

Compliments of Stacey Shanner

start HEALTHY

ISSUE 10

Spring
is in
BLOOM



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Dear Bill and Judy,

It's never too early to start thinking about spring-cleaning: for your body and soul, your home and your planet. This issue of Start Healthy delves into ways to rejuvenate, including indoor and outdoor cycling, an innovative wellness center, a guide to minimizing chemicals in the home, and a company dedicated to saving the oceans.

From a very young age, people enjoy the freedom of bicycles, which can push boundaries and take us to places we never imagined. Today, this trend continues with indoor cycling classes and events like the Iron Horse Bicycle Classic, which pits bike versus train.

On the opposite end of the wellness spectrum is yoga, which promotes betterment through breathing and meditation. One Pennsylvania-based company adds another layer to this serenity by also offering relaxing flotation therapy.

If you're looking to make your home an eco-friendly paradise--from the kitchen to the bedrooms--these simple ideas for smart, health-conscious choices will help.

Even more than our homes, the Earth needs a bit of a rebirth. One company, 4ocean, is doing its part by advocating for and investing in ocean cleanup efforts around the world.

May you experience the rebirth of spring all year round. As always, it's a pleasure to send you this magazine.

Stacey Shanner



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RAZR HAWK DRIVER

RAZR X

Front of Tear Out Card 1

Make Your Workout Easier with These

FITNESS HACKS



Stacey Shanner

Use these fitness hacks to work a little more exercise into your daily routine. No need for a gym membership or fancy pedometer—these simple tips can help keep you fit with ease.

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Back of Tear Out Card 1

Make Your Workout Easier with These **FITNESS HACKS**



GET FIT WHILE WATCHING TV.

Choose one workout move, and do three sets of twelve reps—you can try this during a commercial break or even as you're watching. Exercises like planks, push-ups, squats, and lunges work well for this.



PAY YOURSELF.

Each time you work out, put a dollar into an envelope. When you hit your workout goals, reward yourself with new exercise clothes and gear or try a new workout to help keep you motivated.



LISTEN WHILE YOU WORK.

Download an audiobook, and only allow yourself to listen to it while you're working out. Not only will it help to take your mind off the workout, the story will motivate you to come back for more—and work out more, too.



BREAK IT UP.

Aiming to get a full thirty-minute workout in? Try breaking it up into three sessions: start your day with a ten-minute yoga routine, take a brisk, ten-minute walk on your lunch break, and alternate muscle groups for a ten-minute weight-lifting session before or after dinner.

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All you need to know about home juicing—from how and what to juice to its health benefits.

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We keep America
beautiful so Americans can
#DoBeautifulThings



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spring cleanup!



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you can take action in
your community.

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*start*HEALTHY

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EPIC
FORGED

ULTRA-PREMIUM
FORGED
PERFORMANCE





One of America's most treasured bike races was born out of a wager in 1971. Tom Mayer bet his brother Jim, a brakeman, that he could outrace the locomotive from Durango, Colorado, to Silverton, Colorado, on his bike—which he did. Others wanted to do the same, and a small event was organized the next year. Since then, the Iron Horse Bicycle Classic has grown in popularity and prominence. Iron Horse director Gaige Sippy, a participant himself, discusses this Memorial Day weekend tradition.

How did you get involved with the Iron Horse Bicycle Classic? I grew up in Albuquerque, New Mexico, which is a few hundred miles south of Durango. During college, I came up here to ride the event and was pretty enamored of it and the town, so I came back and worked in the bike shop and immersed myself in the Durango cycling scene. After graduation, I moved back to Albuquerque, but I eventually decided that I wanted to raise my family here. By chance, the bike shop I had worked at was owned by the founder of the event, Ed Zink, and they were looking for someone to take over in 2007, so I became the director.



interview with: gaige sippy
 written by: matthew brady
 photography by: iron horse bicycle classic

racing the
RAILROAD

How many people participate? Where do they come from? In 2019, we had 3,400 riders for all of our races. And, as Ed would tell you, in the early 1970s, he invited anyone who had a bicycle and begged them to come out to the starting line. So it has certainly grown—in fact, it's the second-oldest continuously run cycling event in the country.

We have, on average, about forty-four states represented, and a couple years ago we had riders representing all fifty states. But the bulk of our



ridership, probably 70 percent, comes from Colorado, New Mexico, and Arizona. We've also had Australians, lots of Europeans, and some riders from Japan. So we're certainly a bucket list item for cyclists everywhere. We also have a lot of folks that come back year after year; some have participated in the event thirty or forty times.

How many people help organize the event?

We rely on about 250 volunteers to put the event on. It takes five law enforcement agencies because riders travel through a patchwork of counties and a portion of US highway Route 550 is closed for the event. We also have several EMS departments that support the event.

How has it helped the community?

It's made a very strong economic impact on our town, bringing in millions in revenue. And we help the community at large—we helped fund a new breast care center here in town, among other care facilities.

I've been racing for over thirty years, and many of the cycling events that I went to ten or twenty years ago are gone. So the fact that this one has thrived all these years is not something we take lightly. We understand that it's a community effort, and I spend a lot of my time making sure the community at large is proud of the event.

Tell us a little bit about the various races:

The Iron Horse Bicycle Classic, in its true sense, is the fifty-mile tour, which pits the train—a genuine steam engine from the 1800s—against the people riding their bikes on the closed highway. The event begins in Durango when the train pulls



up and blows its whistle, and thousands of people race the train to Silverton. It's pretty spectacular.

There's also a forty-seven-mile race to Silverton, where people compete against each other for a placing and time. These Saturday events have been our mainstays for decades. They take place around the same time and on the same route, but we start the competitive race on the north end of town, and the race against the train on the south end of town.

On Sunday, we do another round of events, which range from a kids race to a gravel race to a mountain bike race. The mountain bike race is unique because we bring the bikers into town and they ride through a brewery as part of the course.

Our Iron Horse organization has also run thirteen national mountain bike championships here and hosted the first ever mountain bike world championships in 1990. So Durango has a long history of fostering mountain bike racing in our country and the world.

How do the elements and the elevation impact the cyclists?

The weather is always our biggest obstacle. In our part of the country, when you have 10,000-foot mountain passes you're going over, winter doesn't necessarily stop in May. In fact, we've even gotten snowstorms during the event. For instance, last year, the sides of the road were covered in snow—it looked like February.

The temperature is different, too. Even though the sun is out, when you're going downhill, the wind blowing off the snow at that elevation is much



colder. The racers' fingers frequently get cold going downhill, so they have a hard time pulling their brake levers without full-fingered gloves—but they usually don't realize it until it's happening. That certainly becomes a bit of a risk when you're going down mountain passes, where your speed can reach over sixty miles an hour.

We have an elaborate system to help manage it all, including several aid stations along the way for people to pick up extra supplies and buses with blankets to warm people in.

As far as elevation goes, you have 30 percent less oxygen at 10,000 feet than you do at sea level. And that takes its toll when you're just standing around, let alone pedaling a bike up mountain passes—your lungs aren't as efficient. We can always recognize the folks who have had a harder time than others at the end of the race: they'll be sprawled out on the grass.

Do participants bring extra essentials? We always recommend that they take a full-arm-length jacket with them for the top of the climb. And, of course, we heavily stress to folks that they need long-fingered gloves, perhaps a hat that they can wear under their helmet, and a good supply of food and water because you end up eating and drinking more than you think even though it's cold out.

How long do the races take? About two to two and a half hours for the fastest road racer and three and a half to six hours for the folks riding the tour against the train. We actually pull riders off the road after six hours, about twenty-five or thirty cyclists per year, because we need to reopen the highway. At that point, they're always happy to get in the van and ride down to Silverton—when you've been on a bike for six hours at that elevation, you're just plum tired out.

What's the secret to this event's long-term success? First, in this day and age, it's all about having something unique. We involve a steam engine train, and we think this is the only race of its kind anywhere in the world. We also have a closed national highway across mountain passes, so you have the ultimate quiet up there with no cars going by you. And we have a very supportive community that puts its arms around the event. If any of those three went away, I think the event would go away.

