out on the WATER

All about the peaceful sport of paddleboarding | PAGE 6

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Dear Bill and Judy,

There’s nothing quite like summertime to make us excited about getting outdoors. This issue of Start Healthy inspires you to hit the water, the trails, and the woods with features on activities like stand-up paddleboarding, hiking, and timber sports.

Being in water has been part of human nature forever, and that includes exciting activities like bodyboarding, canoeing, and white-water rafting. The latest craze is stand-up paddleboarding, which, as the name suggests, morphs board sports into a vertical rowing sport. Plus, for even more watersport inspiration, check out the interview with Jenny Sichel, a coxswain for the US Paralympic rowing team.

If you prefer to be on the (dirt) road instead, hiking is always a popular option. However, considering that the activity entails heading out into the woods, preparedness is vital, and these tips for getting started and packing will help you triumph on the trails.

Speaking of woods, the Lumberjack World Championships has being honoring the timber industry and its legendary workers since 1960. Discover how events like log rolling, boom running, springboard chopping, and pole climbing turn a former log-holding pond into a fun destination for thousands of fans each summer.

May you embrace all there is to do when nature beckons you outdoors. As always, it’s a pleasure to send you this magazine.

Stacey Shanner

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**Herbed Lentil Skillet with spinach, tomatoes, and ricotta**

- 2 tbsp. olive oil
- ½ c. chopped shallot
- 1 garlic clove, minced
- 2 tsp. chopped fresh thyme leaves, or ½ tsp. dried
- 2 (15-oz) cans lentils, drained and rinsed (about 3 c.)
- 1 tbsp. aged balsamic vinegar
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- 1 c. grape tomatoes, quartered

(Ingredients continued on back)

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**Back of Tear Out Card 1**

(Ingredients continued)

- 2 c. lightly packed baby spinach leaves, coarsely chopped
- 1 c. part-skim ricotta cheese
- 6 large fresh basil leaves, cut into ribbons

3. Heat the oil in a 10-inch skillet over medium heat. Add the shallots and cook until they have softened, about 1 minute. Stir in the garlic and cook for 30 seconds more. Stir in the thyme, then add the lentils, balsamic vinegar, salt, and pepper, and stir just enough to combine. Add the tomatoes and spinach, lower the heat to medium-low, cover, and cook, stirring occasionally, until warmed through and the vegetables have wilted, 5 minutes.

5. Make a well in the lentil mixture and add ¼ cup of the ricotta cheese into it. Repeat with the remaining ricotta, creating separate wells. Cover and cook until the cheese is lightly warmed but not melted, 2 minutes. Sprinkle with the basil and serve.

**Nutrition Facts**

Calories: 540  
Total Fat: 30g  
Saturated Fat: 10g  
Cholesterol: 30mg  
Carbohydrates: 88g  
Dietary Fiber: 32g  
Sodium: 210mg

Gluten Free  
Vegetarian

Excerpted from Whole in One: Complete, Healthy Meals in a Single Pot, Sheet Pan, or Skillet by Elle Kragel. Copyright Elle Kragel 2019. All rights reserved.
Take a Hike
Learn how to incorporate this outdoor activity into your fitness routine.
During the summer, there are many sports to participate in: rowing, tennis, swimming, cycling … the list goes on. One sport that has taken off in recent years is stand-up paddleboarding—a water activity that has roots in surfing but has developed into a sport all its own. Curt Devoir, director of the Professional Stand Up Paddle Association, delves into what encompasses this popular warm-weather activity.
How would you describe stand-up paddleboarding (SUPing)? Many people refer to stand-up paddleboarding as “walking on water,” but it goes way beyond that. You start by placing your board in the water, kneeling, and paddling on each side. To SUP, you then stand up slowly, shoulder-width apart, with a slight bend in the knees. It’s something that can be done individually, which makes for a peaceful and tranquil experience. Or you could paddleboard with family and friends and explore places that you would otherwise not be able to get to. It can be a good workout, and you can even compete against others in races. There are SUP yoga and other fitness-centric classes that have continued to gain popularity as well.

When and where did this sport get started? What do you see for the future of SUPing? In the mid-twentieth century, surf instructors on the island of Oahu, Hawaii, started using paddles to better allow them to see and instruct their students. The use of the paddles enabled them to slow down and maneuver better, and it also improved their ability to see wave sets coming in.

As the sport increases in popularity, more specialties are being explored. SUP surf, SUP downwind, river SUPing, and SUP yoga have been popular for years. The introduction of competitive SUP racing into venues like the Olympics will greatly increase the sport’s exposure, which I hope to see.

What are some basic tips for beginners? Try to relax, and keep your eyes up. A wider stance, similar to how you would stand in surfing, helps with stability. Use your paddle to help balance yourself and continue moving. A stationary floating board is more susceptible to being rocked from all angles, whereas a board that is moving will glide over the water. Continually keeping your paddle in the water adds a great amount of stability, while holding it up and trying to balance yourself with the paddle as a tightrope staff does no good.

What skills are needed to stand-up paddleboard? You should have a good sense of balance and not have a fear of falling into the water! Once people relax and move with the water and the board, their performance and enjoyment both increase.

Can you SUP on any body of water? Yes, but you shouldn’t without the proper training and equipment. Paddling in a river with rapids, shallow spots, and rocks is very different than paddling around the lake in your city park. Likewise, ocean waves and currents generate conditions that present challenges that you would not encounter paddling through your local marina. Beginners should start on a body of water with few waves, which would minimize the current and wind strength. Make sure to check with specific state guidelines. Some states even require registering your board as a vessel. There are also specific rules when it comes to wearing life jackets and having other safety gear on you.

