

Compliments of Stacey Shanner

# *start* HEALTHY

ISSUE 7

*pink is*  
**POWERFUL**



Stacey Shanner, Broker  
License #01234567  
Direct: (866) 458-4226



The Shanner Group  
1100 First Avenue  
Suite 200  
King of Prussia, PA 19406



# start HEALTHY

ISSUE 7

Dear Bill and Judy,

The end of summer can feel like a downer, both physically and mentally. This issue of Start Healthy features ways to keep your energy and spirit up during this season of change, including skincare tips, fun calorie-burning fall activities, and natural means to boost your energy.

Let's face facts: the changeover to cold, dry weather can be tough on exposed skin--especially your face. But with the right cleansing, moisturizing, and dietary tips, and by using the right products, you can ensure your healthy glow lasts long after the sun has set on summer.

Some activities just go hand in hand with fall, like picking pumpkins and apples. Well, did you know that your faves can also make for fantastic calorie-burning routines? There are plenty of ways to get your adrenaline pumping without hitting the gym, from raking to hiking.

While you're out enjoying fall activities, you might start running low on energy. We've got a satisfying solution: energy bites! These easy-to-make, tasty, no-bake treats--featuring flavors like chocolate-hazelnut and orange-cranberry--are perfect for any autumn adventure.

May you always regard the changing seasons as an opportunity to flourish. As always, it's a pleasure to send you this magazine.

**Stacey Shanner**



**Stacey Shanner**

**Direct:** (866) 458-4226

**Fax:** (610) 878-2000

**Email:** info@remindermedia.com

**www.remindermedia.com**

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1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406



RAZR HAWK DRIVER

RAZR X

## Front of Tear Out Card 1

### BARLEY, CORN, AND BLACK BEAN BURRITOS

- ¾ c. whole-kernel corn
- ¼ c. chopped red onions
- 1 (10-ounce) can fire-roasted diced tomatoes, undrained
- 2 c. low-sodium black beans, rinsed and drained
- 1 tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. ground red pepper
- 1 garlic clove, minced
- 1 tbsp. fresh lime juice
- 1 c. uncooked pearl barley
- 2 c. fat-free, low-sodium vegetable broth

*(ingredients continued on back)*



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## Back of Tear Out Card 1



*(ingredients continued)*

- ¼ c. fresh cilantro, chopped
- 2 c. thinly sliced lettuce
- 8 (8-inch) low-carb, whole wheat flour tortillas
- ½ c. salsa
- ¾ c. shredded fat-free cheddar cheese
- ½ c. light sour cream

1. In a 3- to 4-quart slow cooker, add the corn, red onions, and diced tomatoes. Rinse the black beans in a colander, and add to the slow cooker. Add the cumin, chili powder, red pepper, garlic, and lime juice. Stir in the barley, and then cover the mixture with vegetable broth. Mix all ingredients until blended together thoroughly, and cover.
2. Cook on low for 4-5 hours or until barley is tender and liquid is absorbed. Stir in cilantro.
3. Heat up each tortilla in the microwave for 10-15 seconds. Spoon the mixture evenly down the center of each tortilla. Sprinkle each with 1½ tablespoons of cheese and ¼ cup of lettuce.
4. Add 1 tablespoon of salsa and 1 tablespoon of sour cream to each tortilla, fold sides together, and roll.

**Tip:** Use low-sodium canned tomatoes for an even healthier bowl.



**Vegetarian**

**Calories: 440 | Total Fat: 6g | Cholesterol: 2mg  
Total Carbs: 82g | Fiber: 13g | Protein: 18g**

SERVES 8

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Take care of your skin this autumn by following this guide.

**start**HEALTHY

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HEALTHY

**PUBLISHER**

**Chief Executive Officer** Steven Acree  
[publishers@remindermedia.com](mailto:publishers@remindermedia.com)

**EXECUTIVE**

**President** Luke Acree

**EDITORIAL**

**Senior Editor** Matthew Brady  
**Content Writer** Alexa Bricker  
**Content Writer** Rebecca Poole  
[editorial@remindermedia.com](mailto:editorial@remindermedia.com)

**MARKETING AND CREATIVE**

**Vice President** Joshua Stike  
**Production Manager** Kristin Sweeney  
**Brand Content Manager** Jessica Carlin  
**Designer** Jordan Hunsberger  
[marketing@remindermedia.com](mailto:marketing@remindermedia.com)

**SALES**

**Director** Nicholas Bianco  
[sales@remindermedia.com](mailto:sales@remindermedia.com)

**OPERATIONS AND CLIENT SUCCESS**

**Vice President** Michael Graziola  
**Director of IT** Thomas Setliff  
**Print Operations Manager** Shannon Mosser  
[customerservice@remindermedia.com](mailto:customerservice@remindermedia.com)

**HUMAN RESOURCES**

**Director** David Brodish  
[hr@remindermedia.com](mailto:hr@remindermedia.com)



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# AN OBSESSIVE PURSUIT



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**ODYSSEY**  
#1 PUTTER IN GOLF

**T**he summer months afford us plenty of opportunities to stay active. There's the incentive to feel better in a bathing suit, and it's a lot easier to get a workout in when the entire world is your gym. You can go swimming, biking, running, you name it—the possibilities are endless.

But come fall, many of us trade in our running sneakers for cozy blankets and comfort foods. The good news is you don't have to be so quick to throw in the (beach) towel. Many of autumn's most popular activities are full of calorie-burning potential; you just have to know how to take advantage of it in your fitness routine.

# Staying Fit written by: alexa bricker **FOR FALL**

\*All estimates for calories burned are based on a 150-pound individual. These numbers will vary based on body composition.



## APPLE PICKING

*Calories burned: about 300 per forty-five minutes\**

### TIPS:

- Walk the entire orchard, not just the flat parts.
- Eat an energizing meal beforehand, and bring water.

You can't have fall without apples, and, for many, it doesn't even feel like autumn until you've picked some apples of your own. There are approximately 7,500 apple growers in the US, meaning you're probably not far from an orchard right now. Although apple picking might not sound like the most arduous activity, it can be quite a workout, depending on how you plan it.

Most orchards are not confined to a flat piece of land but are spread across multiple acres of hilly terrain, with the average orchard being about fifty acres in size. With plenty of room to walk and explore, a trip to the orchard has a lot of potential to give your cardiovascular system a boost. To start, consider carrying a bag for collecting apples instead of pulling them in a wagon. Carrying a little extra weight works your arm and leg muscles, as well as your abdominals, as you have to try and balance the weight moving up and down hills.

