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# *start* HEALTHY

ISSUE 50

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## mouthwatering MARTHA'S VINEYARD DISHES

*New England-inspired eats*

PAGE 24

ISSUE 50  
COVER PRICE \$6.99



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# Front of Tear Out Card 1

hot

LOBSTER ROLLS





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57 percent of readers save these tear out cards to reference recipes and other helpful tips and pass along your contact info to referrals.



# Back of Tear Out Card 1

hot

LOBSTER ROLLS



MAKES 4 SANDWICHES

measure

• 6 tbsp. unsalted butter

• 4 split-top brioche rolls

• 14 oz. cooked claw, knuckle, and tail lobster meat, picked over for shells

• Kosher salt and freshly ground black pepper

• 1 c. frisée lettuce, chopped

• 1 tsp. snipped chives

make

1. Melt 2 tbsp. butter in a medium skillet over medium heat. Toast both sides of the buns in the butter, about 2 minutes. Remove.

2. Wipe the skillet clean and melt the remaining 4 tbsp. butter over low heat. Add the lobster meat and sauté until warmed through, about 2 minutes. Season with salt and pepper.

3. Put lettuce in the bottom of each roll. Divide the lobster meat among the rolls and place on top of the lettuce, then garnish with chives.

Recipe excerpted from *The Martha's Vineyard Cookbook* by Julia Blanter. Rizzoli New York 2025. Photography by Jocelyn Filley.





Dear Bill and Judy,

With the arrival of longer days and warmer weather, it's the perfect time to step outside and enjoy the endless opportunities ahead. This issue of Start Healthy provides suggestions for relishing the outdoors to the fullest with a timely look at soccer, a travel feature on a nature lover's paradise, an overview of walking benefits, and more.

With the World Cup returning to America, our country is swept up in soccer fever. Enclosed, you'll find reasons why you should participate in the beloved game, including the health perks it provides, and various ways to get involved.

If you're searching for a beautiful backdrop for your next adventure, Summersville Lake offers an abundance of inspiration. As you'll discover, this refreshing reservoir in West Virginia boasts water activities, trails, and rock-climbing opportunities, making it an ideal destination for families and adventurers alike.

You can also enjoy the outdoors in simpler ways. The article inside on walking explains why it remains one of the easiest means to boost both body and mind, helping you feel refreshed while improving your overall wellness. And be sure to check out the fitness gear guide for all your endeavors!

How will you spend time outside this season? As always, it's a pleasure to send you this magazine.

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ISSUE  
50

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### Walk Your Way to Wellness

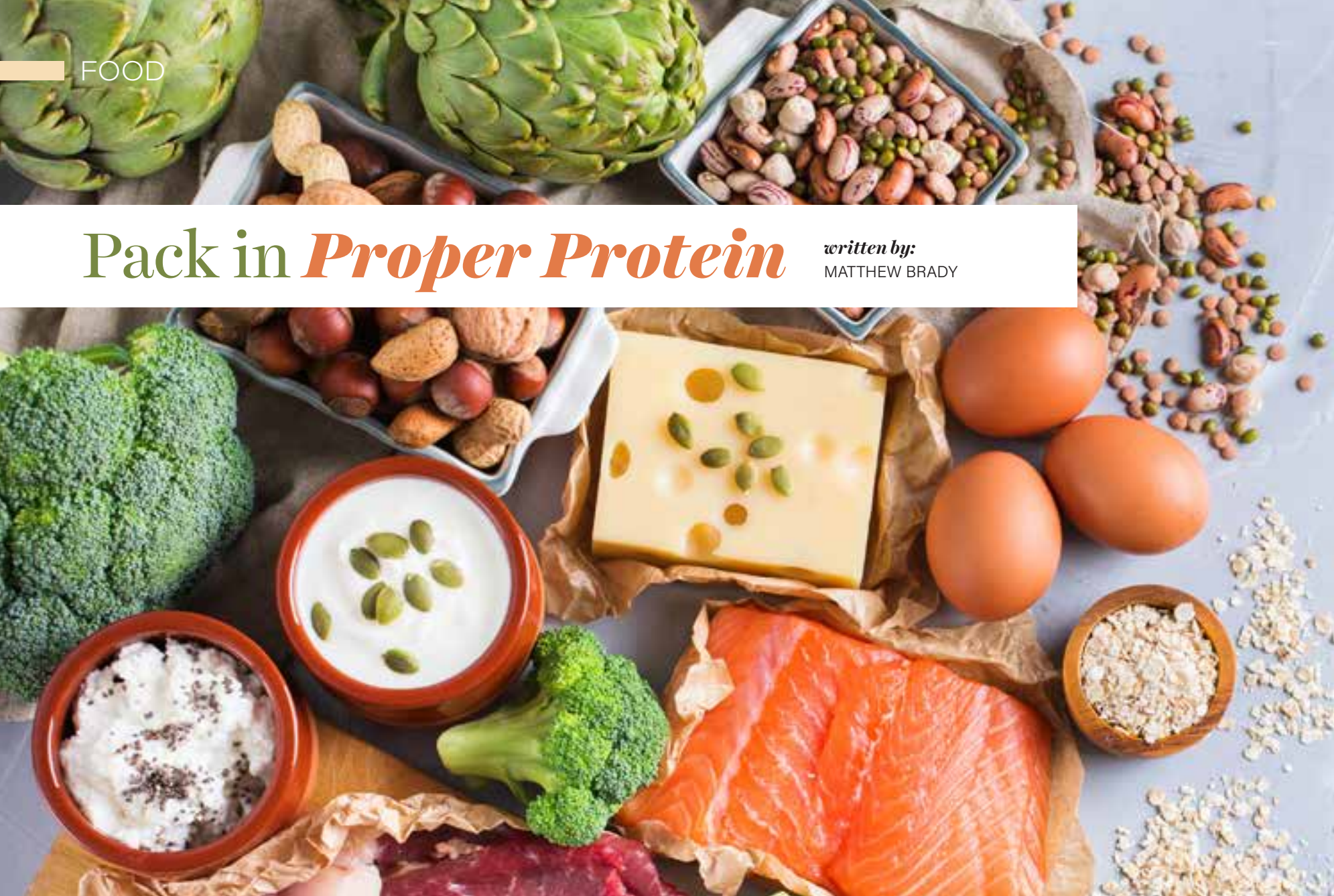
Learn how this low-impact activity can strengthen your body and mind.  
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featured recipes  
Mouthwatering Martha's Vineyard Dishes | 24

Recipes excerpted from *The Martha's Vineyard Cookbook* by Julia Blanter. Rizzoli New York 2025. Photography by Jocelyn Filley.





# Pack in *Proper Protein*

*written by:*  
MATTHEW BRADY

## WE'VE ALL HEARD

about the importance of protein, a macronutrient that's the building block of our skeleton and muscles. But that doesn't necessarily mean we're eating the right kinds. Here are some tips for directing your diet toward a more precise protein path.

### *How much should you eat?*

This answer depends on factors like gender, age, and lifestyle, but, in general, it's calculated by weight: simply multiply yours by .36 to get your recommended daily intake. However, when you reach your forties, you may want to start increasing it to account for natural muscle loss.

### *What should you eat?*

Most people get adequate protein—and then some. According to The *Dietary Guidelines for Americans*,

2020–2025, for example, men between 19 and 59 consume too *much* protein, which can lead to problems such as weight gain and heart disease. So your choices matter—opt for lean meats, fish, and fat-free dairy products to minimize fat and cholesterol.

However, the true secret to your success may lie in fruits, veggies, grains, and legumes, which can add a surprising amount of protein to your day. Some good sources include:

- beans (including tofu, a soybean derivative)
- blackberries
- guava
- peas
- pistachios
- pumpkin and sunflower seeds
- sundried tomatoes

Practice intentional snacking as well. For instance, Greek yogurt usually contains more protein than its regular counterpart. Love chips or pretzels? Grab a handful of almonds instead. Or pair cottage cheese or peanut butter with your fruit for a power-packed combo.

In addition, you can incorporate this nutrient into dishes, such as by tossing chia seeds on salads and chickpeas or black beans into soup. Even sprinkling some grated Parmesan on your pasta can make a difference. These are just some of the many simple, delicious ways to integrate more quality protein into your diet for better health.

***\*Be sure to ask your doctor any questions about your protein intake.***

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All photos in Start Healthy are provided by Getty Images unless noted.



# *The Good Side* *written by:* **of the Sun** ALLISON GOMES

**THE WARMER SEASONS NATURALLY ENCOURAGE US TO SPEND MORE** time outdoors, whether it's gardening, walking, or simply reveling in a quiet moment on the porch. But as everyone knows, more sunshine also means more exposure to UV radiation, which can pose real health risks if you're not careful.

All that said, you may be left wondering if any good comes from soaking up some rays. The answer is yes! Sunlight provides several benefits for your physical and mental health—the key is simply knowing how to enjoy it safely.

## **The pros**

One of the biggest advantages of sunlight is vitamin D production; when UV rays hit your skin, they trigger a natural process that helps your body make this essential substance, which plays a vital role in bone strength, immune support, and muscle function. Having a deficiency has been linked to fatigue, frequent illness, and even an increased risk of certain chronic illnesses like diabetes and heart disease.

But that's not where the benefits end, though. Natural light exposure helps boost serotonin, a brain chemical associated with improved mood and focus and a sense of calm. That's why getting outside can often lift your spirits, especially during the darker winter months when seasonal depression is more common. Sunlight also helps regulate your circadian rhythms through melatonin production, which can lead to better sleep. Just a few minutes outside in the morning can help cue your body to feel more alert during the day and more ready to rest at night.

Research even suggests that moderate sun exposure may support heart health by helping to lower blood pressure. And for people with a skin condition like eczema or psoriasis, short periods of sunlight can actually improve symptoms, though these cases should always be monitored by a health-care provider.



### How to safely enjoy it

You don't need to spend hours in the sun to see results. In fact, most people only need about ten to thirty minutes of sun exposure a few times a week to maintain healthy vitamin D levels. The exact amount varies depending on your skin tone and location and the time of year, however, so ask your doctor for guidance if you're concerned. Generally, avoid going outside between 10:00 a.m. and 4:00 p.m., instead opting for early mornings or evenings.

To protect your skin, be sure to follow these smart sun habits:

- Check the UV Index in addition to the temperature before heading outside.
- Apply broad-spectrum sunscreen with SPF 30 or higher to all exposed skin, even on cloudy days.
- Wear a wide-brimmed hat and UV-blocking sunglasses to shield your face and eyes.
- If you'll be outside longer, opt for lightweight, UV-blocking shirts and pants to protect your skin without overheating.

These steps are especially important if you have fair skin, burn easily, or have a family history of skin cancer.

Even if you're only outside for a stroll, small daily doses of sunlight can make a big difference for your health. Whether you're enjoying your morning coffee on the patio, walking the dog, or eating lunch outside, the key is to be mindful and consistent.

***\*If you're regularly exposed to the sun, it's important to monitor your skin for any new moles or changes in existing spots. When in doubt, schedule a visit with a dermatologist—early detection is one of the best defenses against skin cancer.***



# PUT A HEALTHY FOOT *forward*

*written by:*  
ANDRE RIOS

**THIS YEAR, FOR THE FIRST TIME IN HISTORY, THE FIFA WORLD CUP—** a celebration of the world’s most popular sport—will be cohosted by the United States, Canada, and Mexico. With a record forty-eight teams competing and billions of viewers expected to tune in, the tournament is a testament to soccer’s unparalleled international appeal. Discover how playing this centuries-old sport can benefit your health today.

## A GLOBAL GAME

The inaugural FIFA World Cup was held in 1930 in Uruguay. Since then, it has grown into a premier sporting event, captivating fans from every corner of the planet. Soccer’s appeal may lie in its simplicity (requiring minimal equipment and having fairly uncomplicated rules) and ability to bring people together regardless of language or background. And in recent decades, its popularity has surged in the United States, with youth leagues thriving and professional teams gaining loyal fan bases across the country.

But you don’t need to secure a ticket to the World Cup to get in on the action. To experience the excitement of this globally beloved game right in your own community, just grab a ball and play! After all, soccer is more than just entertainment—it’s a fun and accessible way to improve your health and stay in shape, making you shout “Goal!” at achieving your wellness objectives.





**UNDERSCORING THE BENEFITS**

Whether you’re simply practicing fundamental skills or going head-to-head in an authentic match, a sport like soccer offers numerous potential health perks to its players. These include short-term benefits, such as improved blood pressure and circulation, alongside long-term ones like a reduced risk of cardiovascular disease and sustained bone strength. Further, staying active regularly can actually extend your lifespan.

The *Physical Activity Guidelines for Americans* recommends at least 150 minutes of moderate exercise per week, but you can achieve the minimum in a shorter

time if you substitute this for seventy-five minutes of vigorous-intensity fitness instead. As a potentially high-octane sport that often requires running, juking, and kicking, soccer may help you satisfy these standards.