How does someone go about choosing the right paddleboard for them? This is not a one-size-fits-all sport. Height and weight play a big part in choosing your board. However, prior to any of that, you need to decide on what you want to do. Race boards, touring boards, and yoga boards are all very different in length and volume. Many people find starting with an allround board—which is a wider and longer board—works best for them as they figure out how they will be spending most of their paddling time.
What are some common mistakes that people make when SUPing? The number one mistake we see is people holding the paddle backward—it should be held so the blade is sloping away from you, angled forward. It will look to most people as if it should be facing the other direction, but this is the correct way. If you hold the paddle backward, it will make paddling far less efficient and possibly cause strain on your back and other muscles. It also buries the nose of the board, making the board less stable.

Describe the physical benefits of SUPing? Stand-up paddleboarding is a full-body workout: it works the legs, arms, and core muscles. When racing, SUPing can be an even better workout—with the potential to burn over a thousand calories (per one hour of racing). Racers will need to be good at sprints and have great turning ability in order to perform well. One of the first and most prestigious SUP races is the thirty-two-mile M2O (Molokai 2 Oahu) race, which is performed in the open ocean. It tests the competitors’ ability to handle waves and currents.

What advice would you give someone who wants to try stand-up paddleboarding? The one piece of advice I would give to a new paddler is to not make the same mistake that I did and try to teach yourself. For the first year, I did OK—I was able to figure out how to stand up and paddle around; however, I was not very proficient or comfortable. After getting some real tips, my confidence grew—as well as my proficiency.

For more information and to find a certified instructor in your area, visit psupa.com

Many people refer to stand-up paddleboarding as ‘walking on water.’
UV-protective clothing has become more widely available in recent years, and it’s actually one of the most effective (if not the most effective) options of sun protection available. But why are these clothes so much more successful at blocking the sun’s rays than sunscreen, and how do they do it?

**UVA, UVB, and UPF**

The terms UVA and UVB are fairly common in the health world. The sun produces both of these types of radiation, and both are capable of causing damage to the skin. UVA is the type of radiation associated with premature aging, while UVB is associated with sunburn. Prolonged exposure to both forms of radiation can lead to various types of skin cancers.

The term UPF (ultraviolet protection factor) refers to the amount of sun blockage that fabric provides for the skin. So, for example, if an article of clothing has a UPF of 50, that means it protects against approximately 98 percent of the sun’s rays, allowing 1/50 (2 percent) to reach the skin. The Skin Cancer Foundation only offers a Seal of Recommendation for clothing with a UPF of 30 or higher.

Because the SPF in most sunscreens only accounts for UVB protection, your skin can still be at risk for harmful sun damage, especially when left exposed for long periods of time. The UPF for UV-protective clothing measures both UVA and UVB rays, meaning that these clothes offer more thorough protection than sunscreen alone. Keep in mind: this doesn’t mean that sunscreen shouldn’t still be an important part of your routine, especially for parts of the skin not covered by clothing, like your face and hands.
Skin cancer is currently the most commonly diagnosed form of cancer in the US, but it’s also one of the most preventable. There are over nine thousand people diagnosed with some form of skin cancer every single day in America, which is why it’s so crucial to be aware of the types of protection available to you.

**How It’s Made**

When it comes to sun protection, not every piece of clothing is a great protector of your skin. In fact, there are a few key differences between the way traditional clothing and UV clothing are made. When shopping for UV-protective clothing, these are some of the most important factors to keep in mind:

**COLOR**

Darker and brighter fabrics do a better job at absorbing the sun’s rays than white or lighter-colored shades.

**MATERIAL**

Fabrics like denim and wool are tightly woven, allowing less of the sun’s rays to penetrate to the skin.

**STRETCH**

Choose loose-fitting fabrics over tight ones. The tighter the clothes, the more likely they are to stretch out and allow the sun’s rays to penetrate.

**EXPOSURE**

The less your skin is exposed, the better. Choose clothing that covers the arms and legs whenever possible.

Erum Ilyas, a board certified dermatologist and founder of the clothing company AmberNoon, hopes that brands like hers can help raise awareness of the need for daily sun protection. “The bulk of my practice is skin cancer and premature aging of the skin,” says Dr. Ilyas. “This is largely avoidable given the fact that the most significant environmental contributor to these is sun exposure.”

According to Dr. Ilyas, there are a few ways companies can manufacture UV-protective clothing: “You can treat the fibers of the textile with chemical finishes prior to weaving or knitting, treat the final textile with a UV-protective finishing coat, or make a textile woven or knit with fibers closely spaced to block UV naturally—which AmberNoon does,” she says.

Dr. Ilyas founded her company with the intention to help reduce the incidence of skin cancer. She notes that none of the products under the AmberNoon name are treated with UV-protective chemicals, but rather are crafted with high-quality fabric to block harmful UVA and UVB rays. The line currently offers products for women, men, and children. Everything from its dresses and swimsuits to accessories like hats and visors have a UPF of 50 or higher—exceeding the Skin Cancer Foundation’s recommendations.

**Everyday Protection**

Most people consider applying sunscreen while at the beach or while enjoying other outdoor activities, but, the truth is, the sun doesn’t simply retract its rays when you’re not sitting in it for extended periods of time. Any amount of time in the sun is still exposure, and your skin should be protected. Dr. Ilyas recommends a “full sun-protection plan”: a hat, sunglasses, sun-safe clothing, and sunscreen for exposed areas—every day. The Skin Cancer Foundation also has a database of brands and products it recommends to help you make sure you’re choosing the best and safest options when it comes to protecting your skin.

We put on clothing every day, but unless we’re dealing with inclement weather, we don’t often consider how it can protect us from the elements. Wearing UV-protective clothing and applying sunscreen are two of the most important yet simple measures you can take to make sure your skin stays healthy and strong for years to come.

For more info, visit ambernoon.com or skincaecare.org
A PASSION FOR Paralympians

With the 2020 Paralympic Games on the horizon, silver-medal-winning Paralympic coxswain (pronounced COX-in) Jenny Sichel sat down to discuss the joys and challenges of competitive rowing and her fervor for advocating for those with disabilities.
**Have you always enjoyed sports?**

Yes—when I was younger, I played soccer, softball, and basketball, and I also did gymnastics and swimming. In high school, I played softball and did marching band, which I consider a sport. (The way we did it, at least.)

**When did you start rowing?**

Going into college, I wanted to play softball, but the colleges I applied to and the one that I chose, Bryn Mawr, didn’t have softball teams. The only sports that I could join at Bryn Mawr were rowing and badminton. I’d heard about rowing and thought it seemed like a weird, cool sport, so I became a rower. In my sophomore year, I got injured, and that’s when I switched over to being a coxswain.

**How did you get involved in the Paralympics? How are you involved today?**

In college, I was invited to cox for Vesper, a boat club in Philadelphia. At one competition, I was coxing a race with a woman who later invited me to development camp for the national adaptive rowing team. (It turns out she was a coach for the team.) From there, I competed in the world championships and, eventually, the Paralympics—for the rowing events, the coxswain doesn’t need to have a physical impairment.

Today, I work for the Ruderman Family Foundation, specifically in a branch called LINK20. It is a global social movement for the younger generation of activists who advocate for people with disabilities in society. For example, Major League Baseball changed its disabled list designation to injured list in part because of a letter we wrote to them.

I also advocated for equal medal pay for Paralympians. I brought it to LINK20’s attention that I only got one-fifth of what an Olympian got for my silver medal in Rio in 2016. That was part of the tipping point that pushed the USOC to change it to equal medal pay retroactive to 2018.

It’s about awareness. Nobody could watch my Rio race on TV here, for example. People will also assume that I’m with the Special Olympics, but that’s separate from the Paralympics. I want to be known as a Paralympic athlete. I was proud to represent the US in the Paralympics, and I don’t think I’d ever want to try to switch over to the Olympics side because I love the Paralympics so much.

**What’s a typical day like for you?**

Right now, I’m just getting back into the water after taking a brief hiatus. It’s a little bit more relaxed. I usually get up at 4:00 a.m., am on the water by 5:00 a.m., row until 7:00 a.m., and then work a full day. Depending on whether the club needs a coxswain that night, I’ll go for a 6:15 p.m. practice.

**And that’s more relaxed?** Yeah. [Laughs] Previously, I’d practice three times a day. I probably have an extra hour or two in my day now.

**It seems like this sport would provide an amazing full-body workout. Does it?** Absolutely. Rowing gives you a total workout—you use over 85 percent of your muscles when you row. A lot of people think it’s just your upper body, but you mostly use your legs. Your feet are stationary in the boat and your oars move, so you’re prying against the water when you’re trying to take a stroke. Only the last 20 percent or so of the stroke is the body and arms.
It takes a lot of finesse, too. Someone once told me that using a rowing machine is like running against blacktop in sneakers, but when you’re rowing on the water, it’s like running across wet grass in high heels.

**What are your top responsibilities as coxswain?** For me, steering is first and foremost because I keep us on course, and I don’t want my team to row more than they have to. After that, it’s giving my crew information: Where are the other boats relative to us? Where are we in the race? Are we about to enter the final sprint? The third is the motivational aspect of it—helping the rowers reach into the pain cave and then push through to that extra level they have.

**What does it feel like when the rowers are in perfect sync?** As soon as you asked this, I got a smile on my face. I can explain it in two ways. First, think of a perfectly flat body of water, and it’s silent except for a rhythmic sound as the sun is rising and steam is coming over the lake. It’s this beautiful, ethereal scene. At times like this, rowing doesn’t seem like the hard work it is. It just comes naturally, and it feels like the sky’s the limit.

The other way I can feel it and hear it happening is you get tiny bubbles under the boat because the boat actually lifts up off the water. It’s easy to steer the boat and you don’t feel any lurching—it feels like hydroplaning. It’s so relaxing, yet so powerful.

**Is teamwork vital to rowing success?** Yes, 100 percent. If you are not in sync, you’re not moving fast. A boat is very unstable and literally the slightest ripple in the water or an easy breeze can disrupt the boat. In one race, we came in second by .26 seconds, which goes to prove that the slightest thing can cause you to lose. It’s not a game of who came closest—it’s who wins.

As a coxswain, I have a different role, but I’m an athlete just like everyone else. I can’t survive without my rowers, and they will only row faster with me. It’s a symbiotic relationship in that sense.