Take advantage of the entire orchard on your trip. Different apple varieties are often spread across the landscape, so to collect a diverse bin of apples you'll need to do some exploring—upping the cardio even more. The only downside to all that uphill walking is you might be tempted to grab a bag of apple cider donuts to snack on as you walk or after the excursion is over. To resist the temptation, be sure to eat a satisfying meal before you go, and bring a bottle of water with you to stay hydrated. You can also pack energy bites (see page 16) for an on-the-go snack.

## RAKING LEAVES

*Calories burned: about 550 per two hours*

### TIPS:

- Use a rake instead of a leaf blower.
- Chop up the leaves to use in flower beds.

Raking leaves is perhaps everyone's least favorite fall activity, but it's a necessary evil if you don't want your lawn littered with areas of dead grass come spring. Much like other types of yardwork—such as pulling weeds, gardening, and tree trimming—raking leaves can add up to a lot of physical activity, especially if you're at it for a long period of time.

Though it can make the experience easier, skip the leaf blower if you want a thorough workout, and rake your leaves by hand. The pulling motion has serious aerobic benefits if you're raking for a long while. An alternate idea to raking would be to use your mower to mulch the leaves into finer pieces for your flower beds; however, if you use a power mower to do so, you probably won't burn as many calories. Whichever you choose, be sure to protect your back by remembering to keep it as straight as possible; hunching over can create added stress on your spine.

## HIKING

*Calories burned: about 400 per hour*

### TIPS:

- Plan a challenging but efficient hike tailored to your goals.
- Pack a backpack with water and healthy snacks.

There's no question that hiking is one of the most popular ways to get some fresh air in the fall. Depending on where you live and what time of the season you go, you could hit the trails this time of year to catch a glimpse of the changing leaves. And, while the beautiful colors can certainly make physical activity more enjoyable, a leisurely stroll will not give you the same health benefits as a strenuous hike.

Before you even step outside, it's a good idea to take a look at the trail map. What areas are more flat, and what spots have the potential to give you a really good sweat session? Come up with a plan based on your individual goals and abilities, and be sure to challenge yourself. It's also important to be prepared with proper footwear. Sturdy boots or sneakers with grips are a good option for hiking, while sandals or other open-toed shoes are not.

Do you want to really kick your hike up a notch? You should plan to take a backpack with some essentials: water for hydration, a high-protein snack for fuel, and a trail map to keep you on track, for starters. While these items are important for safety, this little bit of extra weight can also make the workout more effective. A backpack with thicker, supportive straps is best to protect your back, and it's also important to make sure the weight is dispersed evenly between both shoulders.





## PUMPKIN PICKING

*Calories burned: about 240 per hour*

### TIPS:

- Carry any pumpkins you pick by hand.
- Walk the length of the pumpkin patch before you make a selection.

Similar to apple picking, exploring a pumpkin patch is a quintessential fall activity that can bring hours of fun—from actually picking the pumpkins to carving them. But carrying a big pumpkin is a lot of work, so much so that it could definitely replace your weight-lifting routine for the day.

The average carving pumpkin typically weighs between twelve and eighteen pounds, which is

roughly the same weight as a small child—and we all know how heavy children can be. If you pick two carving pumpkins (one in each arm), that could be nearly forty extra pounds of weight to carry!

Although pumpkin patches are generally flat, the gourd's extra weight can make your trip around the patch feel a lot more strenuous, especially if you walk the full expanse. If you aren't afraid of a couple

confused stares, you can even opt for lunging or squatting with your pumpkin(s) for some extra calorie burn (or you could wait until you get home for this).

**You don't have to stop at these fall-centric activities to make sure you get in your physical activity this season. No matter what you have on your agenda for autumn, there are always ways to fit in a workout while you embrace all this time of year has to offer.**

# FATS or FICTION?

written by: *matthew brady*

You're hungry, so you head to the kitchen for a snack. You find a pair of tasty choices and, ever health-conscious, check their respective nutrition labels:

**OPTION 1:**  
170 calories, 14 grams fat,  
2 grams saturated fat

**OPTION 2:**  
90 calories, 0 grams fat,  
0 grams saturated fat

The second option is a no-brainer, right? If so, you'd be enjoying two fat-free fig cookies. Option one is a handful of classic peanuts—which, surprisingly, should be your choice (assuming allergies aren't an issue, of course).



One of the reasons is that the peanuts have only three ingredients, while the cookies have over a dozen. But there's also the illusion that, since the fig cookies are fat free, they must be the more nutritious option. (By that same logic, diet soda would be better for you than low-fat milk.) The truth is, the fat in low-fat or fat-free foods is usually replaced with things like sugar and additives for taste, making them iffy choices.

Perhaps the most important difference between these two options is in the type of fats you are consuming. The peanuts have healthy, good-for-you fats your body needs, as opposed to others, which can actually be harmful. Knowing the difference between good and bad fats can be the key to a healthier life.

## *The Big Four* GOOD: MONOUNSATURATED AND POLYUNSATURATED FATS

A landmark longitudinal study started in 1958, the Seven Countries Study, concluded that foods like fatty fish and dark chocolate had positive outcomes for preventing cardiovascular disease because of the types of fat being consumed: monounsaturated and polyunsaturated. These fats have simple molecular



bonds and help with cholesterol, while polyunsaturated fats also provide needed fatty acids that your body can't produce itself, like omega-3s.

## BAD: SATURATED FATS

Commonly found in red meat, dairy, and many processed foods, these fats have been associated with raised levels of cholesterol and heart disease, so experts suggest to keep them to a minimum: 5 to 6 percent of your calories per day. An American Heart Association presidential advisory concluded that replacing these fats with polyunsaturated fats could reduce the risk of cardiovascular disease by 30 percent.

## WORST: TRANS FATS

These largely manufactured fats are made through a process called hydrogenation, which adds hydrogen to vegetable oil. Created in Europe around the turn of the twentieth century, they were popularized in items like Crisco and eventually became a means of making processed foods.

However, it was later discovered that trans fats are particularly good at raising LDL (bad cholesterol), which can lead to serious heart problems. As a result, in 2015 the FDA declared that trans fats were not safe and needed to be eliminated from the US food supply; as of 2018, they could no longer be added to foods, and they will be phased out altogether by 2020.



Be wary, though. Until then, if an item has 0.5 grams or less of trans fat per serving, its manufacturer can list it as having zero grams of trans fats and market it as such. To be safe, the American Heart Association suggests to check for partially hydrogenated oils in the ingredients.