Beyond such physical advantages, participating in a game could offer you myriad lifestyle benefits, including greater social connections should you join a local league and deeper connections with your family if you play with them. Maintaining a consistent social life is crucial for all adults, especially aging ones, helping them to preserve cognitive abilities, memory, and overall positive mental health.



**WEIGHING THE HAZARDS**

Like any contact sport, playing soccer carries a few notable risks. Perhaps the greatest is the possibility of sustaining leg injuries—particularly to the knees and ankles—due to the frequent running and start-stop movements needed to excel at this game. And because there is always a possibility of colliding with another player, the potential for falls or blunt-force injuries like bruising is also considerable.

Moreover, be mindful of the exertion typically expected when participating, especially if you’re an older adult. Those with mobility issues, prior injuries (especially to the lower limbs), vision impairments, or other limitations may want to consider playing less-demanding alternatives, such as chair soccer, an approachable take on the game that involves seated players kicking the ball to one another or into a reasonably distant goal. Just note this may not be considered a vigorous activity, so you may need to partake in it for about 150 minutes per week to satisfy the activity recommendations.

**KICK OFF YOUR ROUTINE**

Thankfully, soccer is one of the easiest sports to play from a practical standpoint; all you need are a ball, athletic footwear, and an open field or paved surface, meaning there’s little stopping you from starting a pickup match with even one other participant.

However, if you’d like to train and even compete in a more formal environment, consider joining a local league. Some places even offer distinct groups depending on members’ skill levels, ages, and investment in soccer. After just a few games, you too may fall in love with the world’s most popular sport—and begin seeing its impact on your well-being.

***\*Talk to your doctor before beginning any new exercise regimen.***





# A WEST VIRGINIA *WONDER*

*written by:* MATTHEW BRADY

## LIKE COUNTLESS OTHER PEOPLE, MY FAMILY ENJOYS

certain road trip songs. One of our favorites has always been “Take Me Home, Country Roads” by John Denver—a curiosity since the tune was popular well before my kids were born and we don’t live in the country. Nonetheless, there’s something about its gentle acoustic beat, harmonies, and nostalgic lyrics that makes any jaunt more enjoyable.

And then there’s its romanticizing of West Virginia, a mountainous state bursting with outdoor adventures, natural wonders, scenery, and, yes, country roads, whether you’re hiking the Appalachians or visiting historic Harpers Ferry. One such area that encapsulates the state’s splendor is Summersville Lake, a jaw-dropping destination that’s ideal for vacationers of all kinds, whether you’re a beach bum, hiker, or adventurer.

WEST VIRGINIA DEPARTMENT OF COMMERCE



THE LOCATION

Summersville, West Virginia (population: around 3,400), epitomizes the mantra of “location, location, location” by being easily accessible to millions of drivers. How many other cities can boast about being less than an eight-hour drive from New York, Philadelphia, Detroit, Nashville, Atlanta, *and* Myrtle Beach? In addition, Washington, Louisville, and Cleveland are all about five hours away, while Pittsburgh and Charlotte are less than four hours away.

In fact, Visit Great Summersville states that this remarkable body of water is a six-to-eight-hour car drive for *60 percent* of America’s urban population. If you have a vehicle, you can get here—and it’s well worth the trip.

THE LAKE

Summersville Lake is a man-made body of water that welcomes around one million visitors annually. It’s not only West Virginia’s largest lake at 2,790 surface acres but also distinctly shaped, winding snakelike from west

to east while providing over sixty miles of shoreline. (For comparison’s sake, the New Jersey coast extends about 130 miles.) Combined with a 177-acre state park located just north, there’s adventure around every corner.

Water activities

Summersville Lake itself is ideal for endless aquatic fun. You’ll experience relatively warm temperatures in the lake during summer—usually between 60 and 70 degrees but sometimes in the 80s—for swimming, as well as crystal-clear water since the average summertime visibility is between twenty and forty-five feet beneath the surface, making it ideal (and popular) for scuba diving. *Skin Diver* magazine even named it “the cleanest, clearest freshwater lake east of the Mississippi,” a further indication of the water’s purity and clarity.

Of course, there’s plenty to do in and around it. For a true summer vibe, head toward its southwestern tip to Battle Run Beach, which also conveniently sits adjacent to a 110-site campground for ultimate R and R. Or you can opt to get out on the water by renting one of the many water vehicles available, including canoes, kayaks, and stand-up paddleboards. If a faster turn on the water is more your style, pontoons, Jet Skis, and even WaveRunners are possibilities, and white-water rafting down the Gauley River is a popular recreational activity. And don’t miss out on Pirates Cove, a popular nook that has its own waterfall.

On the opposite end of the thrill spectrum, the area is also renowned as a serene fisherman’s paradise, with the lake brimming with bass, catfish, trout, walleye, and more. You may even have the opportunity to reel in a bass tournament during summer or fall.

Climbing

For those who prefer higher ground, the lake is also surrounded by sandstone cliffs that tower up to 100 feet above its surface. This makes for particularly enticing opportunities for rock-climbing







enthusiasts, who flock to Summersville Lake—so much so that it’s the country’s first state park to focus on climbing education. Another “high”light is the Summersville Lake Lighthouse, which stands over 100 feet tall and rises 2,100 feet above sea level. Climbing its 122 steps to the top rewards your cardio with amazing vantage points of the entire area. You can also book a stay at its award-winning campground, which offers cabins, RV and motorhome sites, and more, all about a mile from the water.

### *Trails*

If you love hiking or biking, Summersville Lake offers something for every skill level. The most popular trail is Battle Run, a three-mile-long trek along the water that conveniently has ample spots for picnicking. For a similar yet even easier trip, try Muddlety Trail, a tree-lined, creekside option. In contrast, the two-mile Salmon Run Trail takes you through a wooded area sprinkled with history, including a wooden bridge, cemetery, and a variety of old homesteads to observe, before ending right at the lake itself. But if you’re seeking the best overall scenery, take on Long Point Trail, which brings you to a cliff with a breathtaking panoramic view of the lake. Overall, there are nearly four miles of renovated and newly constructed multiuse trails in the park, including Pirates Cove Trail, Climbers Trail, and the new 2.4-mile Sunset Loop Trail.

## THE DAM

As is the case with most man-made lakes, Summersville Lake has its own dam—but not just any one. Located just off Route 19 and standing almost forty feet high and extending 2,280 feet long, this barrier is the second-largest rock-fill dam in the eastern part of the country. Stop by to read about its 1960s origins, take selfies near its giant valves, and get impressive views of the lake. If you visit in early autumn, you might even witness “Gauley Season,” when water is released from Summersville Lake, creating incredibly wild conditions for white-water rafting.