**What’s the biggest misconception about being a coxswain? About rowing in general?** People sometimes think that I just sit there and don’t do anything but yell “Row!” In reality, it’s so much more than that. After a race, I’m just as tired as any rower—maybe more mentally than physically because it’s so intense.

As far as rowing, there’s a misconception that it’s a sport only for the upper class, but that’s changing. In many places, there are programs for everybody. You can be a seventy-year-old grandmother or a high-school student and learn how to row. It’s becoming more broadly available in high schools and colleges.

**What’s been your biggest challenge on this journey?** In college, I developed a mental health disorder, which has made life a ton more difficult. It affects me every day, but it’s also made me who I am and as competitive and meticulous as I am. Would I ever want to change it? No. But I do want to speak out about it because I know there are a lot of people out there who have mental health challenges. It’s not necessarily about the challenges themselves—it’s about what we do with them. If I can be a role model in this way as an athlete, it would make all the time, effort, and struggles worth it.
Who says delicious, nutritious food needs to be complicated? That’s the focus of Ellie Krieger’s cookbook Whole in One, which features recipes for simple, one-pot (or pan or skillet) dishes like sheet pan shrimp and mixed berry crisp.

Excerpted from Whole in One: Complete, Healthy Meals in a Single Pot, Sheet Pan, or Skillet by Ellie Krieger. Copyright Ellie Krieger 2019. All rights reserved.
SERVES 4

SMOKY SHRIMP with corn, zucchini, and tomatoes

This quick dinner is an oven version of a summer seafood bake, but one with an alluring Spanish flair, thanks to the dusting of aromatic smoked paprika. It’s a smile-inducing dinner that begs to be made at the end of summer when corn, tomatoes, and zucchini are at their peak and you want to get in and out of the kitchen fast. Feel free to leave out the sausage, if you prefer.

measure

• 1 pint grape or cherry tomatoes, halved
• 1 medium-size zucchini, diced
• 3 tablespoons olive oil, divided
• ½ plus ⅛ teaspoon salt, divided
• ½ teaspoon freshly ground black pepper, divided
• 2 ears fresh corn, husked and sliced crosswise into 1-inch-thick rings
• 1¼ pounds medium-size shrimp (26–30 count per pound), cleaned, tail-off
• 1½ teaspoons smoked paprika
• 3 garlic cloves, minced
• Pinch of cayenne pepper
• 2½ ounces dried (cooked) chorizo sausage, finely diced (heaping ½ cup)

make

1. Preheat the oven to 425°F. Place the tomatoes and zucchini on a sheet pan. Drizzle with 1 tablespoon of the oil, sprinkle with ¼ teaspoon each of the salt and black pepper, and roast in the oven until the vegetables have softened somewhat, 10 minutes.

2. Place the corn in a medium-size bowl and toss with 1 tablespoon of the oil and ¼ teaspoon of the salt. Place the shrimp in another medium-size bowl and toss with the remaining tablespoon of oil, the paprika, garlic, and cayenne, and the remaining ⅛ teaspoon of salt and ¼ teaspoon of black pepper. Add the corn, shrimp, and chorizo to the sheet pan, scattering them around evenly. Return the pan to the oven to cook until the corn is tender-firm and the shrimp is cooked through, 10 minutes more.

Tips: The shrimp and vegetables will keep in an airtight container in the refrigerator for up to 2 days and may be served warm or at room temperature.
MIXED BERRY coconut crisp

In this skillet-cooked fruit crisp, a medley of fresh berries—any combination you choose—is cooked until bursting and bubbling under a sumptuous, crispy, coconutty topping. It’s just the thing to make after a berry-picking excursion, or when the fruit is bountiful at the market. (Substitute gluten-free oat flour for the wheat flour, and be sure to get gluten-free oats, to make this a gluten-free dessert.)

measure
- 6 cups mixed fresh berries, larger berries cut to match the size of the smaller berries
- ½ cup dark brown sugar or coconut sugar, divided
- 1½ tablespoons cornstarch
- 1 teaspoon ground cinnamon, divided
- ½ cup rolled oats
- ¼ cup unsweetened shredded coconut
- ¼ cup whole wheat pastry flour
- ¼ teaspoon salt
- 3 tablespoons virgin coconut oil, melted

make
1. Line the middle rack of the oven with a sheet of foil (to prevent any juices from dripping), then preheat the oven to 350°F.
2. Place the berries in a 10-inch ovenproof skillet. Sprinkle them with ¼ cup of the brown sugar, the cornstarch, and ½ teaspoon of the cinnamon, then toss gently to combine.
3. Put the oats, shredded coconut, flour, salt, and the remaining ¼ cup of brown sugar and ½ teaspoon of cinnamon into a medium-size bowl and mix to combine. Add the coconut oil and use your fingers to work the mixture together so it is evenly coated.
4. Sprinkle the topping over the berries and bake until the berries are bubbling and the topping is crisp and nicely browned, 30 to 35 minutes.
5. Remove from the oven and allow to rest for 15 to 20 minutes before serving in small bowls.

Tip: The crisp will keep for 4 days in an airtight container in the refrigerator.
Eating bar food for dinner might seem like a good idea in the moment, but it’s typically a greasy hodge-podge you regret after the fact. This festive sheet pan dinner captures all of the fun of happy hour munchies, but leaves the regret behind. It’s great to serve to a bunch of friends over to watch the game, or to make a regular weeknight feel like an extended happy hour.