## Fantastic Fatty Foods

In addition to fatty fish (such as tuna, salmon, and mackerel) and dark chocolate (with at least 70 percent cacao), the following foods are just a few examples of high-fat foods that are packed with benefits. Don't go all-out, though: they *do* still have calories and fat, after all, so too much of a good thing really can become a bad thing.

### AVOCADOS

A poster child for a healthy fatty food is the überpopular avocado. One-third of a medium avocado has around 80 calories, 8 grams of fat, and 1 gram of saturated fat. That may sound like a lot—especially for a fruit. The key is that 75 percent of the fats are good fats: monounsaturated and polyunsaturated.

### NUTS

As illustrated earlier, you might initially blanch at the fat counts associated with some nuts. That said, many nuts and peanut butter fall under the monounsaturated/polyunsaturated category. Make sure to check for

added ingredients in nuts and nut butters, though. (For example, low-fat peanut butter often has added sugars.)

### OILS

Not all oils are created equal. The American Heart Association lists olive oil, canola oil, peanut oil, safflower oil, and sesame oil among monounsaturated oils. Also good for you are soybean, corn, and sunflower oils, which are considered polyunsaturated.

## Healthy—or Concealing Hidden Dangers?

Despite all the messages about low-fat foods being good for you, there's a fat chance that it's always true. Check out these popular examples to get the skinny on their positives and negatives.

### CEREAL

Navigating for healthy cereals can be tricky—though almost all are low in fat, most have added sugars and refined ingredients. Paying attention to the nutrition and ingredients is a must.

### JUICE

Once seen as a cure-all, juice still has health benefits, except for the sheer amount of sugar. Check the labels, and opt for the nutrition benefit of 100 percent fruit juice instead of fruit drinks. Better yet: choose water.



### POPCORN

Talk about extremes: freshly popped popcorn, made with no oil or healthy oil, is essentially a superfood, containing numerous health benefits—but movie theater popcorn is a calorie-and-fat bomb.

### PRETZELS

Sure, these popular snacks, made with refined carbs, lack fat, which is usually compensated for with high amounts of sodium.



### RAISINS

Much like orange juice, raisins are packed with benefits but come with a high sugar risk. Be sure to use portion control to get the best out of this dried fruit.

### SALADS AND SALAD DRESSINGS

Be wary of salad kits, which tend to add calories and fat to the veggies. And watch dressings when they are in bottles, packages, or restaurants: additives and other unhealthy ingredients are often included. Your best bet is to make your own with fresh veggies and healthy oils.

### VEGGIE CHIPS

Notice that, in the ingredients list on many varieties, the primary components aren't vegetables. Plus, these chips—like their potato brethren—don't provide much nutrition.

### YOGURT

Check the Nutrition Facts label on flavored and light versions: the sugar content is usually quite high. Stick with plain yogurt (particularly Greek yogurt) for

maximum benefits. Similarly, the frozen version often has less fat than ice cream but more sugar and calories.

Despite what you may have heard, fats are not necessarily your enemy—fat-filled food isn't always fattening food, and low-fat doesn't always mean healthy. When it comes to fats, much like many other things in life, it comes down to making informed decisions and finding a healthy balance for the best results.

For more info, visit [heart.org](http://heart.org)

VG

EACH RECIPE MAKES APPROX.  
17-24 BITES | SERVING SIZE: 1 BITE

# A BALL OF ENERGY

recipes by: *jessica carlin*    photography by: *shana smith*

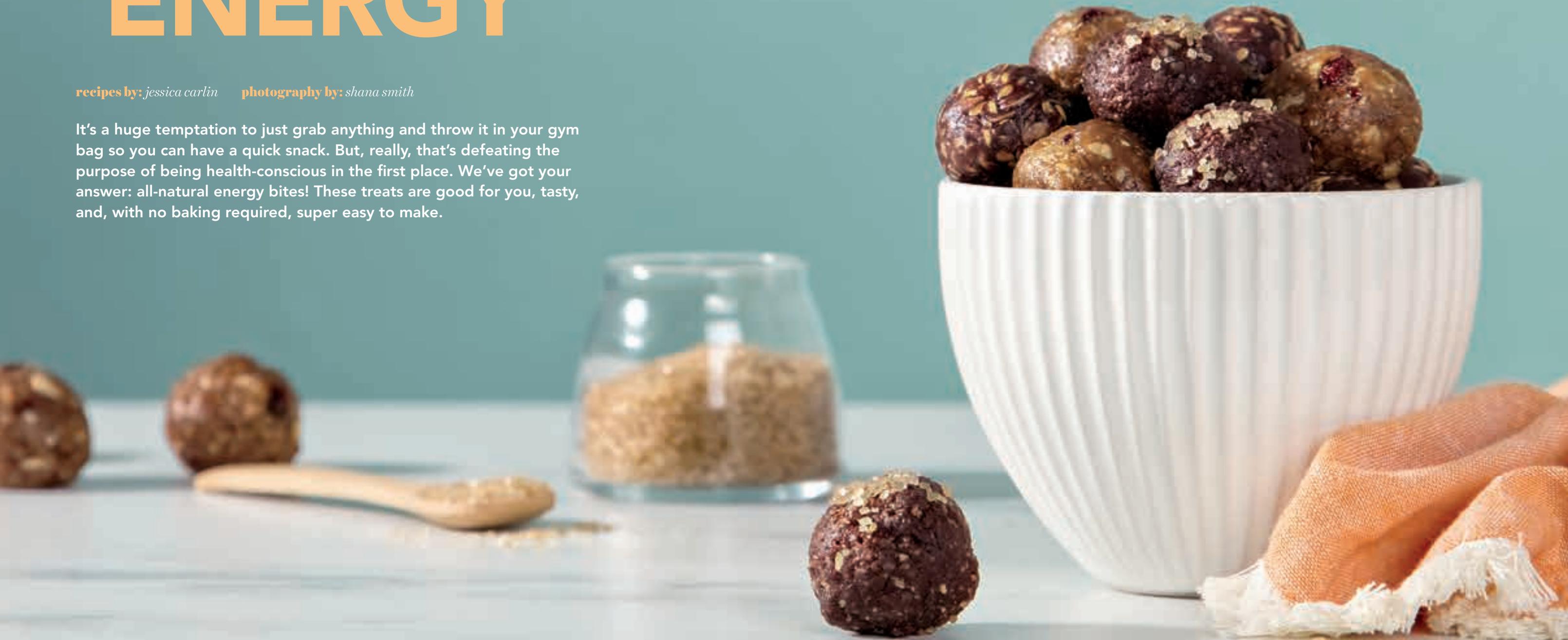
It's a huge temptation to just grab anything and throw it in your gym bag so you can have a quick snack. But, really, that's defeating the purpose of being health-conscious in the first place. We've got your answer: all-natural energy bites! These treats are good for you, tasty, and, with no baking required, super easy to make.