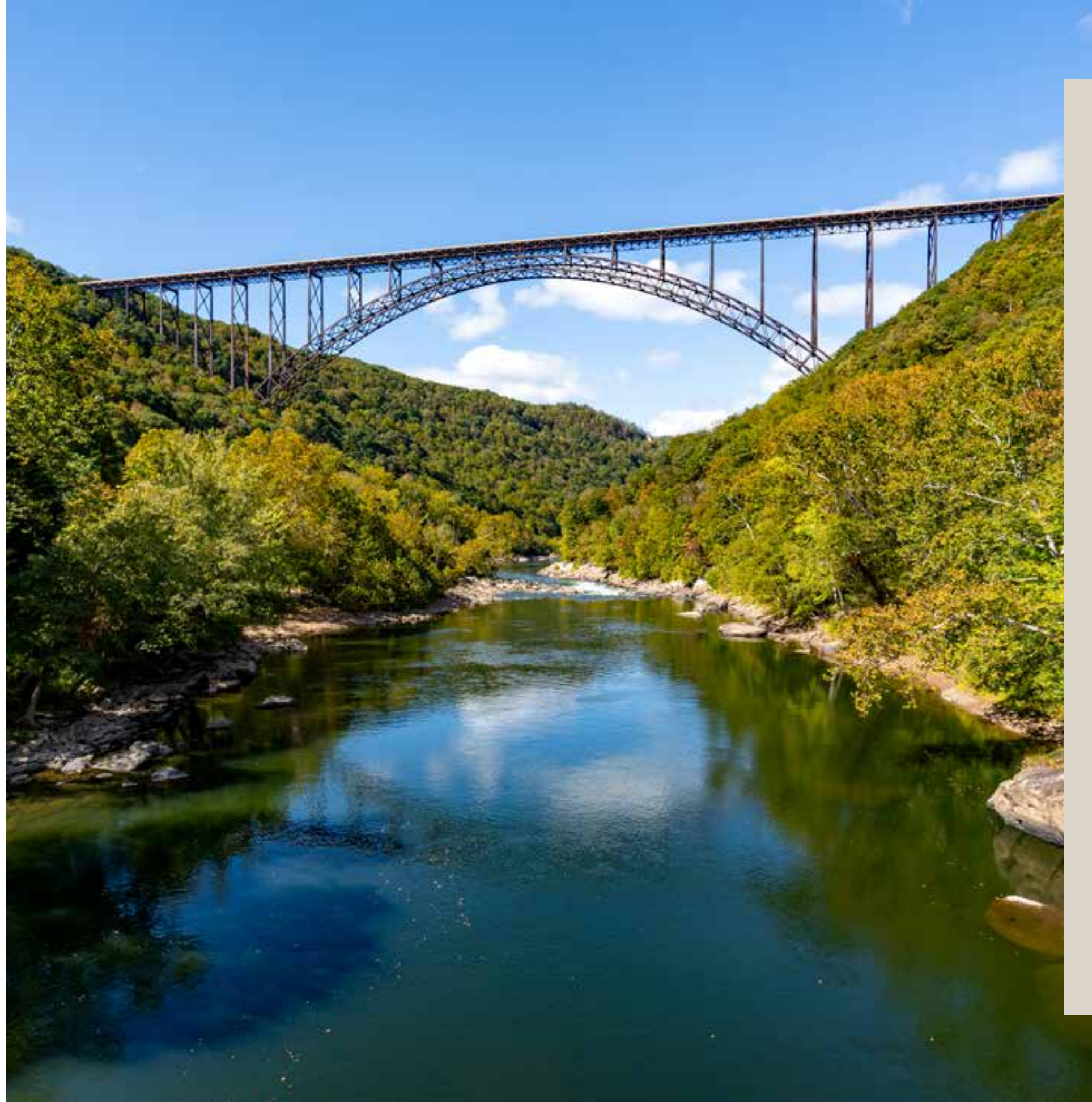
## SEASONAL EVENTS

You can also partake in quaint local celebrations during summer as well, from a car show and a hootenanny in June to the Cherry River Festival and county fair in July. Or consider scheduling your trip for early August to experience the Summersville Lake Retreat Lighthouse Festival, which offers plenty of food, music, and arts and crafts.





WEST VIRGINIA DEPARTMENT OF COMMERCE



## NEARBY ATTRACTIONS

Amazing adventures aren't just confined to the greater Summersville area, either. For instance, a mere twenty minutes southwest is the grand New River Gorge Bridge, the longest steel span bridge in the western hemisphere and the third-highest bridge in America. It's set in a 70,000-acre state park and reserve that offers activities like ziplining and white-water rafting; however, for a truly unique thrill, dare to do the New River Gorge Bridge Walk—a two-foot-wide, 3,030-foot-long trek that's 876 feet in the air.

Care to hit the road for a relaxing drive after a day of activity? Just pick up the 170-mile Appalachian Waters Scenic Byway (Route 39) or the 211-mile Cranberry Corridor, picturesque, tree-lined drives that both run through town. In addition, history buffs can indulge their interests in a place like Carnifex Ferry Battlefield State Park, 156 acres steeped in American lore.

***Summersville Lake has it all for a summer outdoor adventure, blending majestic scenery, exhilarating activities in, under, and above its pristine water, and plenty of nature-focused exploration opportunities. Follow the country roads to and within this destination, and you'll discover just how many amazing memories can be made in the heart of the Mountain State.***

***For more info, visit***

***wvtourism.com/summersville  
or summersvillecvb.com***





Above (in pink) and right: Nicola Soyka

# THE POWER OF *color analysis*

*interview with:* NICOLE SOYKA *written by:* ALLISON GOMES *photos courtesy of:* NICOLE SOYKA

**NICOLE SOYKA, OWNER OF THE STYLERY COLOUR STUDIO IN ST. LOUIS PARK, MINNESOTA,** shares how she uses color analysis to help clients look and feel confident by identifying the specific shades of clothing and accessories that best suit their complexion and facial features.







### ***Tell us about yourself and the Stylerly Colour Studio:***

Three years ago, I was working in corporate America, doing what I thought I “should” be doing, but I felt this pull toward something more meaningful. I’ve always been drawn to fashion and color and eventually majored in fashion merchandising before interning with fashion designer Tracy Reese. During this time, color analysis was taking off, and I had a gut feeling that I could be good at it—and that it could be the vehicle for the kind of impact I wanted to have. I decided to get certified in color analysis and personal styling and opened the Stylerly Colour Studio. It quickly became clear that I had made the right decision. Today, my business is flourishing, and I get to help people become their most confident selves.

***What is color analysis?*** Color analysis is the science-based process of identifying which clothing and makeup colors harmonize with your skin tone, eye color, and hair color. I use a sixteen-season drape system that lets me determine the best color palette for each client, pinpointing the exact shades that make each one shine.

This system is a more advanced and nuanced version of the original four-season method. Everyone falls into one of four main seasons—winter, spring, summer, or autumn—based on whether their coloring is warm or cool and whether it goes light or deep. From there, I go even deeper into their subseasons, like soft autumn or bright winter, to determine their most flattering tones in terms of hue, value, and chroma. This process lays the foundation for building a wardrobe that works with their natural features rather than against them.

### ***Would you walk us through the process?***

A client comes in wearing a white shirt with no makeup, which gives me a clean slate to see their natural coloring without any interference. From there, I start by looking at their skin overtones and undertones, examining their hair color, and studying their eye color, including any flecks and variations in it.

I then use our color drapes to systematically test three key dimensions. The first is looking at their hue or temperature, which helps determine if they’re warm, cool, or somewhere in the neutral range. I then assess value or depth, which determines if their features are light, medium, or deep. Finally, I test chroma or clarity to see if they’re better suited for muted, soft colors or bright, highly saturated ones. Once I’ve tested everything, I identify their season and subseason and provide a color palette of sixty shades that will help them look their most vibrant and healthy.

Throughout this process, it’s clear when a color works or doesn’t work for someone. When the color is wrong, their face looks washed out, shadowed, or even tired. In contrast, when the color’s right, you see a certain glow—the skin looks radiant, the under-eye areas brighten, the eyes pop, and their features look lifted.

### ***What are the benefits of a professional analysis?***

The biggest one is confidence. When you feel good in what you’re wearing, you carry yourself differently. That feeling can then radiate outward and affect how others respond to you. I’ve had clients tell me they got promotions, felt more comfortable dating, or just generally felt more “seen” and authentic after their analysis.

And, practically speaking, when you know what shades work for you, you can stop making expensive mistakes and buying items that won’t help you to feel like your best self. Instead, you can curate a collection that beautifully complements your skin, hair, and eyes, which can quickly turn getting dressed for the day from a stressful experience into a joyful one.

***For more info, visit*** [stylerycoloranalysis.com](https://stylerycoloranalysis.com)



# mouthwatering MARTHA'S VINEYARD DISHES

*recipes by:* JULIA BLANTER  
*photography by:* JOCELYN FILLEY



MAKES 4 SANDWICHES

## HOT LOBSTER ROLLS

*Garde East, Vineyard Haven*

*There are few dreamier places to be on a summer afternoon than Garde East's deck overlooking Vineyard Haven marina. It's a feast for the eyes as well as the appetite, with a bountiful menu of local seafood from crudo to luxe fish sandwiches. It's hard to pass up the classic buttery lobster rolls with huge chunks of succulent lobster. Pass the potato chips.*

### *measure*

- 6 tablespoons unsalted butter
- 4 split-top brioche rolls
- 14 ounces cooked claw, knuckle, and tail lobster meat, picked over for shells
- Kosher salt and freshly ground black pepper
- 1 cup frisée lettuce, chopped
- 1 teaspoon snipped chives

### *make*

1. Melt 2 tablespoons butter in a medium skillet over medium heat. Toast both sides of the buns in the butter, about 2 minutes. Remove.
2. Wipe the skillet clean and melt the remaining 4 tablespoons butter over low heat. Add the lobster meat and sauté until warmed through, about 2 minutes. Season with salt and pepper.
3. Put lettuce in the bottom of each roll. Divide the lobster meat among the rolls and place on top of the lettuce, then garnish with chives.

*scan here*

to get the  
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SERVES 6 TO 8

## TOMATO & WATERMELON GAZPACHO

*Alchemy, Edgartown*

*The vibe at Alchemy is fancy without the fuss. There is real finesse with the menu and cocktails, and each floor offers a different experience: the jovial first-floor bar and bistro, an elegant dining room made for celebrations, and a cozy upstairs complete with fireplace. Maybe that's why it's been an Edgartown mainstay for over twenty years. Or it could be because of executive chef and owner Christopher Stam's love of locally sourced ingredients. This is the no-cook soup of the summer, made with the season's sweetest tomatoes and watermelon, cool and refreshing after a day on the beach. Ready in minutes, it's also an ideal dinner party welcome course. Arrange the garnishes in individual bowls, so guests can help themselves.*

### *measure*

- 5 medium tomatoes, coarsely chopped
- 5 (3-inch-square) pieces watermelon, rind and seeds removed
- 3 cloves garlic
- 1 shallot
- 2 tablespoons honey or agave syrup
- 3 teaspoons A.1. Steak Sauce
- 1 to 2 teaspoons Tabasco
- ¼ cup red wine vinegar
- ¼ cup vegetable oil
- Kosher salt and freshly ground black pepper
- Crumbled feta, sliced jalapeño, chopped mint, and crushed red pepper flakes for garnish
- Extra virgin olive oil for finishing

### *make*

1. In a high-speed blender, blend the tomatoes, watermelon, garlic, shallot, honey, A.1. Steak Sauce, Tabasco, and vinegar until smooth.
2. While blending on high speed, add the vegetable oil in a thin stream. Blend until emulsified. The soup should be smooth and have a creamy texture. Season with salt and pepper. Refrigerate and serve chilled. Serve garnishes and olive oil on the side.