**measure**
- 1 tablespoon olive oil, plus more for brushing pan
- 2 medium-size russet potatoes (about 10 ounces each), unpeeled
- ½ plus ¼ teaspoon salt, divided
- 1 (15-ounce) can low-sodium pinto beans, drained and rinsed
- 1 teaspoon chili powder
- ¼ teaspoon granulated garlic
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ¾ cup chopped fresh tomato
- 2 tablespoons chopped fresh cilantro leaves
- 1 tablespoon chopped red onion
- 1 tablespoon chopped fresh jalapeño pepper
- ½ teaspoon freshly squeezed lime juice
- ⅓ cup shredded extra-sharp Cheddar cheese
- ⅓ cup shredded Monterey Jack cheese
- 1 ripe avocado, pitted, peeled, and diced
- ¼ cup sour cream or plain Greek yogurt (optional)

**make**
1. Preheat the oven to 400°F. Brush a sheet pan with oil.
2. Cut the potatoes crosswise into ¼-inch-thick rounds. Place them on the sheet pan; drizzle with the oil, sprinkle with ¼ teaspoon of the salt, and toss to coat. Spread the potatoes in a single layer on the sheet pan and bake until they are crisp, browned on the bottom, and release easily from the pan, about 25 minutes. Flip the potatoes and cook 8 minutes more.
3. While the potatoes cook, toss the beans in a medium-size bowl with the chili powder, granulated garlic, cumin, coriander, and ¼ teaspoon of the salt. Combine the tomato, cilantro, red onion, jalapeño, lime juice, and the remaining ¼ teaspoon of salt in a small bowl.
4. Use tongs to move the potatoes toward the center of the pan, fanning them out so they each overlap slightly. Top with the seasoned beans, then the Cheddar and Jack cheeses; return the pan to the oven, and cook until the cheese is melted, about 5 minutes.
5. Use a large spatula to transfer to a large serving platter or individual plates and serve topped with the tomato mixture, avocado and, if desired, a dollop of sour cream or yogurt.
HERBED LENTIL SKILLET
with spinach, tomatoes, and ricotta

You can have this meal on the table in less time than it takes me to run a mile. Okay, I admit I am the slowest runner I know (I am more of a jogger, really)—but still, that is a fast dinner. The key is taking advantage of canned lentils for a tender and hearty instant protein, as well as vegetables that require very little prep—pre-washed baby spinach and grape tomatoes. A sprinkle of fresh basil leaves takes you, deliciously, to the finish line for the win. I like to serve mine with some whole-grain, sourdough toast or baguette.

• 2 tablespoons olive oil
• ¾ cup chopped shallot
• 1 garlic clove, minced
• 2 teaspoons chopped fresh thyme leaves, or ¾ teaspoon dried
• 2 (15.5-ounce) cans lentils, drained and rinsed (about 3 cups)
• 1 tablespoon aged balsamic vinegar
• ½ teaspoon salt
• ¼ teaspoon freshly ground black pepper
• 1 cup grape tomatoes, quartered
• 2 cups lightly packed baby spinach leaves, coarsely chopped
• 1 cup part-skim ricotta cheese
• 6 large fresh basil leaves, cut into ribbons

measure

make

1. Heat the oil in a 10-inch skillet over medium heat. Add the shallots and cook until they have softened, about 1 minute. Stir in the garlic and cook for 30 seconds more. Stir in the thyme, then add the lentils, balsamic vinegar, salt, and pepper, and stir just enough to combine. Add the tomatoes and spinach, lower the heat to medium-low, cover, and cook, stirring occasionally, until warmed through and the vegetables have wilted, 5 minutes.

2. Make a well in the lentil mixture and dollop ¼ cup of the ricotta cheese into it. Repeat with the remaining ricotta, creating separate wells. Cover and cook until the cheese is slightly warmed but not melted, 2 minutes. Sprinkle with the basil and serve.

Tip: Leftovers will keep in an airtight container in the refrigerator for up to 4 days.
Between 1910 and 1930, the Green Mountain Club of Vermont established the oldest long-distance hiking trail in the United States—appropriately dubbed the Long Trail. It inspired another recognizable hiking system along the East Coast, the Appalachian Trail, which is enjoyed by some three million people each year.

Although hiking has grown in popularity among the general public in the last few decades, it is and always has been a favorite pastime for many outdoor-loving Americans. It can feel intimidating for beginners—getting lost on the trail, running out of food or water, and even injury are very real concerns that shouldn’t be taken lightly. However, hiking is also an incredible way to connect with nature, it’s a wonderful form of exercise, and it can even help boost your self-confidence. (The feeling of accomplishing a hike is like no other!)

But before you hit the trail, there is a lot you need to know to make the most of your trip—and to protect yourself. Whether you’re embarking on a five-mile day hike or planning on spending a full weekend in the wilderness, you’ll want to be as prepared as possible to ensure your hike is fun, safe, and memorable for all the right reasons.
A BREATH OF FRESH AIR

If you’re on the fence about hiking, you should know that the health benefits it provides are innumerable. For starters, if you find yourself getting bored with your routine, exercising outdoors can fulfill your fitness quota without having to fight for equipment or spend an hour in a crowded gym. Hiking is a truly natural form of exercise that can give you the same benefits (and more) of a sweat session on the treadmill.

CARDIOVASCULAR HEALTH

Whether you’re hiking a beginner’s trail or something more challenging, walking up an incline is guaranteed to raise your heart rate. Try to keep a moderate pace throughout for steady cardiovascular exercise.

STRESS REDUCTION

Walking can help reduce adrenaline that has built up in the body. Exercise is also an endorphin-producing activity, which can help you feel more at ease.

STRONGER BONES

As we age, our bone density decreases, leaving us more prone to injury. Over time, hiking and walking can slow calcium loss and help improve bone health.

GETTING STARTED

Now that you know some of the amazing health benefits hiking can provide, it’s time to learn the basics. If you’re just starting out, it’s important to familiarize yourself with what you might encounter on a hike, and plan accordingly.

- When selecting a trail to hike, keep in mind the elevation, entrance and exit points, and length. If you don’t want to hike in the dark, plan to start early enough to hike up and back before dusk.

- Always let a friend or family member know where you are going and how long you plan to hike—especially if you’ll be gone for more than a few hours.

- Review a map of the trail before heading out, and plan a route you’re confident you can tackle based on your skill and fitness levels.

- Pay attention to the weather, but plan for the unexpected. Keep items such as a rain jacket, portable shelter, and extra clothes in your backpack in case of emergency.

- Never stray far from the trail, and pay close attention to trail markers and signage so you stay on track.
Most parks and trails will have rules and restrictions posted at the entrances, but there are plenty of unwritten rules of the trail as well. These guidelines exist not only to make the experience more enjoyable for everyone but also to help maintain the integrity of the trail and preserve the environment for future hikers’ pleasure.

- Many people hike to experience the peacefulness and beauty of nature, and outside noises like cell phones or music can be distracting. Avoid shouting if accompanied by other hikers, and keep cell phones in your bag.

- If you need to take a breather, step slightly off the trail to avoid impeding others.

- Don’t leave behind anything you brought, including food scraps, water bottles, and equipment.

- While hiking in groups, be sure to leave space for other hikers to pass. Hikers moving downhill should always yield to those moving uphill.

**WHAT TO PACK**

Wearing proper gear and carrying a backpack full of necessities can be the difference between a fun hike and a stressful one. Organizations like the American Hiking Society and outdoor sporting company REI recommend a list of ten essentials—no matter the length and intensity of the hike.

- **Appropriate clothing:** proper hiking boots or trail sneakers, layers, rain gear
- **Extra clothing:** spare socks, moisture-wicking socks
- **Navigation:** a map, a GPS or compass, a cell phone
- **Water:** ½ liter per hour per person, a portable filter
- **Food:** high-protein snack bars, trail mix, dried fruit
- **Safety items:** a fire-starting kit, a whistle, a headlamp
- **First-aid supplies:** bandages, ointment, bug spray
- **Tools:** a knife or a multipurpose pocketknife
- **Sun safety:** sunscreen, sunglasses, a hat
- **Shelter:** a lightweight tent or blanket

**GET OUT THERE!**

If you’re still feeling intimidated, just know that once you start and become more comfortable on the trail, hiking might become your favorite form of exercise. A good place to begin is by asking friends for recommendations of local trails they’ve enjoyed, as well as reading reviews online. Sites like AllTrails and TrailLink allow you to search for popular hikes based on length and difficulty, and some even include additional information like photos, descriptions of the wildlife, and more.

It doesn’t matter how challenging the hike is or how high you go, however—as long as you get out into nature and find your footing.

*For more info, visit americanhiking.org*
At the turn of the twentieth century, America was much different than it is today. Over half of Americans still lived in the country, and about two out of every five lived on farms. Lumber was an industry giant, with lumberjacks—the men who felled massive trees by hand—being almost legendary figures.

Many events have popped up over the years to honor these brave individuals—with the most popular being timber sports. Even though they’ve been taking place in America since the 1890s, timber sports have caught on in popularity in recent years thanks to media outlets like ESPN. The granddaddy of them all, the Lumberjack World Championships (LWC), has been held for over a half century in the town of Hayward, Wisconsin.

Hayward, an outdoorsman’s paradise with a population of 2,300 located about an hour and a half from Minnesota, is somewhat of a throwback itself, according to Nancy Knutson, director of marketing and communications for the Lumberjack World Championships Foundation: “Hayward is a very desirable vacation destination—it’s surrounded by lakes, it’s quite charming, and the community is very welcoming. There’s lots to do here, no matter the season.” In a nod to the town’s charm, she adds: “Hayward even has a new stoplight—we now have five stoplights in town!”

Hayward has hosted these games since 1960 in the renowned Lumberjack Bowl. The venue itself, once used by area timber companies as a holding pond for logs, was named to the National Register of Historic Places in 2018 in honor of its logging roots and timber sports legacy. Hayward native and entrepreneur Tony Wise (who also went on to create the American Birkebeiner, the largest cross-country ski race in North America) founded the LWC as a way “to perpetuate and glorify the working skills of the American lumberjack.” Now the highlight of a three-day festival, the LWC has expanded to include two dozen events, including speed pole climbing, log rolling, and, of course, various sawing and chopping events.

What each competition discipline has in common is a connection to the area’s logging past, according to Knutson. “Every part of the LWC competition is replicating something that happened in the woods before technology was introduced, so it’s keeping the spirit of the timber industry alive,” she says. “For example, in the springboard chop, competitors climb a
tall piece of timber by chopping pockets into the ‘tree,’ inserting a springboard to stand on, and then repeating the process until they get to the top, where they chop another log in half. This replicates what lumberjacks used to do in the woods to chop down a tree. Another event, the underhand chop, imitates how lumberjacks would chop a felled tree into pieces: by standing atop it and chopping the log between their feet.”

This nod to tradition holds true for the water-based events as well. “Back in the day, mills had to send their logs down the river, and the workers, known as birlers, had to herd the logs like sheep,” Knutson continues. “They used pike poles and hopped from one floating log to another, moving the logs down the river. That’s how our log-rolling events came to pass. For the other water event, the boom run, a series of logs are chained together, and competitors fly across the logs as they are spinning and bouncing beneath their feet. This is an homage to loggers from the past, who had to string logs together, end to end in a circle or across a river, to hold floating logs from escaping down the river. If a log boom were to break, a birler had to run across the boom to fix any breaks in the chain of logs; they had to be fast and agile, just like our boom runners today.”

Training for the trees

In these parts, timber sports are a time-honored tradition for many people—even at home. In Hayward, kids will start learning log rolling at about age three, according to Knutson. High-school students will hone their skills while working at the annual summer lumberjack shows, and they often continue their timber education at one of the dozens of colleges now offering woodsman clubs, including Dartmouth and Penn State. And, of course, many eventually get jobs in the timber industry or at lumberjack shows around the country.

Making it to the level of the Lumberjack World Championships also takes strength and stamina—much like the traits needed to be an old-time logger. That’s why so many of those involved work out by doing specific exercises that will maximize their performance in a particular event, such as weight lifting, using kettlebells, and running. Also, unlike the all-male lumberjack profession and competitions of yesteryear, women (called “lumberjills”) now take part in these games, both as individuals and in Jack-and-Jill events.

Competition and community may be at the forefront of these championships, but sustainability is as well—which not only helps the environment but also the competition. The wood used for the LWC is grown, with great care, some two hundred miles away at the Menominee Indian Reservation in Keshena, Wisconsin. “Their foresters cut timber at very intensively managed pine stands as part of a long-term sustainable forestry management plan,” says D.J. Aderman, the LWC’s chief of competition. “Considerations for forest health, disease prevention, economic, water, and air quality improvement, best management practices, and wildlife are all factors.”

Aderman notes that the LWC uses parts of pine trees for the sawing events and aspen trees for chopping events—uniformity of the trees is important to ensure fair play—but the rest is recycled: “After we procure specific sections of the trees, the base sections of the trees are sent to sawmills and the top portions are sent to pulp and log mills. Absolutely no part of the tree is wasted.”
Fun for everyone
If you plan to attend this event, expect to see some of the best athletic outdoorsman performances in the world. Competitors come from all over North America, but they also flock here from as far as Australia and New Zealand. And it’s open to virtually all age groups—participants who placed in 2019 ranged in age from fifteen to eighty. In 2019, over 120 people vied for over $68,000 in prize money, and over 12,000 spectators—around six times the population of Hayward—attended the event, while countless others live-streamed it on ESPN3.

And expect to be awed while being entertained. “Every single event is exciting, but the pole climb is probably the most exhilarating event,” Knutson reveals. “These guys use a leather strap to start scrambling up a sixty- or ninety-foot pole—we hear folks liken it to a monkey climbing up a tree. Once at the top, they throw their strap over a stripe and then descend, tapping their climbing gaff at specific points along the pole, as they seemingly free-fall back toward the Earth. That is definitely a crowd favorite to watch because it’s heart-stopping.

“People also love the speed and noise of the hot saw, where souped-up snowmobile engines are used to power chainsaws in a fast-paced competition,” she adds. “The boom run is really fun because it’s like watching people try to run across bucking broncos, and the log rolling is always entertaining because the smaller the log, the faster they spin! Each of the events holds a bit of magic for everyone in the crowd. One of the most popular events, though, is actually at the end of each night of LWC competition: the team relay event features speed climbers, boom runners, sawyers, and choppers. The athletes love it, and the crowds go wild for it.”

There’s plenty for spectators to do on their own as well, including a Lumberjack 5K Run/Walk, a mini log rolling tank, demonstrations, live music, and food and beverages in the Swinging Axe Beer Garden. (Yes, the LWC has its own once-a-year craft beer called Swinging Axe.) If shopping is your sport of choice, browse for souvenirs at the Lumberjack Shop.

The Lumberjack World Championships returns to the Lumberjack Bowl from July 30 to August 1, so if you’re looking for a fun, unique spectacular that’s both historical and trending, watchable in person and streaming online, this may be just the thing for you. You’ll see feats you wouldn’t imagine possible, being done by men and women and by young and old alike, in an iconic venue and idyllic town that transport you back to a time when timber was king.

For more info, visit lumberjackworldchampionships.com

Every part of the LWC competition is replicating something that happened in the woods before technology was introduced, so it’s keeping the spirit of the timber industry alive.
Everyone knows that drinking enough water is important. But what are the benefits, and how can you motivate yourself to stay hydrated throughout the day?

Your body is composed of about 60 percent water, so making sure you are properly hydrated is critical to living a healthy life. Losing even just 1 to 2 percent of your body’s water content can weaken your cognitive capabilities. The amount of water you should be drinking per day depends on factors like your age, your sex, how much you exercise, and even what type of environment you live in. In general, though, men should strive to drink about three liters of water per day, while women should aim to drink around two liters a day—that equates to about thirteen cups for men and nine cups for women. Most Americans only drink about four cups a day, which puts into perspective just how dehydrated we are. If it sounds daunting to up your water intake, there are ways to make staying hydrated not only easy to remember but also fun.

**Water you up to?**

For many people, a typical day may look something like this: waking up early, commuting, working an eight- to nine-hour day (where a lot of sitting takes place), heading home, and winding down. Drinking water, especially when you’re not engaging in strenuous activity, isn’t always at the forefront of your mind. While you may not feel dehydrated, chances are you might be—even mildly so. If you feel thirsty or tired or crave sugar, it may be high time to hit the watercooler.

Set a daily hydration reminder on your phone, and also write down how much water you’re drinking as you go. Recording your activity can help form a habit. You can also increase your hydration by choosing foods that have a higher water percentage, such as cucumbers, grapes, carrots, pineapples, and apples. While not equal to drinking water itself, eating these foods can still help promote a healthier diet and is better than going for a salty, processed snack (which could make you feel even more dehydrated).

It’s also very important to stay hydrated when exercising—not just during the workout, but before and after as well. This will help keep your muscles active and help you maintain high energy levels throughout the workout. Before you engage in activity, aim to drink sixteen ounces of water, and during your workout, try to drink sixteen to eighteen ounces of water for every hour you’re active. Drink plenty of water after your workout, too.

So whether you’re working at a desk or working out, drinking enough water is crucial to improving your

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**GLASS half full**

written by: rebecca poole
photography by: getty images, unless noted
well-being. However, it’s easier said than done. Luckily, there are dozens of innovative water bottles aiming to make hydration easy and cool—with one bottle company setting the bar just a little bit higher.

Where engineering and health meet
Technology has greatly improved how we’re drinking water. Now there are bottles that are specifically engineered with sensors and apps that literally tell you when to drink more water and how much water you’ve already consumed, with encouraging reminders throughout the day. The company HidrateSpark produces a bottle specifically designed to help people live more hydrated lives.

Coleman Iverson, CEO of this innovative company, gives his take on how the bottles are helping you to drink more water: “The bottle glows to remind you to drink water. It has three fun glow options to choose from and even does a celebration glow once you’ve met your goal for the day. The bottle tracks how much you drink with a sensor and syncs via Bluetooth to our hydration equation to recommend how much you should be drinking, based on your activity and physiology.” The equation is grounded in science, and it determines the recommendation using your profile, which asks things like where you live, your age, and your body metrics.

Investing in a higher-quality water bottle isn’t just good for your health; it’s good for the planet’s health. Instead of using a single-use plastic water bottle, you’re drinking out of a bottle that can be used for years. HidrateSpark alone has helped replace thirty-six million plastic bottles. And it isn’t the only company making hydration a more sustainable (and trendy) practice. Water bottle brands such as bkr (known for its sleek glass makeup), LARQ (a self-cleaning bottle), Ulla (a hydration-reminder attachment suitable for any bottle), and S’Well (another fashionable, eco-friendly option) are all doing their part to make the world a more hydrated place as well.

Drink up!
If you want to improve your health, ample water intake is a fundamental element. Match that with a nutritious diet and exercise, and you’ll be well on your way to living your healthiest life.

**BENEFITS OF DRINKING WATER:**

- Helps protect the spinal cord
- Boosts energy levels
- Improves mood and brain cognition
- Aids in weight loss efforts
- Combats headaches, including migraines
- Increases performance when exercising
- Helps with digestion
- Maintains blood pressure
- Helps keep skin looking healthy

For more info, visit [cde.gov/healthywater](http://cde.gov/healthywater)
SMOKY SHRIMP with corn, zucchini, and tomatoes

- 1 pt. shrimp or cherry tomatoes, halved
- 1 medium-size zucchini, sliced
- 3 tbsp. olive oil, divided
- 1/4–1/3 tsp. salt, divided
- 1/4 tsp. freshly ground black pepper, divided
- 2 ears fresh corn, husked and sliced crosswise into 1-inch-thick rings
- 1 lb. medium-size shrimp (26–30 count per pound), peeled and tail-off

(Ingredients continued on back)

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Back of Tear Out Card 2

(Ingredients continued)
- 11/2 tbsp. smoked paprika
- 2 garlic cloves, minced
- Pinch of cayenne pepper
- 2/3 oz. dried (cooked) chives

1. Preheat the oven to 425°F. Place the tomatoes and zucchini on a sheet pan. Drizzle with 1 tablespoon of the oil. Sprinkle with 1/4 teaspoon each of the salt and black pepper, and roast in the oven until the vegetables have softened somewhat, 10 minutes.

2. Place the corn in a medium-size bowl and toss with 1 tablespoon of the oil and 1/4 teaspoon of salt. Place the shrimp in another medium-size bowl and toss with the remaining tablespoon of oil, the paprika, garlic, and cayenne, and the remaining 1/4 teaspoon of salt and 1/4 teaspoon of black pepper. Add the corn, shrimp, and chives to the sheet pan, scattering them around evenly. Return the pan to the oven to cook until the corn is tender-firm and the shrimp is cooked through, 10 minutes more.

Daily Dish
Calories: 300 | Total Fat: 11g | Cholesterol: 64mg | Carbs: 15g | Fiber: 4g | Protein: 30g

Excerpted from Whole in One: Complete, Healthy Meals in a Single Pot, Sheet Pan, or Skillet by Elle Krieger. Copyright Elle Krieger 2017. All rights reserved.
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