



Wellness ... Get on the Bus!

Family Fitness

Incorporating fun, active ways to be together as a family is easier than you think! With a little creativity, you'll realize how easy it is and you won't even realize how good it is for you!



Make post dinner family walks a nightly ritual.

Have weekly "dance parties" – crank up the music and get your groove on.

Sneak workouts into daily activities – always take the stairs, walk or bike more often instead of driving. Make use of wait time by playing "Simon Says" and perform squats, toe raises, lunges.

Have a weekly sports night – shoot baskets, play tennis, play Wii Fit, or sign up for a family yoga class.

Use TV commercial breaks for push-ups, crunches, squats or planks. Compete to see who can do the most before the show comes back on.

Enter a charity walk or run and have fun training for it together.

Make yard work, gardening, or dog walking a fun family activity.

See what works best for your family and create a fit family ritual!

ONE SONG Workout

"Shut up dance with me" | Walk The Moon

DON'T HAVE TIME TO WORK OUT?

This indie pop one song workout will firm your deep core muscles to shrink your waist, improve your posture, and gain more confidence. This upbeat song by Walk The Moon will help whittle your middle in no time! This is a great way to warm up before a workout, or you can use it in conjunction with other one song workouts to keep up the intensity.

Exercise	Reps	Time
Bicycles	X30	:03-:18
Flutter Kicks	X50	:19-:41
Crunches	X25	:42-1:04
Russian Twists	X30	1:06-1:22
Vertical Leg Crunches	X20	1:23-1:45
Superman	X30	1:48-2:03
Plank	X1	2:04-2:24
Mountain Climbers	X30	2:26-2:40
Toe Touches	X30	2:43-2:57
Reverse Crunches	X10	2:58-3:17
Total Time		3:20

Tangy Shrimp Kebabs



Switch up the typical grilled chicken with these tangy shrimp kebabs. Marinate the shrimp overnight to soak up the flavorful marinade. Craving these over the winter? Toss everything in a pan and sauté like a stir-fry!

Servings: 4

Marinade:

¼ Cup reduced-sodium soy sauce

¼ Cup balsamic vinegar

2 Tbsp brown sugar

Kebabs:

1-pound uncooked medium shrimp, peeled and deveined

1 large green pepper, cut into 1 inch pieces

1 large onion, cut into 1 inch pieces

1 8oz can pineapple chunks (in 100% juice), drained

Directions:

Combine the marinade ingredients in a large plastic bag. Add shrimp and mix thoroughly.

Drain and discard marinade. On eight metal or soaked wooden skewers, thread the shrimp, green pepper, onion, and pineapple. Grill over medium heat for 5-8 minutes or until shrimp turn pink, turning frequently.

Nutritional Information per Serving:

Calories: 152

Total Fat: 1 g

Cholesterol: 135 mg

Protein: 16 g

Total Carbohydrates: 18 g

Dietary Fiber: 1 g

Sugars: 14 g

Sodium: 500 mg

Recipe created by:

Megan Solloway, RD, LDN, CPT

HOW TO PREP SALADS FOR THE WHOLE WEEK

The key to keeping your lunch routine fresh is to change it up. Use this chart to pick ingredients for a week's worth of salads—use the layering ideas, or mix and match your favorites. Add all the layers, or just some of them—it's up to you! Start with the heavy ingredients and veggies with high water content at the bottom and work your way up.

PICK YOUR SALAD	SPINACH	MEDITERRANEAN	CAESAR	SOUTHWEST	ASIAN
DRESSING For each salad: 2 tbsp For the week: 1 cup	Creamy Poppy Seed	Italian Vinaigrette	Caesar	Ranch	Asian Vinaigrette
TOPPINGS For each salad: 2-4 tbsp For the week: ½ cups	Granola	Nuts or seeds (pecan, walnut, almond)	Croutons	Tortilla strips (or crushed chips)	Chow mein noodles
PROTEIN For each salad: 3 oz cooked For the week: 15 oz cooked	Turkey	Fish (salmon, tuna, shrimp, etc.)	Hard-boiled eggs	Chicken	Tofu
GREENS For each salad: 1½ cups For the week: 8 cups	Spinach	Kale	Romaine	Arugula	Cabbage (red, green, etc.)
DELICATE VEGGIES For each salad: ½-1 cups total (delicate and hearty & juicy veggies combined) For the week: 2½-5 cups	Berries	Onions	Grilled asparagus	Avocado	Carrots
HEARTY & JUICY VEGGIES Tip: Put veggies with high water content near the bottom of your jar to keep greens and toppings from getting soggy.	Beets	Cucumber	Broccoli or cauliflower	Tomatoes	Bell pepper
GRAINS & BEANS For each salad: ¼-½ cup For the week: 1½-2½ cups	Quinoa	Chickpeas	Pasta or couscous	Black beans	Shelled edamame

Different Kinds of Lettuces and Greens

Next to potatoes, lettuce is the most popular veggie in the United States. Which leafy greens go into your salads?

Dark-green leafy greens offer plenty of the antioxidant beta carotene (forms vitamin A) — which may help protect you from cancer and may slow aging — and the antioxidant vitamin C. The darker the leaves, the more nutrient-rich the lettuce. (Romaine has seven times more vitamin A and C than iceberg lettuce.) Some greens deliver folate, potassium and fiber, too. Greens supply lutein, which contributes to good vision and may help protect your eyes from cataracts and macular degeneration. And, leafy greens fill a plate with few calories and essentially no fat (except what's added with dressing).

Perk up your salad making with more flavor, color and texture by mixing in different greens.