RECIPE KEY:

GF Gluten Free

VG Vegan

V Vegetarian







## ORANGE-CRANBERRY BITES

Calories: 66 | Total Fat: 2g | Cholesterol: 1mg  
Total Carbs: 11g | Fiber: 1g | Protein: 1g

### measure

- 2 cups pitted dates
- ½ cup old-fashioned oats
- Orange zest from 1 orange
- 3 tablespoons almond butter
- ½ cup almonds
- ¼ cup dried cranberries
- ¼ cup maple syrup

### make

1. Put the dates in a food processor, and pulse/blend until pureed, about 1–2 minutes.
2. Add oats, and process until oats are crumbly.
3. Add orange zest, almond butter, and almonds. Process again.
4. Add cranberries and maple syrup, and pulse until a solid dough forms.
5. Scoop out tablespoon-sized portions, roll each into a ball, and place on a pan lined with parchment paper.
6. Refrigerate to set. Store in an airtight container.

## MOCHA-NUT BITES

Calories: 48 | Total Fat: 2g | Cholesterol: 7mg  
Total Carbs: 6g | Fiber: 1g | Protein: 1g

### measure

- 1 cup old-fashioned oats
- ¼ cup flaxseed
- 1 teaspoon espresso powder
- 2 tablespoons cocoa powder
- Pinch of salt
- ½ teaspoon vanilla extract
- 2 tablespoons peanut butter
- 2 tablespoons almond butter
- ¼ cup maple syrup

### make

1. In a large bowl, combine all ingredients. Mix with a spoon or spatula until everything comes together.
2. Cover, and place the mixture in the fridge to chill for 30 minutes.
3. Once chilled, scoop out tablespoon-sized portions, roll each into a ball, and place on a pan lined with parchment paper.
4. Refrigerate to set. Store in an airtight container.

## CHOCOLATE-HAZELNUT BITES

Calories: 116 | Total Fat: 7g | Cholesterol: 4mg  
Total Carbs: 14g | Fiber: 1g | Protein: 2g

### measure

- 1 cup dry-roasted hazelnuts
- ½ cup old-fashioned oats
- 1 cup fresh dates, pitted
- ¼ cup hazelnut spread
- 3 tablespoons cocoa powder
- 1 teaspoon vanilla extract
- Pinch of salt
- ¼ cup sugar, for garnish

### make

1. In a food processor, combine hazelnuts and old-fashioned oats. Process on high for about a minute.
2. Add the dates, hazelnut spread, cocoa powder, vanilla, and salt, and process on high for 1–2 minutes.
3. Scoop out a tablespoon-sized portion, and roll it into a ball. Dip one side into sugar, and place on a pan lined with parchment paper. Repeat with the rest of the mixture.
4. Refrigerate to set. Store in an airtight container.



# a skin *transition*

**written by:** *rebecca poole*

**photography by:** *shana smith, unless noted*

**S**lowly but surely, weekend activities are starting to switch from picnics and beach days to apple picking and haunted house excursions. As the weather takes a colder turn, it's high time for something else to change as well—your skincare routine.

A skincare regimen during the dog days of summer probably looks a little like this: exfoliating, applying a lot of sunscreen and a lightweight moisturizer, and cleansing twice a day. Hotter weather can cause oil buildup, leading to a complexion that gets greasy as the day wears on. Exfoliating and cleansing help give your skin a natural glow, which really is all most people want for their skin. Sunscreen is another crucial element to a summer skincare routine, especially when, according to the American Academy of Dermatology, one in five Americans are at risk for developing skin cancer in their lifetime. While UV rays are at their strongest during the warmer months, sunscreen should be part of people's everyday self-care regimens.

However, as autumn approaches, changing up elements of your skincare routine will help maintain the health of your skin into fall and beyond.

## **FALL IN LOVE WITH YOUR SKIN**

A change in weather, especially when said weather is cold, might cause your skin to become itchy and irritable, which can be caused by a lack of humidity. A new season also brings a shift in lifestyle: no more summer Fridays at work, extended weekends at the beach, or long-awaited vacations on the calendar. For many people, fall means a packed schedule with kids back in school, new end-of-year projects, and a busy social life with the approaching holidays. All of this can take a toll on your complexion.

The summer glow has come and gone, which can leave your skin feeling and, let's face it, looking, malnourished. Combine this with a busier schedule and you don't exactly



have a recipe for the best-looking complexion. Putting some extra TLC into your skin this time of year can have a huge payoff.

#### FROM THE INSIDE OUT

People tend to stock up on products galore when their skin is in a seasonal transition, but they fail to realize that what goes into their bodies can affect what's on the outside, too. Dairy, gluten, and foods high in sugar can all contribute to having troublesome skin. But there are plenty of fall superfoods to munch on instead. Cauliflower is a great low-carb option. Squash makes for an appetizing and colorful side dish, and fruits, such as pomegranates, tangerines, apples, and dates, can help your health—and your skin's health—this season. Your skin will thank you as you reach for foods that are higher in antioxidants and generally have better nutritional value. A sweet latte or baked good is a part of enjoying the season for many, but indulging in excess could have negative results.

#### MOISTURIZE MORE

During the summer months, using a lightweight moisturizer is one of the keys to avoiding that oily sheen on your T-zone, but as autumn comes around, it's time to incorporate a thicker moisturizer into the mix. Why? Weather elements shift from sunny rays to wind, rain, and, in some regions, early snowfall. This (sometimes) abrupt change in weather can cause your skin

to become easily irritated—but the harsher weather (and the heaters that accompany it) doesn't have to dehydrate your skin completely. One way to combat the rough elements is to strengthen the barrier on your skin by using a thicker moisturizer. When looking for a thicker moisturizer, pay extra attention to the ingredients list. Look for key ingredients like hyaluronic acid, shea butter, squalane, and glycerin, while steering clear of those that have sulfates and parabens.

*As autumn approaches, changing up elements of your skincare routine will*  
**help maintain the health of your skin into fall and beyond.**

Hyaluronic acid is an especially important ingredient to keep in mind as you're deciding on a new moisturizer for colder weather. This game-changing substance is a molecule that retains water, helping to keep skin hydrated. Hyaluronic acid is found naturally in our skin, but investing in a moisturizer that has this substance incorporated into it can take your complexion to another level of healthy and glowing. It's something that can help any skin type retain moisture throughout the harsher months. And if weather isn't something that's a contributing factor in how you take care of your skin, it can also aid in diminishing the appearance of fine lines and wrinkles.



### CLEANSE DIFFERENTLY

Since hydration is essential during the fall, you also don't want to use anything that will dry out your skin, like foaming cleansers. What you do want is a cleanser that will leave your skin feeling soft and smooth, without making it feel tight three hours after washing it. A charcoal cleanser will also work wonders, as it helps with dullness and acne-prone skin. If your skin is feeling especially parched, try a cleanser with vitamin C because it removes any dirt buildup from the day and brightens your skin.

### USE A MASK

Dry skin isn't incurable—and a mask can be just the thing to help solve your skincare issues. Honey extract is a key ingredient to look for in face masks this time of year, or you could even opt to make your own with the honey in your kitchen! The antioxidants and natural antibacterial properties found in honey can boost the health of your complexion tenfold. Overnight masks can be a great way to restore your skin as well. It's like waking up with fresh, plump skin that's prepped for the day's unpredictable fall conditions. Other hydrating face masks contain hyaluronic acid, botanical oils, or ceramides.

### A SKIN SOLUTION

Problematic skin is as common as oversized sweaters and pumpkin spice lattes this time of year, but that doesn't mean you can't take steps to feel your best. With the right products and nutrient-filled foods, a new season can leave you with skin feeling supple and soft.

*For more info, visit [aad.org](http://aad.org)*



# WELL RIED

written by: *matthew brady*

**Imagine that your son or daughter is in a serious car accident. Or that a good friend is getting chemo treatment for cancer. A common denominator? Each may desperately need blood.**

In fact, every two seconds, someone in the United States requires blood. Transfusions are frequently needed for people who have conditions such as sickle cell anemia and who go through treatments like chemotherapy. Surgeries can require several units of blood. A burn victim can require over fifty units of

blood, and a car accident victim can need up to one hundred pints of blood—that's ten times the normal amount of blood in an average adult body.

Blood is one of the few things that science can't replicate in a lab, so donations are a must. The problem is that less than 40 percent of American adults are eligible to give blood—and of that, only 3 percent do so each year. However, when you learn more about the basics of blood and the donation process, you might just find that helping save the lives of others is easier than you think.



## ***A Blood Breakdown***

Today, science has advanced to the point that we know a great deal about this liquid coursing through our veins—including its essential functions, what it's composed of, and what types of blood exist. Blood, in short, circulates what your body needs, like oxygen, and sends things it doesn't to organs for removal. It is comprised of plasma, red blood cells, white blood cells, and platelets.

Plasma, which makes up over half your blood, is the liquid part that keeps things moving. Red blood cells (four to six million of which are in each cubic millimeter of blood) carry oxygen, and the white blood cells are your body's internal defense mechanism. Platelets cause clotting in your body, and an insufficient amount of them is why transfusions are often crucial for people with illnesses like leukemia.

As it turns out, though, transfusions were mysteriously deadly prior to the twentieth century. In 1900, however, an Austrian immunologist named Karl Landsteiner discovered different human blood types, which became the universal standard: O, A, B, and AB (with positive and negative designations to each). This discovery helped to explain fatal reactions to transfusions: if blood types are mixed, the immune system attacks and breaks down the new, "foreign" blood cells.

Thanks to this Nobel Prize-winning breakthrough, blood can now safely be used to save lives. If you have type O negative blood, congratulations—you're considered a universal donor, which means that your blood can be given to anybody. For safety, donations of the other blood types must match their own: type A can only be given to someone with A or AB blood, B to B or AB, and AB to AB.

Type O is most prevalent: approximately 45 percent of Caucasians are type O (positive or negative), but 51 percent of African Americans and 57 percent of Hispanics are. O negative comprises approximately 7 percent of the population, but it's utilized much more in hospitals because it's the blood used for trauma and all urgent transfusions for women of childbearing age.

Among the other blood types, about 40 percent of Americans have type A, while approximately 10 percent have type B. Less than 5 percent of Americans have AB blood, with AB negative being the rarest of all, representing less than 1 percent of the population.

## ***(Don't Fear) the Needle***

For many, giving blood is a scary proposition, leading to questions like "What if it hurts?" and "What if I faint?" and even questions about contamination. Understanding the Red Cross's blood donation process itself can go a long way to eliminating such fears.

*Every blood donation has the potential to save up to*  
**three lives.**

At the minimum, you must be seventeen in most states, weigh 110 pounds, and be in good health. You can schedule an appointment by calling the Red Cross, going to its website, or even asking Amazon Alexa. Before giving, you need to register and answer a thorough series of health-related questions about things like illness, medications, and travel history; doing so protects those who receive your blood. Your temperature is taken, your hemoglobin is tested for its iron content (if it's too low, it would slow your body's

blood-making process, which can take up to six weeks), and your blood pressure and pulse are checked—all to make sure you're healthy enough to give blood.

After you lay down on a padded table, your arm is sterilized and a brand-new needle is placed in a vein. Just like at a doctor's visit, you only feel an initial pinch—when the blood is taken and the needle is removed, there is no pain. Overall, it takes about ten minutes to donate a pint of blood.

To ensure that you won't faint as you leave, the Red Cross requires that you sit for about ten minutes after you donate blood, and volunteers provide drinks and snacks as you're waiting. It's also recommended that you don't do heavy lifting for several hours after you leave.

The procedure is different if you donate platelets. During this process, called apheresis, your blood is drawn, the platelets are removed by a cell-separating machine, and then your blood is put back into your body. This takes up to two hours, so you recline comfortably during that time and listen to music or watch a movie.

In all, over 35,000 units of red blood cells and 7,000 units of platelets are needed every single day in this country. Donations can't be kept forever, though. Red blood cells must be used within six weeks and platelets within a mere five days—hence the continual need for donations.

### **Change a Life**

Blood has been and always will be vital for good health and life itself, and that's true more than ever in the twenty-first century, when it's now used to help determine how well organs are functioning, detect diseases, test DNA, and extend lives.

It still may be an afterthought for many, but for millions of others, blood is an urgent need. Every blood donation has the potential to save three lives—so consider scheduling an appointment today to make a difference to those who need it most.

*For more info, visit [redcrossblood.org](http://redcrossblood.org)*

## MIND-BLOWING *Blood Facts*



On average, around **7–8 percent** of an adult's body weight comes from blood.

### **AROUND ONE MILLION BARRELS**

of blood will be circulated around your body in your lifetime.

Your heart circulates blood through your body about **three times every minute**—that's around 2,000 gallons of blood traveling 12,000 miles every day.



### **ANCIENT EGYPTIANS**

are thought to have done bloodletting, a practice that involved the removal of a person's blood for therapeutic purposes, which continued into the twentieth century. (Evidence suggests that bloodletting may have contributed to George Washington's death.)



Blood transfusions have been attempted since the **fifteenth century**, with the first known successful one occurring in 1667.





RECIPE KEY:

- GF Gluten Free
- VG Vegan
- V Vegetarian



# HEALTHY *COMFORT* DISHES

recipes by: *jessica carlin*  
*and natalie lewicki*  
photography by: *shana smith*

Your favorite comfort foods ... healthy? We know what you must be thinking, but trust us: with a few modifications, you can marry great flavors with healthier ingredients. We've swapped out the high-fat ingredients of classic dishes with veggies—so the only thing you'll be missing are the extra calories!

**GF****V****SERVES 4**

Calories: 301 | Total Fat: 1g | Cholesterol: 0mg | Total Carbs: 58g | Fiber: 17g | Protein: 17g

# SLOW COOKER VEGETARIAN *CHILI WITH SWEET POTATOES*

Chili is one of those comfort foods that's hard to beat. It's warm, filling, and can be adjusted to fit any taste or appetite—including vegetarian. We've swapped out the meat in this dish for, you guessed it, sweet potatoes! It's a tasty twist on one of the most beloved slow cooker meals but one you'll want to keep making again and again.

## measure

- 1 medium sweet potato, peeled and cut into ½-inch pieces
- 1 medium red onion, chopped
- 1 green bell pepper, chopped
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 2 teaspoons unsweetened cocoa powder
- ¼ teaspoon ground cinnamon
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 (28-ounce) can fire-roasted diced tomatoes, undrained
- 1 (15.5-ounce) can low-sodium black beans, rinsed
- 1 (15.5-ounce) can low-sodium kidney beans, rinsed
- 1 cup water
- Sour cream and sliced scallions, for garnish

## make

1. Combine all ingredients except for the sour cream and scallions in a slow cooker.
2. Cover, and cook on low for 7 to 8 hours, or until the sweet potatoes are tender and the chili has thickened.
3. Serve chili in bowls topped with a dollop of sour cream and a sprinkle of scallions.

**Tip:** Use low-sodium canned tomatoes for an even healthier bowl.





SERVES 8

Calories: 440 | Total Fat: 6g | Cholesterol: 2mg | Total Carbs: 82g | Fiber: 13g | Protein: 18g

# BARLEY, CORN, AND BLACK BEAN *BURRITOS*

*Burritos are one of life's guilty pleasures, but here's a secret: they don't have to be. Instead of loading up on ground beef, cheese, and sour cream, fill your burrito with protein-rich black beans, fresh veggies, and, yes, a sprinkle of fat-free cheddar.*

## measure

- ¾ cup whole-kernel corn
- ¼ cup chopped red onions
- 1 (10-ounce) can fire-roasted diced tomatoes, undrained
- 2 cups low-sodium black beans, rinsed and drained
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon ground red pepper
- 1 garlic clove, minced
- 1 tablespoon fresh lime juice
- 1 cup uncooked pearl barley
- 2 cups fat-free, low-sodium vegetable broth
- ¼ cup fresh cilantro, chopped
- 8 (8-inch) low-carb, whole wheat flour tortillas
- ¾ cup shredded fat-free cheddar cheese
- 2 cups thinly sliced lettuce
- ½ cup salsa
- ½ cup light sour cream

## make

1. In a 3- to 4-quart slow cooker, add the corn, red onions, and diced tomatoes. Rinse the black beans in a colander, and add to the slow cooker. Add the cumin, chili powder, red pepper, garlic, and lime juice. Stir in the barley, and then cover the mixture with vegetable broth. Mix all ingredients until blended together thoroughly, and cover.
2. Cook on low for 4–5 hours or until barley is tender and liquid is absorbed. Stir in cilantro.
3. Heat up each tortilla in the microwave for 10–15 seconds. Spoon the mixture evenly down the center of each tortilla. Sprinkle each with 1½ tablespoons of cheese and ¼ cup of lettuce.
4. Add 1 tablespoon of salsa and 1 tablespoon of sour cream to each tortilla, fold sides together, and roll.

**Tip:** Use low-sodium canned tomatoes for an even healthier burrito.

**GF****V****SERVES 4**

Calories: 114 | Total Fat: 9g | Cholesterol: 0mg | Total Carbs: 7g | Fiber: 2g | Protein: 4g

# ZESTY GARLIC *ZOODLES*

If a zoodle were called by any other name, would it still taste delicious? The answer is yes, but zoodle is just too fun to say! Add an extra serving of veggies into your dinner with this fresh take on noodles. Top them with your favorite pasta ingredients (think cheese and garlic) and your taste buds will never know the difference.

*measure*

- 2–3 zucchini
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- ½ cup grated Parmesan, plus extra for garnish
- Juice of half a lemon
- Salt and pepper, to taste
- Zest of ½ lemon, plus extra for garnish
- Lemon, sliced, for garnish

*make*

1. Using a spiralizer, twist each zucchini until the entire length of the vegetable is cut into thin, noodle-like strips.
2. Bring a large pan to medium-high heat, and add in the olive oil and garlic. Sauté until fragrant.
3. Add the zoodles to the pan, and cook for one minute. Sprinkle in the Parmesan, lemon juice, salt, and pepper. Cook for another minute or two until noodles are al dente.
4. Add in the lemon zest, and mix one more time. Plate the zoodles, and garnish with lemon slices, extra lemon zest, and extra cheese, if desired. Serve immediately.



# THE HERE AND NOW

written by: *rebecca poole*

**T**he journey of self-actualization is lifelong; it requires effort, patience, and, above all, living in the moment. Once a wellness practice reserved for those who splurged on yoga retreats in the farthest corners of the world, mindfulness was not something the average person understood or even wanted to understand. In recent years—thanks in part to the ever-evolving discussion surrounding mental health and a plethora of companies incorporating mindfulness training into their

workplace—this Eastern practice entered into the mainstream.

Dr. Jon Kabat-Zinn can be largely credited for taking mindfulness from Eastern culture to Western culture. A professor at the University of Massachusetts, he created an eight-week program called Mindfulness-Based Stress Reduction (MBSR) in the late 1970s, which blazed the trail for this wellness practice to gain momentum throughout the country.

Clinical psychologist Dr. Melanie Greenberg defines mindfulness as living with compassion, being in the present moment, and having an acute sense of self-awareness. You may be saying to yourself, *Great, but how do I achieve that?* Most people find it difficult enough to get out of the cognitive cycle of overthinking—worrying about their future and regretting their past—let alone adding another mental practice to the list. But don't be so quick to dismiss this exercise, as there's a lot to gain from incorporating mindfulness into your daily life.

### JUST BREATHE

There are countless self-help books, articles, and blogs dedicated to the subject of mindfulness, written by

experts as well as people who have been transformed by this wellness practice. According to Harvard Medical School, it's proven to be an effective tool for those who are struggling with anxiety and depression and even for people who are just suffering from a bad day. One way to ease anxious thoughts is by way of mindful meditation—a common way to practice mindfulness.

Mindful meditation simply means training your brain to be in the present moment—focusing all thoughts, feelings, and emotions on what you're currently experiencing. Mindfulness and meditation go hand in hand for many, although Dr. Greenberg stresses that it doesn't have to be that way. "Meditation is important because it gives you the experience of mindfulness, but

it's not all or nothing. It's more about being aware of your senses and checking in with yourself to see how you're feeling," she says.

Taking a minute to be in tune with your emotions—especially the bad ones—can help you recognize what's going on in your head and deal with it sooner. You can practice this on public transportation, in a seated position on your bed, or as you walk through a park on a sunny day. Instead of running from your problems, you are acknowledging them and are therefore in better control. Mindful meditation can be done on a larger scale, such as when you're going through a life-changing event or even when smaller issues arise. Mindfulness comes into play when you practice the

exercise of breathing. You're not thinking about where you need to be, how late you're running, or predicting the length of the coffee line; you're focusing on nothing else but your breath and the rise and fall of your chest.

### IMPROVE YOUR RELATIONSHIPS

The word *mindfulness* itself implies the individualistic nature of the practice, but Dr. Greenberg contrasts this by saying, "What people tend to forget is that mindfulness is also about other people. When you're engaging in conversations, are you truly listening to that person? Are you noticing how *they're* feeling?" In other words, part of being mindful is having emotional intelligence. As defined by *Psychology Today*, emotional intelligence is the ability to identify and



handle your own emotions, as well as being in tune with those of others. When you're aware of your own feelings, you can better assess how the other person is feeling and respond in an appropriate manner.

You can't have emotional intelligence without mindfulness. This crucial step of self-awareness lays the foundation for an emotionally intelligent interaction. Ask yourself: How can you truly be aware of someone else's emotional state if you're not mindful of your own? This can be especially useful in situations of conflict, when you're trying to alleviate said conflict or stop a situation from arising altogether. Be mindful; notice what's bothering you or causing you joy, and translate that into your relationships with others.

## MINDFULNESS AND TECH

The debate about whether technology is beneficial or detrimental to your mental health is ongoing. However, when it comes to mindfulness, it can be both. Dr. Greenberg makes a case for both sides. As far as the positive aspects are concerned, she stresses, "Technology is great for mindfulness because it makes it more accessible to the average person. People are more likely to engage with this practice if they have the tools that give them imagery and something to engage with." Apps like Headspace, Calm, and 10% Happier are all built on the premise that taking a few minutes out of your day to be present can shift your mind-set to a more positive place. The content within these applications can help someone who's unsure of where to start when it comes to practicing mindful behavior.

On the other hand, technology and the idea of mindfulness aren't always positively aligned. It doesn't take a technology expert to help us realize that our devices can cause major distractions. If a blog post

takes too long to load, we exit out. If our favorite social media app is down, we seek entertainment elsewhere. The basis of mindfulness is the ability to slow down, breathe, and live in the present moment—something that technology doesn't always facilitate. Dr. Greenberg adds, "Kids are using apps like Snapchat from a very young age. All these aspects of technology, while great if used properly, can also add to distracting behavior." Much like eating pizza or drinking alcohol, technology is best consumed in moderation. A total tech detox isn't necessary to live a mindful life, and, for many, disappearing from social media isn't feasible. But you don't have to join the average American in spending four hours on the phone every day, either. There's a happy medium to be found that can add value to cultivating a calmer life for yourself.

## STRESS, BEGONE

The most prevalent mental illness in the nation is anxiety, with anxiety disorders affecting nearly forty million adults, according to the Anxiety and Depression Association of America. Similarly, major depressive disorder affects over sixteen million, and it's not uncommon for people to be diagnosed with both. Unsurprisingly, mindfulness is shown to help those who suffer from a mental illness or those who are simply bogged down from a stressful situation. Dr. Greenberg explains this, saying, "If you practice mindfulness frequently, it's shown to lessen the stress on the fight-or-flight part of the brain and makes the prefrontal cortex more powerful. Mindfulness can also help lower blood pressure, which is one indicator of stress." As the world becomes more and more fast-paced, taking a moment or two to slow down can help you better understand yourself and others, and it can greatly enrich your overall well-being.

## TRY IT FOR YOURSELF

Practicing mindfulness is different for everyone, and there is no right or wrong way to do it. But here are some tips to help you get started:

**SIT DOWN IN A QUIET PLACE.** This will help bring a sense of calmness to your mind and body.

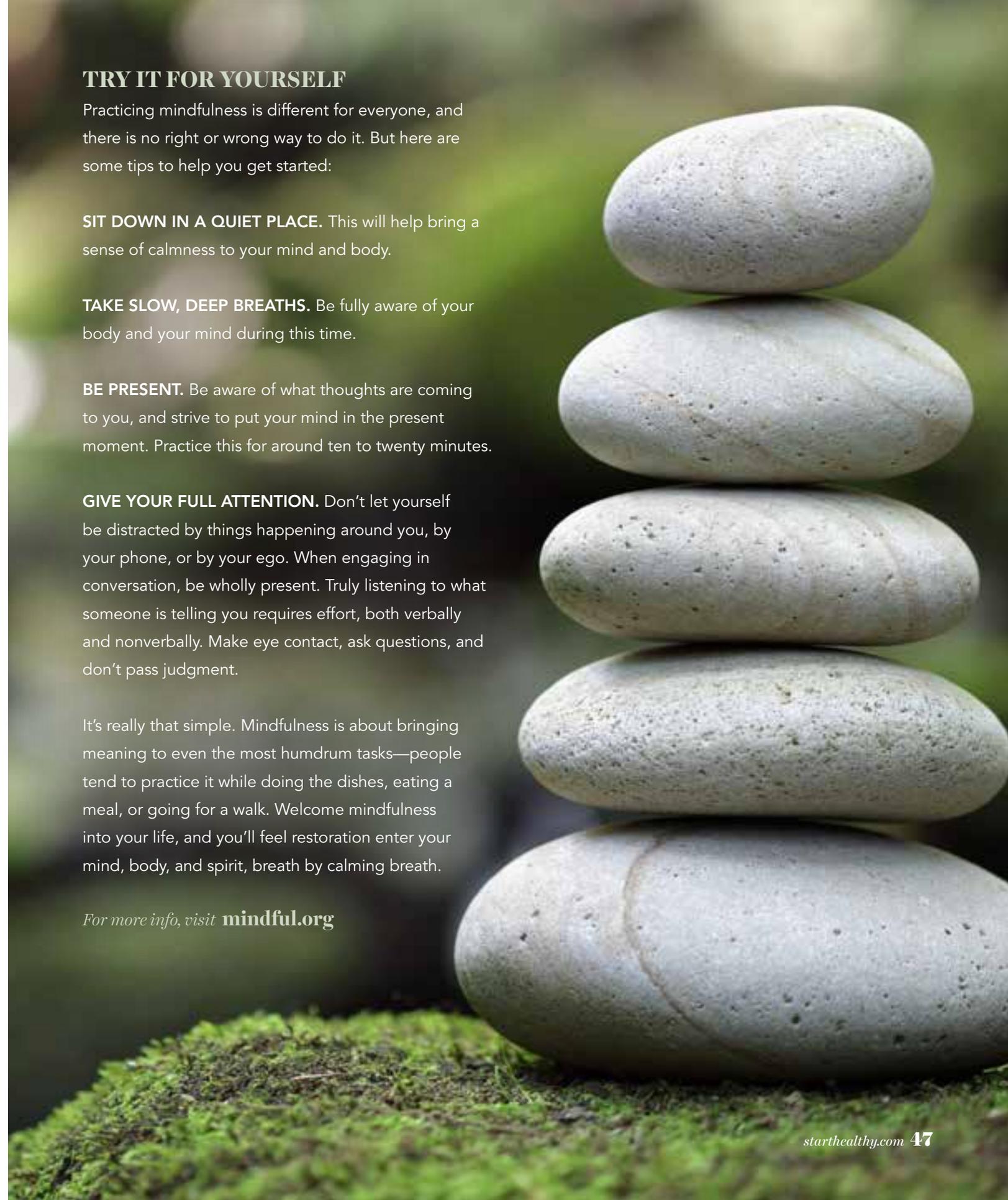
**TAKE SLOW, DEEP BREATHS.** Be fully aware of your body and your mind during this time.

**BE PRESENT.** Be aware of what thoughts are coming to you, and strive to put your mind in the present moment. Practice this for around ten to twenty minutes.

**GIVE YOUR FULL ATTENTION.** Don't let yourself be distracted by things happening around you, by your phone, or by your ego. When engaging in conversation, be wholly present. Truly listening to what someone is telling you requires effort, both verbally and nonverbally. Make eye contact, ask questions, and don't pass judgment.

It's really that simple. Mindfulness is about bringing meaning to even the most humdrum tasks—people tend to practice it while doing the dishes, eating a meal, or going for a walk. Welcome mindfulness into your life, and you'll feel restoration enter your mind, body, and spirit, breath by calming breath.

For more info, visit [mindful.org](http://mindful.org)



Front of Tear Out Card 2

**ORANGE-CRANBERRY  
ENERGY BITES**



- 2 c. pitted dates
- ½ c. old-fashioned oats
- Orange zest from 1 orange
- 3 tbsp. almond butter
- ½ c. almonds
- ¼ c. dried cranberries
- ¼ c. maple syrup



**Stacey Shanner**

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**Direct:** (866) 458-4226  
**Fax:** (610) 878-2000  
**Email:** info@remindermedia.com  
**www.remindermedia.com**

**The Shanner Group**  
 1100 First Avenue  
 Suite 200  
 King Of Prussia, PA 19406



Back of Tear Out Card 2



**ORANGE-CRANBERRY  
ENERGY BITES** VG *Vegan* GF *Gluten Free*

1. Put the dates in a food processor, and pulse/blend until pureed, about 1–2 minutes.
2. Add oats, and process until oats are crumbly.
3. Add orange zest, almond butter, and almonds. Process again.
4. Add cranberries and maple syrup, and pulse until a solid dough forms.
5. Scoop out tablespoon-sized portions, roll each into a ball, and place on a pan lined with parchment paper.
6. Refrigerate to set. Store in an airtight container.

Calories: 66 | Total Fat: 2g | Cholesterol: 1mg | Total Carbs: 11g | Fiber: 1g | Protein: 1g

MAKES APPROX. 17–24 BITES  
SERVING SIZE: 1 BITE

# EXTEND

← YOUR YEARS →

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EAT WELL.



STAY ACTIVE.



STRESS LESS.



SLEEP WELL.



SET GOALS.

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**Stacey Shanner**

The Shanner Group  
 1100 First Avenue, Ste 200  
 King Of Prussia, PA 19406  
 info@remindermedia.com

**(866) 458-4226**

**Stacey Shanner**  
The Shanner Group  
1100 First Avenue  
Suite 200  
King Of Prussia, PA 19406

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Grocery shopping **121 CALORIES**

Mopping **153 CALORIES**

Painting the house **171 CALORIES**

Ironing **77 CALORIES**

Preparing dinner **74 CALORIES**

Vacuuming **75 CALORIES**

Shoveling snow **205 CALORIES**

Washing dishes **77 CALORIES**

Mowing the lawn **162 CALORIES**

Gardening **184 CALORIES**

**Being active  
doesn't mean  
spending countless  
hours at the gym.**

Doing just 30 minutes of these activities  
**can burn a lot of calories.**

**NOTE:** Calories based on a 150-pound person.  
The more you weigh, the more calories you will burn.



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1100 First Avenue, Ste 200  
King Of Prussia, PA 19406  
info@remindermedia.com

**(866) 458-4226**