How does the event observe Memorial Day weekend? Around five years ago, we started putting dozens of military veterans, Blue Star mothers, and Gold Star families on the train. We provide meals for them, and we have a nice ceremony at Memorial Park in Silverton, where the race ends. Military members participating in the race also come over and join the ceremony after the race.

The great thing is it ties together what the weekend is all about. It's not just about riding your bike: the fact that we have these freedoms is why we can ride our bikes. It's a big thank you for what our servicepeople have given up so we can do what we do.

Is there anything new planned for going forward? We're putting a lot of work into our fiftieth race in 2021. We want to hearken back to the past with some events, and we want to introduce some new events.

I'm also stepping away from the event after the fiftieth. I was here when we celebrated the fortieth, and I'm going to take us to the next milestone. I hope it makes a perfect swan song for me to step away and let the next crew carry it into the next fifty years. I feel blessed, and never dreamed that the race would have turned into all this.

For more info, visit ironhorsebicycleclassic.com

KEEPING A *chemical-free* HOME

written by:
alexa bricker

What word comes to mind when you think of your home? Comfortable? Family? Hopefully, you think of your home as a positive space full of happiness and good memories.

Although our homes are supposed to be safe spaces, it has become increasingly difficult to keep harmful chemicals (and products made from them) away from our families. And you might be inclined to think that by ridding your home of chemical-filled cleaners you're eliminating the problem. But, unfortunately, chemicals can be found in most of the things we buy and use on a daily basis.



The good news is that there are so many alternatives and ways to protect yourself and your family against a chemical-filled home—and it doesn't have to be a difficult process. Understanding how you can make small changes, such as paying attention to the products you purchase, can bring you that much closer to the healthier environment you deserve. Use this guide to make improvements room by room, and you're guaranteed to feel better about where you call home.

The Bathroom

When it comes to the bathroom, you might feel like a heavy dose of bleach is the only thing that can get it completely clean. And, while this room can be particularly dirty, that doesn't mean that natural cleaners aren't tough enough to do the job.

White vinegar is actually an amazing cleaning tool—one that you can use just about anywhere. To tackle a grimy showerhead, fill a plastic bag with enough white vinegar to completely submerge it, secure the bag with rubber bands, and allow it to soak overnight. You can also use a mixture of vinegar and baking soda to clean toilets, as it produces a fizzing action. Once the fizzing has subsided, simply scrub with a toilet wand.

And if you're using natural products to get your bathroom appliances and floors clean, you might as well keep the same mentality for the products you use to get yourself clean. When shopping for bath products like soaps and lotions, it's best to check the label: if a product has an ingredients list a mile long, chances are some of those ingredients are harmful chemicals. Parabens, fragrance, and sulfates, for example, are all ingredients that could potentially irritate the skin or worse.

The Kitchen

As the place where we prepare, eat, and store our food, the kitchen is one of the most important areas of the home to focus on when you're trying to live a more chemical-free life.

If you're like many people, you probably have a drawer or a cabinet dedicated to plastic storage containers. As convenient as they may be, many of these containers are made with Bisphenol A (BPA), a chemical that is used to harden the plastic. BPA can also be found in the liners of some food cans. Studies that exposed animals to BPA showed the chemical can act as an endocrine disrupter, imitating the effects of estrogen. The risk of BPA seeping into food increases if the container or can is heated, damaged, or scratched. When buying plastic storage containers, look for a BPA-free label, or, better yet, buy reusable glass containers instead. And always avoid heating plastic in the microwave.



In addition to the containers you use, you should also be wary about the food you purchase. The Environmental Working Group's 2019 list of the "dirty dozen" fruits and vegetables—generally reported to have the highest level of pesticide residue—named strawberries, spinach, kale, nectarines, and apples as the dirtiest produce options on the shelf. Conversely, avocados, sweet corn, pineapples, frozen sweet peas, and onions were mentioned in EWG's "clean fifteen" for having the lowest levels of pesticides. The EWG recommends buying organic whenever possible, especially for items on the dirty dozen list.

The Laundry Room

A lot of commercial detergents and other laundry products are made with harmful chemical components. If you often rely on bleach to get your whites clean, you can add half a cup of baking soda to your wash instead to clean and brighten. Another tip for that white vinegar is as a fabric softener replacement—simply add a half cup to the rinse cycle. If you often

use dryer sheets to eliminate static, try drying synthetic fabrics, such as polyester, separate from natural ones, like cotton, or utilizing natural alternatives like wool balls.

If you aren't interested in making your own laundry products, Goodguide.com uses data provided by both manufacturers and global health organizations like the National Toxicology Program (NTP) and World Health Organization (WHO) to help consumers make better decisions on household products they can buy from the store. You can consult the site to look for safer and more environmentally friendly detergents.

The Bedroom

You might not keep as many chemicals in the bedroom as you do in other areas of your home, but there can still be harmful agents hidden in places you wouldn't necessarily think of. Scented candles and other items used for giving your bedroom a pleasant scent are often made with paraffin wax, which can release

chemicals when burned. It's best to stick with natural candles or organic essential oils—just be sure to follow safety guidelines and to keep these items away from kids and pets.

Though the same can be said for any room in the house, the paint on bedroom walls tends to be updated more frequently. Therefore, it's important to pay attention to the kind of paint you use if you're considering changing up the color. A lot of paint manufacturers will add chemicals to their products to prolong shelf life and prevent bacteria growth, but these chemicals can be extremely harmful. Choose paints that are Green Seal-certified or that are certified asthma and allergy friendly by the Asthma and Allergy Foundation of America, so you can be sure of their quality and safety.

Taking Small Steps

When it comes to eliminating harmful toxins from your home, it's not about throwing away everything you already own and starting from scratch—it's about making conscious choices so that, over time, you can create a healthier environment for yourself and your family. These ideas can help you make the leap to incorporating more natural products into your life, but it's still crucial to read labels and do your research on a product if you're unsure of its safety. Nowadays, there are thousands of products advertised as all-natural or chemical-free. So be diligent and you can live life more naturally.

For more info, visit ewg.org





finding strength at
SHWAPOMI

interview with: *dianne rutstein*

written by: *rebecca poole*

photography by: *@doyoushoot (pano k photography)*

Twenty years ago, Dianne Rutstein was recovering from cancer when she started regularly practicing meditation in an effort to calm her anxious thoughts. This led to her discovery of yoga, through which she regained her strength and found peace within the movements of this practice. With her local yoga studio on the verge of closing its doors, she decided to take a chance and save it herself.

What brought you to your first yoga class? I was suffering from PTSD and anxiety after all I had been through with my cancer, and I was seeking a way to heal. I first tried a yoga class that was being offered above my local health food store, and it ended up not being a very positive experience, but I recognized that there was something meaningful to it. I was in New York at the time and tried going to different locations around the city, but it wasn't until I was back in the Philadelphia area that it really clicked for me.

How did it become your go-to workout? While I've always enjoyed a walk or run outdoors, dancing, or the gym, yoga brought such a calming focus to my life. I was sleeping better, my body felt better, and my mind was certainly in a healthier place. My strength and flexibility were at a new level, and it opened up other fitness avenues for me as well. I'm glad I had the courage to give it another shot.

What are the benefits of practicing yoga?

Yoga increases strength, flexibility, and balance. As we age, it's important to continue strengthening our cores. All of the movements and poses (like the Warrior series) work your core just by making you focus on proper alignment. Building strength in this area helps to keep you strong and protect your back, a common area we see injury and pain in. When you feel your best physically, it tends to help you feel your best mentally, too.

People ask if they will lose weight with yoga, and I always feel that it's not the purpose, historically speaking, but the benefits you start to see and feel in your body tend to lead you to a healthier lifestyle. Mentally, when you really stay present within the movements and feel what's happening in your body, it can be quite an empowering experience. Yoga is all about pausing and appreciating the stillness.

The physical movement (asana) and meditative breathing (pranayama) are just two aspects that make up yoga, but there is so much more that is truly fascinating to learn.

Describe the journey that led you from student to owner of Stillpoint Yoga and Float:

There's a bit of a long history here. I had always been on the path to entrepreneurship, which started in college as I was studying fashion merchandising. I took a corporate job in New York after graduating, with the purpose to soak up as much business knowledge as possible to eventually open up a retail boutique. Once yoga entered my life, it all shifted.

As a cancer survivor, I felt my long-term path was to bring healing to others. I was back in Philadelphia after a few years away, and I began practicing at Stillpoint



in King of Prussia, Pennsylvania. I had developed a close friendship with the owners of the studio, who helped direct me to yoga teacher training and thought I had potential as a studio owner. Soon after, they were needing a change and were looking to close the studio. I was pregnant with my first son, but I decided to take the leap and take over because I loved the community so much and couldn't imagine going anywhere else. At the time, my corporate job consisted of a lot of travel and long hours, which wasn't something I wanted to continue doing. It all seemed to fall into place at the right time.

What was it like to suddenly be an owner of a growing fitness business?

Owning your own business is a 24-7 job, and it requires a lot of dedication to keep it afloat. The difference I felt right away between the studio and my corporate life is,

even though it can sometimes be longer hours, there's more flexibility. I care about my clients and I care about the staff, and I just want the experience to be the best it can be. When I see happiness in a client's eyes or in their movements, I know that we are making real life changes, so it makes it all worth it.

Would you go into more detail on how the studio's offerings expanded to include floatation therapy?

When I had taken over ownership of Stillpoint, I knew that I eventually wanted to grow what we were offering. I started floating myself upon recommendations from friends after a back injury, and it was as if a light bulb went off. That time to yourself to feel utter relaxation is a gift I had never quite experienced before. Floating is an entirely new level of healing for muscles and restoration of the mind. It took at least three years to



make it happen at Stillpoint, with several bumps in the road, but the reward is seeing the joy our clients have.

How does floating differ from traditional meditation? I think there are so many forms of meditation: sitting in your car for a moment in silence, taking a walk as you focus on your breathing, or even just taking deep breaths in the shower are all meditative. Any time you allow yourself to breathe and avoid distractions is so important. Traditional meditation as we know it (or have seen

images of)—sitting cross-legged or chanting—is incredible if you are able to do it. We encourage everyone to realize the small moments during regular days that are meditations they may not even appreciate.

Why should people try floatation therapy? It has so many benefits. Floating, much like yoga and meditation, helps to lower your cortisol levels—your stress hormones. It can also help improve your sleep patterns, and people who float (including

myself) have reported higher-quality sleep. The magnesium levels in the Epsom salts help with pain and soreness in muscles and joints. We have many runners and athletes who enjoy a float on their off days for healing.

For me, floating is my private meditation time and the best way that I am able to practice it. The extra benefit is that you are not working against gravity. Floating here is like being in the Dead Sea: you do no work in your body to float in our pools. That in itself is helpful

for clients because people can experience various levels of pain sitting or lying, and it can be hard to find a comfortable spot to just be. Floating also eliminates distractions. It's just you with no phone and no lights or sounds (unless you choose to have them). It's time you put aside to have just for yourself. It's honestly an experience I wish for everyone to try—I have no doubt it would significantly change how we function as human beings.

For more info, visit stillpointyogafloat.com



WOK wonders

recipes by: *ching-he huang*
photography by: *shana smith*



There's nothing quite like treating yourself to a tasty Asian meal, and a key tool in the Asian culinary arsenal is the wok. Celebrity chef Ching-He Huang exhibits the full versatility of this tool with her cookbook *Wok On*, including recipes like sriracha ketchup shrimp and egg-tomato macaroni noodle soup.

Wok On by Ching-He Huang © 2019 Kyle Books

RECIPE KEY:

- GF** Gluten Free
- VG** Vegan
- V** Vegetarian



SERVES 2

Calories: 473 | Carbs: 75.3g | Protein: 22.8g | Fat: 11g

CANTONESE-STYLE EGG AND TOMATO macaroni noodle soup

A classic comfort dish served in many of the licensed street vendors (dai pai dongs) offering Hong Kongers a quick snack. Add a good amount of sriracha for a kicked-up version. This is pure comfort in a bowl, and yes, you read correctly, you'll want canned plum tomatoes for a rich, tart flavor.

measure

- 3 ripe tomatoes, sliced
- 1 tablespoon vegetable bouillon powder
- 7 ounces canned plum tomatoes, retain juices from the can
- 3 eggs, lightly beaten
- 1 tablespoon tamari or low-sodium light soy sauce
- Dash of toasted sesame oil
- Pinch of sea salt
- Pinch of ground white pepper
- 1 tablespoon sriracha chili sauce (to taste)
- 10½ ounces cooked macaroni, drained, dressed in a little canola oil
- 1 tablespoon cornstarch blended with 2 tablespoons cold water
- Large handful of baby spinach (optional)
- 2 scallions, finely sliced

make

1. If you want to skin the fresh tomatoes before chopping, cut a small cross at the base of each one. Plunge them into a wok or pan of boiling water for less than 1 minute, then drain. The skin will peel off easily. Finely chop the flesh, discarding the hard center. However, most of the nutrients are underneath the skin, so I don't bother—also it does make the dish even quicker to prepare.
2. Pour 3½ cups boiling water into a wok, and bring back to a boil. Stir in the bouillon powder, and bring to a simmer, then add the fresh tomatoes, and cook over medium heat for 5 minutes until the tomatoes have softened. Add the canned plum tomatoes with their juice, and bring to a simmer. Pour the beaten eggs into the broth, stirring gently. Add the tamari or light soy sauce, sesame oil, salt, white pepper, sriracha chili sauce, cooked macaroni and blended cornstarch, and mix well. If using, add the baby spinach and let it wilt, then garnish with the scallions, and serve immediately.

SERVES 2

Calories: 466 | Carbs: 49g | Protein: 8.9g | Fat: 22.8g

BLACK PEPPER BACON pineapple fried rice

Who doesn't love ham and pineapple pizza? Hawaiian is one of my favorite pizza flavors, and I can't get enough of it, so a bacon and pineapple fried rice is the next best thing. The black pepper helps to add a bit of heat and spice to complement the smokiness of the bacon, and the sweetness of the pineapple. For those who are skeptical about pineapple in fried rice, it's a staple dish, and hails from the Yunnan region in China. If you're vegan, you can lose the bacon and instead wok-fry some rehydrated cubed dried Chinese mushrooms, which are a great textured, earthy-smoky substitute.

measure

- 1 tablespoon canola oil
- 1-inch piece of ginger, peeled and grated
- 5 ounces smoked thick-cut bacon, diced
- 1 teaspoon dark soy sauce
- Pinch of ground black pepper
- 6 large fresh shiitake mushrooms, sliced into $\frac{3}{8}$ -inch strips
- $2\frac{1}{4}$ cups cooked jasmine rice
- 2 tablespoons tamari or low-sodium light soy sauce
- $\frac{3}{4}$ cup finely diced fresh pineapple flesh
- 1–2 scallions, sliced on a deep diagonal, to garnish

TO SERVE:

- Sriracha chili sauce
- A few lime wedges (optional)

make

1. Heat a wok over high heat until smoking, add the canola oil, and give it a swirl. Add the ginger, and stir-fry for 5 seconds, then add the diced bacon, and stir-fry for 1 minute to caramelize it around the edges. Season with the dark soy sauce and black pepper, and toss well. Add the mushrooms and wok-fry together for 30 seconds.
2. Tip in the cooked rice, season with the tamari or light soy sauce, then add the pineapple, and stir gently to mix well. Garnish with the scallions, and serve with some sriracha chili sauce. For an extra zing, and a truly tropical taste, you can squeeze some lime juice over, if you like.





GF

SERVES 2

Calories: 124 | