending in different categories such as entertainment, food and dining out, utilities, loans and paying off debt, rent or mortgage, groceries, and general shopping. After a couple of weeks, you'll be able to clearly see where your money is going and determine which areas you can cut back on.

STICK TO THE 50/30/20 PLAN.

If you're the type of person who knows you won't stick to a budget unless a strict plan is put in place for you, the 50/30/20 method may be perfect for you.

This simply means 50 percent of your income goes toward essentials, 30 percent toward nonessentials, and 20 percent goes straight into savings and paying off any debt. This plan doesn't come with a whole lot of flexibility, but that's the point—you'll be able to save for your dream home that much quicker.

If you're wondering, "All of this is great, but how do I actually stick to a budget?" follow these tips:

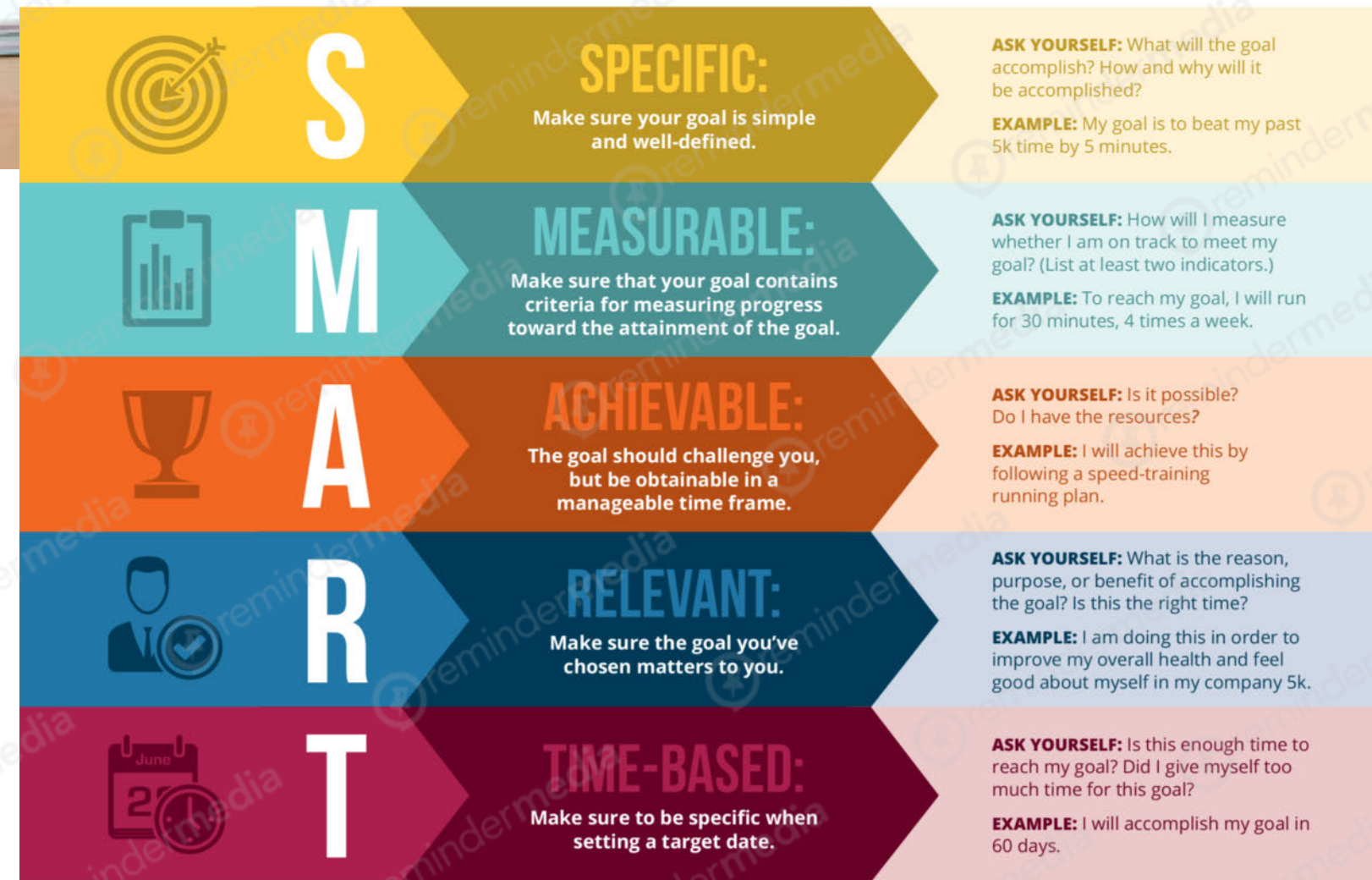
- Keep a separate budgeting notebook, and record your spending at the end of every day or even throughout the day.
- Not a pen-and-paper kind of person? Download a budgeting app, and turn on notifications. Mint, Acorns, and PocketGuard are great user-friendly options.
- Split up your money into different bank accounts. Having an account specifically for spending will help ensure you don't go overboard.
- Take out a set amount of cash each week, and leave your credit card at home. Strict? Yes. Highly effective? Also yes!

SETTING SMART GOALS


Many of us set resolutions every New Year's Day. But if your resolution is too broad or doesn't have a deadline, it is much easier to abandon or forget. As the saying goes, 'A goal without a plan is just a wish.'

In contrast, using a business-tested SMART goal structure can actually help you clarify your wishes, turning your goal into actionable items and providing you with an outline for success. Compare the broad goal, "I want to run a faster 5k" with the following SMART goal template example.

Many people fail in life, not for lack of ability or brains or even courage, but simply because they have never organized their energies around a goal.
—ELBERT HUBBARD




Front of Tear Out Card 2




3 TIPS

to Sprout
Little Gardeners




It's not as challenging
as you think to instill a
gardening interest in kids—
and these tips will help.



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Back of Tear Out Card 2



CATER TO THEIR INTERESTS.
If your child is interested in wildlife, consider planting shrubs or flowers that attract butterflies and other harmless insects.

BE MINDFUL OF AGE.
Some kids might find it difficult to complete certain tasks in the garden, like digging or carrying a water can back and forth. Invest in kid-friendly gardening tools!

SHOW, DON'T TELL.
By showing kids how their food grows, they might be more inclined to want to eat their veggies. Plant carrots, cucumbers, and peppers, and have your little one(s) monitor their progress.

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