SERVES 4

# GRILLED SWORDFISH WITH SUNGOLD TOMATO BUTTER

*S&S Kitchenette, Vineyard Haven*

*There's something about Spring Sheldon, who is a world traveler, bon vivant, and community builder. S&S Kitchenette is her castle. The enchanting café-meets-salon might host a dance party one night, aura readings another. And the food is always magical. This swordfish dish is simple yet special; the golden butter should be a go-to for any gardener with a glut of candy-like Sungold tomatoes. Once you have a batch in your fridge, you'll find it also sings over grilled chicken or veggie kebabs. "So many people tell me, 'I never liked swordfish until I tried yours!'" laughs Spring. "It's a meaty fish, so just treat it like steak. High heat, sear on both sides, then remove from the heat and let it rest. It will continue to cook off the heat. Less is more—except with this butter, more is more!" The sweetness of Sungold tomatoes is perfect for this preparation, but other ripe cherry tomatoes will work, too.*

## measure

- 16 tablespoons (2 sticks) unsalted butter
- 8 ounces Sungold tomatoes
- Kosher salt
- ¼ cup olive oil
- 2 cloves garlic, minced
- 1 teaspoon finely grated lemon zest
- 1 teaspoon freshly ground black pepper
- 1 (1½-pound) swordfish steak
- Cilantro leaves for garnish
- Roasted red cherry tomatoes for garnish
- Watermelon radish, cut into thin strips, for garnish

## make

1. Melt the butter in a small saucepan over medium heat. Add the tomatoes and simmer over low heat until the tomatoes burst, about 10 minutes. Allow to cool for 10 minutes. Blend the butter-tomato mixture in a blender on high speed until smooth and emulsified, about 2 minutes. Season with salt.
2. Combine the olive oil, garlic, lemon zest, and black pepper in a dish that fits the swordfish in a single layer. Add the fish, turn to coat, cover, and refrigerate for 1 to 2 hours.
3. Preheat a grill to high or heat a large cast-iron skillet over high heat. Remove the swordfish from the marinade and season with salt. Sear the fish without moving until browned, 5 to 7 minutes. It will detach from the grill grate or pan when it is ready. If it sticks, continue cooking until it releases. Turn and cook until browned on the other side, 5 to 7 additional minutes. Remove the fish from the heat and allow to rest for 5 minutes.
4. Pool the butter sauce on a platter and plate the fish on top. Garnish with cilantro, roasted tomatoes, and watermelon radish slices and serve family style.





MAKES ONE (8-INCH) TART

## FIG & HONEY TART

*Orange Peel Bakery, Aquinnah*

*Beekeeping is mysterious magic to most of us. We mere mortals find it bewitching to watch bees collect nectar, buzzing among the wildflowers. For multi-hyphenates like Juli Vanderhoop, beekeeping is an immersion, in her case one that has captivated her for over fifteen years. Now a master beekeeper, Juli produces the delicious raw Black Brook honey, which changes nuance in flavor and color throughout the seasons. And then there are the health benefits. "Don't overheat honey, or it will kill off the beneficial antioxidants," advises Juli. "Instead of baking with honey, drizzle it over the dish, like with this tart." This recipe is a lesson in flexibility. "Use what you have," encourages Juli. If figs aren't available, sub with stone fruit, and mix in peach or pear jam instead of fig. "I'd eat this for breakfast!" says Juli laughing, and you should, too.*

### *measure*

- 5 ounces goat cheese
- ½ cup mascarpone
- 1½ teaspoons thyme leaves
- ½ teaspoon kosher salt
- ¼ cup fig jam
- All-purpose flour, for dusting
- 1 sheet frozen all-butter puff pastry, thawed according to package instructions
- 4 figs, quartered
- Local honey for drizzling

### *make*

1. Preheat the oven to 400°F. Beat the goat cheese and mascarpone in a small bowl with a wooden spoon until fluffy. Fold in 1 teaspoon of the thyme and the salt, then fold in the fig jam until incorporated.
2. Lightly flour your work surface and roll out the pastry so it is about ¼ inch thick. Cut a 9-inch circle to fit an 8-inch tart pan with removable base with ½-inch crust up the sides. Prick the pastry all over with a fork. Fit the pastry into the pan and gently press the crust into the sides. Line with parchment paper and fill with pie weights or sugar. Blind bake for 12 minutes. Remove the parchment paper and weights, then cool completely. Leave the oven on.
3. Spread the goat cheese–jam mixture over the base, leaving a ½-inch border, and arrange the fig quarters on top. Bake until the cheese is light brown in spots, 18 to 20 minutes. Sprinkle with the remaining thyme and a drizzle of honey.





# *how to prevent* **LIFESTYLE INFLATION**

*written by:* ANDRE RIOS



**IT MAY FEEL LIKE SOMETHING OUT OF A DREAM: THE BIG** promotion you wanted landed in your lap, a milestone graduation arrived, or a lucrative job opportunity turned into an unbelievable offer. These are the moments that make all your hard work feel worth the grueling effort, knowing that larger paychecks are on the horizon.

But then something known as lifestyle inflation could come along to take all your progress away. This concerning financial effect can impact your wealth wellness, even when you anticipate improvement. But if you take certain mindful steps, you may be able to prevent it.

## **WHAT IS LIFESTYLE INFLATION?**

Commonly known as “lifestyle creep,” this term refers to an increase in spending after a person begins earning more money. Once someone attains extra funds for any reason, they may make subsequent changes to their financial habits either gradually (e.g., raising their grocery and discretionary spending budgets) or suddenly (such as splurging on a vehicle that exceeds their price range).

Concerningly, spending more when you earn more is a very natural inclination; it may even seem downright logical. “Internally, [you] are feeling a need to buy something at a higher price point than you would have in the past,” financial well-being expert Manisha Thakor told CNBC Select. Look to cultural cues, and you may very well associate career growth with a big-ticket celebration like a bigger house, shiny new car, or international vacation.



## WHY IS IT PROBLEMATIC?

The downsides are simple: lifestyle inflation can deplete your heightened earnings so dramatically that, despite you bringing in more money, your wealth doesn't actually grow. As such, you could interrupt your potential progress toward long-term goals like buying a house or retiring someday.

Likewise, lifestyle inflation could work against your efforts to build a healthy emergency fund for incidentals like hospital bills or auto repairs. You could end up taking on debt to pay for these unexpected expenses as a result.

And, when uncontrolled, lifestyle inflation may trap you in a perpetual cycle of living paycheck to paycheck. Surprisingly, many high earners could find themselves in such a crisis due to spending habits such as regular fine dining or retail splurges.



## WHAT CAN YOU DO ABOUT IT?

Thankfully, you can take concerted steps to prevent lifestyle inflation. These are some of the top solutions you can adopt to balance your fiscal habits.

***Commit to a budget:*** Perhaps the most useful salve against reckless spending is establishing limits. Considering your income growth, raise your spending cautiously across certain categories, such as groceries and travel.

***Prioritize debts:*** If you have a high credit card balance or are paying off student loans, for example, direct your enhanced income toward reducing them. Doing so can help you save on interest, improve your credit score, and qualify for major investments like a home loan.

***Avoid comparison temptation:*** Don't spend excessively to keep up with the Joneses. The image people project often doesn't indicate their true financial health anyway, so prioritize the steps you can take to achieve your long-term fiscal goals rather than trying to emulate influencers or your friends.