- For a peppery flavor: arugula or watercress
- For leaves that aren't green: red-and-white radicchio
- For flavor with a "bite": chicory or escarole
- For a mild flavor and delicate green color: mache, Boston or Bibb lettuce
- For a deep-green color: spinach
- For a crisp texture: Romaine



DRESSING	BASE	ADD-INS
Almond	3/4 cup almond oil + 1/4 cup white wine vinegar	• 3 tablespoons almond butter • 2 teaspoons orange zest • 1 garlic clove, minced • 1/4 teaspoon salt • 1/8 teaspoon pepper
Balsamic	3/4 cup extra-virgin olive oil + 1/4 cup balsamic vinegar	• 1 shallot, chopped • 1 garlic clove, minced • 1 tablespoon Dijon mustard • 1/4 teaspoon salt • Few grinds black pepper
Carrot-Ginger	1/3 cup hazelnut oil + 2 tablespoons cider vinegar	• 1/2 cup carrot juice • 1 tablespoon grated fresh ginger • 1/4 teaspoon salt • Few grinds black pepper
Miso-Orange	3/4 cup grapeseed or canola oil + 1/4 cup fresh squeezed orange juice	• 2 tablespoons white or yellow miso • 1 tablespoon honey • 2 teaspoons toasted sesame seeds • 2 teaspoons grated ginger
Ranch	3/4 cup plain Greek yogurt + 1/4 cup buttermilk	• 1 tablespoon Dijon mustard • 2 teaspoons Italian seasoning • 2 teaspoons lemon zest • 1 garlic clove, minced • 1 shallot, chopped • 1/4 teaspoon salt • Few grinds black pepper
Roasted Red Pepper	3/4 cup extra-virgin olive oil + 1/4 cup red wine vinegar	• 3/4 cup roasted red peppers • 1 tablespoon fresh thyme • 2 teaspoons Dijon mustard • 1/4 teaspoon salt • Few grinds black pepper • (*Blend together add-ins with oil and vinegar until smooth)
Smoky Tahini	3/4 cup extra-virgin olive oil + 1/4 cup fresh squeezed lemon juice	• 3 tablespoons tahini • 1 teaspoon smoked paprika • 1 garlic clove, minced • 1/4 teaspoon salt
Strawberry-Mint	3/4 cup extra virgin olive oil + 1/4 cup sherry vinegar	• 1 cup strawberries, puréed • 1/2 cup finely chopped mint • 1 garlic clove, minced • 1/4 teaspoon salt • Few grinds black pepper

GREATIST



Healthy Home

Clutter limits more than your living space - it impacts your health and well-being. Disorganization can cause us to feel overwhelmed by the chaos and can lead to increased levels of stress in our everyday lives. This month's newsletter provides practical tips on how to go from clutter to calm, so that you can create a healthy home environment.

From Clutter to Calm

If you feel like you're unable to get ahead of the mess and you struggle to find the energy to declutter, consider some of the surprising health benefits you'll be rewarded with after getting organized.

Improves Your Sleep

In need of some Zzzs? Getting organized can help to ensure you're getting solid sleep each night. You may not realize it, but clutter in your bedroom can be stressful and leave you feeling wired and tired. It bombards our minds with excessive stimuli and forces our senses to work overtime, unnecessarily. To combat this, take 15 minutes to refresh your room and organize it in a neat and clutter-free manner.

Sort. Set a timer for 15 minutes, and start by tackling the bed area first. Sort items into three bins or boxes: *Put Away* (belongs in a different room or area), *Sell/Donate*, and *Storage*. Rotate through the bedroom areas including the closet and dressers.

Toss. As you sort, toss broken items and trash straight into a garbage can.

Organize. As you declutter, pay attention to common patterns. For example, you may be short on dresser drawers causing items to end up on the floor or stacked up on your nightstand, or your closet may be too stuffed to put clothes away and could use a wardrobe overhaul.

Put Away. When your timer sounds, stop sorting and make a round through your home with the items in your *Put Away* box. Haul the trash to the garbage can and load your car with the *Sell/Donate* items. Label and relocate the items in the *Storage* box to defined storage areas like the attic or the garage.

Clean. To improve air quality and reduce allergy flare-ups, add weekly vacuuming and dusting to your family's chore list. Pay attention to window treatments, baseboards, and electronic equipment where dust tends to build up the most. Seasonal deep cleaning should also include dusting lampshades and overhead light fixtures. If you suffer from allergies, you may want to add a portable air filtration unit to improve air quality.

Enhances Nutrition

A study from *Psychological Science* found being organized can have a positive effect on what you're eating. Specifically, the study found people who worked in a neat space were two times as likely to pick an apple to eat versus a chocolate bar compared to those who worked in a disorganized, messy environment. Want to avoid snacking on junk food at your desk or at home? Keep your common areas organized, and the urge to choose foods that make you feel groggy or bloated might soon diminish.

Lowers Stress

A study in the *Personality and Social Psychology Bulletin* found that people with cluttered homes, or homes filled with unfinished projects, were more depressed, fatigued and had higher cortisol levels than their counterparts who described their homes as restful and restorative. Cortisol is a stress hormone in our bodies and can cause health issues if elevated over long periods of time. Based on the study, keeping our homes organized can help reduce feelings of being overwhelmed and stressed that significantly impact our health.

Changing the way that you organize your home can seem overwhelming, so try a "stepladder" approach. Focus on one small change until it becomes part of your daily routine, then add another, and so on. Notice how your health and well-being improves as you adopt new habits and change your environment from clutter to calm!