## A POSITIVE OUTLOOK

Remember that when you achieve more wealth for any reason, you should still celebrate the fruits of your labor. After all, living with a scarcity mindset, in which you hoard rather than enjoy your earnings, is not necessarily the answer. Life is about savoring moments like family dinners and vacations with your partner, which require financial investments.

Alternatively, practice moderation and factor your long-term goals into a balanced wealth strategy, perhaps with the guidance of a financial professional. Be willing to spend sometimes, yet also cut back where necessary even as you earn more so that you can soak up the perks of increased income without experiencing the downsides.







# fitness gear *basics*

*written by:* ALLISON GOMES

**WORKING OUT IS VITAL TO YOUR HEALTH, BUT** having ill-fitting gear can make it a pain (literally and figuratively). The right clothing and accessories can improve your comfort, help prevent injuries, and make your workouts more enjoyable. Here's a closer look at the basics to help you get started.



## Tops

Look for lightweight shirts or tank tops made with a moisture-wicking material like polyester. Such a fabric will help pull sweat away from your skin, keeping you dry and at ease even during intense sessions.



## Bottoms

Shorts, leggings, and joggers all work well, depending on the activity and your personal comfort. Opt for stretchy, durable fabrics that move with you. And while quality options can be a bit pricier, many brands like Lululemon offer warranties or replacement programs if items wear out too quickly.



## Undergarments

Breathable, supportive underwear can help reduce irritation and chafing, keeping you comfortable during your workout. For women, an adjustable sports bra is a must, especially for high-impact activities like running or cardio workouts.



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## Footwear

Athletic shoes are arguably the most important part of your outfit. Whether you're walking, running, or doing cross-training, make sure your sneakers are labeled for that specific movement. Generally speaking, you want to prioritize a snug but not too tight fit with good arch support.



## Socks

For your socks, skip the cotton and choose ones made of synthetic blends like polyester and nylon or merino wool in crew or ankle variations. This will help keep your feet dry and reduce the risk of blisters, which is especially important during longer indoor or outdoor sessions.



## Fitness trackers

An accessory like a Fitbit, Apple Watch, or simple clip-on pedometer can help you monitor your progress, adding extra motivation to your routine. Many of the smart options also have features that track your heart rate, calories burned, and more, making them a great pick if you're ready to take your exercise routine to the next level.





# *The Pros and Cons* OF JUICING

*written by:* ANDRE RIOS

**DURING THESE WARM, SUNNY DAYS, ALMOST NOTHING COULD BE AS** refreshing as a nice, cold cup of . . . *spinach and kale!*? Actually, this is a typical everyday delight for those who follow the juicing trend, a movement of dieting devotees transforming fruits and veggies into drinkable concoctions. But should you give it a shot? That green juice could appear to be a healthy brew, but research on the benefits of these plant-based medleys indicates something of a mixed bag.





### WHAT JUICING IS AND ISN'T

First, it's important to recognize that juicing can be misleading. (And, no, grabbing a fruit smoothie from the drive-through does not qualify.) For a true tonic, cold-press produce at home with a masticating juicer into a drinkable liquid. You could technically utilize a blender to get similar results, though gatekeepers may balk at it and call it a "smoothie" instead. After squishing the ingredients into a pulp, your appliance will strain out their liquids, preserving their flavor and some—not all—of their health benefits.

### HOW IT COULD BE GOOD FOR YOU

These are some of the prominent potential perks of drinking juice regularly:

- ***Bolsters your brain***  
Carotenoids, flavonoids, and other ingredients found in some produce, especially cherries, can help prevent cognitive decline, while ones like bananas and apples can help boost your mood.
- ***Protects your heart***  
Ingredients like celery and pomegranate may offer substantial levels of compounds like beta-carotene and nitrates, which help promote cardiovascular wellness.
- ***Reduces inflammation***  
Consuming leafy greens, oranges, and other produce can supply you with antioxidants, which help decrease the symptoms of inflammation.
- ***Staves off disease***  
Nutrients like vitamin A and folate in these beverages can reduce your risk of certain diseases that may develop with age, including cancer and osteoporosis.



Note that these many benefits are attributed to the ingredients, not their preparation method. In other words, you can likely obtain all these perks from eating whole produce. However, proponents of this diet supplement may claim that juicing your fruits and veggies encourages you to enjoy ample nutrition in just a few sips—and converting an unpopular yet healthy food in your household, such as kale, into a flavorful juice *might* help increase everyone's intake.

### HOW IT COULD BE PROBLEMATIC

All that being said, it's important to recognize that juicing is by no means curative, nor is it a replacement for consistently eating a healthy, balanced diet full of whole produce. Doctors and scientists agree that ingesting plant foods whole is the best way to enjoy the most advantages from these good-for-you foods. Doing so can supply you with more fiber, regulate any potential insulin spike, and provide a multitude of other pluses that could further enhance your well-being. If anything, some people should avoid this wellness fad, including those living with diabetes. And crucially, you shouldn't encourage children to juice: the American Academy of Pediatrics advises parents to feed their young ones whole fruit whenever possible.





*The only surefire way to guarantee that you're enjoying the benefits of a produce-filled drink is to craft it yourself;* you can even make a large batch, then store it in the refrigerator for several servings of potential health boosts throughout the week.

You may want to avoid “juice cleanses” as well. These pseudoscientific fad diets, which have you drink only produce-based drinks for several days, tend to deprive you of essential macronutrients and harm the gut bacteria that aid digestion. “Instead of a juice cleanse, it can be more beneficial to focus on adding more produce to meals and focusing on a balanced plate of protein, carbs, and fat,” notes *Shape* magazine.

Moreover, it's best to avoid store-bought or fast-food juice smoothies, many of which may be packed with added sugars or otherwise be deceptively detrimental. The only surefire way to guarantee that you're enjoying the benefits of a produce-filled drink is to craft it yourself; you can even make a large batch, then store it in the refrigerator for several servings of potential health boosts throughout the week.

### HOW TO JUICE PROPERLY

For wellness benefits without unwanted side effects, be mindful of your preparation approach. These beverages

shouldn't taste extremely sweet, so be moderate with additives like honey, and don't overrely on fruit juice, which will largely consist of sugar.

For guidance, follow the 80/20 rule: make yours with 80 percent vegetables and 20 percent fruit. If you want to amp up the flavor profile, include a mixture of herbs and spices; some tasty options include freshly grated ginger and mint leaves. In addition, avoid consuming too large a serving, only drinking between half a cup and one cup per day.

Ultimately, your best bet is to treat juicing more like a creative culinary indulgence than a nutrition boost unless you're strictly following a veggie-based recipe. Combining the occasional glass of freshly made juice with eating multiple servings of whole produce daily would provide the best of both worlds.

***\*Talk to your doctor before making any dietary changes.***





# Walk Your Way **TO WELLNESS**

*written by:* ALLISON GOMES

**IF YOU'RE READY TO IMPROVE YOUR HEALTH, THE GOOD NEWS** is that you don't necessarily need to follow a rigorous workout routine to do so. One of the top things you can do for your body and mind is also one of the simplest: walking. Whether you're running errands on foot or striving toward achieving 10,000 steps a day, this activity is a powerful way to stay active, no matter your age or fitness level.



## *Physical* HEALTH

Walking may be low impact, but it delivers high-value results. In fact, a brisk thirty-minute session every day can help lower your blood pressure, improve your circulation, aid digestion, regulate blood sugar, and reduce your risk of serious health issues such as heart disease, arthritis, and even dementia. Experts recommend aiming for at least 150 minutes of moderate activity per week, and walking makes that goal feel manageable. When sustained over time, it can gradually strengthen your muscles, maintain your bone density, and keep your joints flexible, helping you feel your best.

## *Mental and emotional* HEALTH

Studies show that walking can reduce symptoms of anxiety and depression, elevate mood, and help increase creative thinking. And because this activity gives your brain a break from constant digital stimulation, it often promotes mental clarity and improved focus. As a bonus, by taking your walk outdoors, you also add an extra boost to an already beneficial activity—exposure to fresh air and natural sunlight can lower your stress hormones and help regulate your circadian rhythm, helping you sleep better at night and feel more energized during the day.

## *Getting* STARTED

One primary advantage of walking is that you can easily weave it into your routine since it doesn't require a gym membership, commute, or fancy equipment. You just need a pair of comfortable, supportive sneakers and an open road or space, either around your neighborhood, through a local park, or on a nearby hiking trail. On rainy or hot days, consider an indoor option like a shopping mall, or invest in a walking pad or foldable treadmill so you can walk anytime. The key is to stay consistent and get your steps in whenever possible.

Begin with short walks, like a lap around the block in the morning or a ten-minute stroll after dinner. Once that feels comfortable, gradually increase your time and distance each week. You can also add structure by aiming for a specific



number of minutes per week or setting a daily step goal—6,000 to 10,000 steps a day is ideal for maximizing the health benefits, but fewer steps can even make a big difference. As you increase your distance or time walking, keep things interesting by exploring different routes or parks.

If you're after more of a challenge, try increasing the intensity by picking up your pace or walking on gentle inclines. You can also incorporate light ankle weights to engage your muscles more and boost your

calorie burn. No matter what type of walking you do and how much, make sure to stretch your legs, hips, and back before and afterward to stay flexible and prevent soreness.

Finally, be patient with yourself and take your time building up your endurance. Walking is one of the most natural forms of exercise out there, and by committing to making it a part of your routine, it can become an enjoyable part of your daily life.





ADOBE FIREFLY

Add a **POP** of Flavor to Your Grilling

written by: MATTHEW BRADY



For many people, soda is a staple of summer, something to pour over ice to enjoy at a picnic, the movies, or the ballpark. But did you know that this carbonated drink also makes for a delicious tenderizing agent for the food itself? Here are some tips for using it to make meat tastier and more tender before it starts to sizzle on your grill.

WHY SODA?

Utilizing soda in cooking is a new concept, it's believed to date back as far as the 19th century. Its acidic pH level, the perfect balance for a particularly good marinade, and (and can add a hint of sweetness as a glaze).

The inclusion of useful tips is one of the top reasons 58 percent of recipients have referred the professional who sent them the magazine in the past 12 months.

WHICH TYPE?

Cola, lemon-lime soda, and root beer are popular options from a flavor perspective. The key is experimenting to see which combination of flavors works for you. For example, 7-Up or Sprite mixed with garlic and soy sauce makes for a delightful marinade for chicken, or pair the drink with garlic, herbs, and garlic for a flavor-filled fish dish. The best option for your health: one of the many natural versions now available that have probiotics or less sugar.

TENDERIZING TIPS

Much like with any other marinade, this method simply involves placing meat in a sealable plastic bag, adding just enough soda to cover it, and leaving it in the fridge for up to eight hours. Make sure you don't overdo it, though—the longer it sits, the more sugar may be added; in addition, doing so could oversoften it, so check in at the two-hour mark and keep doing so regularly until you're satisfied with the texture. Use this grilling technique wisely and sparingly (to limit additives like excess sugar), and you can add fun, flavor-filled flair to your grilling this summer.

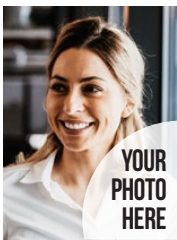
*\*If you have a medical concern like high blood sugar, speak to your doctor before using soda to grill.*



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FIG & HONEY *tart*





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FIG & HONEY *tart*



*measure*

- 5 oz. goat cheese
- ½ c. mascarpone
- 1½ tsp. thyme leaves
- ½ tsp. kosher salt
- ¼ c. fig jam
- All-purpose flour, for dusting
- 1 sheet frozen all-butter puff pastry, thawed according to package instructions
- 4 figs, quartered
- Local honey for drizzling

Recipe excerpted from  
*The Martha's Vineyard Cookbook* by Julia Blanter, Rizzoli New York 2025. Photography by Jocelyn Filley.

*make*

1. Preheat the oven to 400°F. Beat the goat cheese and mascarpone in a small bowl with a wooden spoon until fluffy. Fold in 1 tsp. of the thyme and the salt, then fold in the fig jam until incorporated.
2. Lightly flour your work surface and roll out the pastry so it is about ¼-in. thick. Cut a 9-in. circle to fit an 8-in. tart pan with removable base with ½-in. crust up the sides. Prick the pastry all over with a fork. Fit the pastry into the pan and gently press the crust into the sides. Line with parchment paper and fill with pie weights or sugar. Blind bake for 12 minutes. Remove the parchment paper and weights, then cool completely. Leave the oven on.
3. Spread the goat cheese–jam mixture over the base, leaving a ½-in. border, and arrange the fig quarters on top. Bake until the cheese is light brown in spots, 18 to 20 minutes. Sprinkle with the remaining thyme and a drizzle of honey.

MAKES ONE (8-IN.) TART



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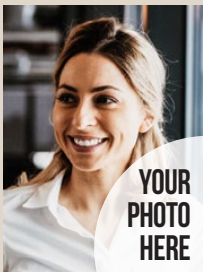
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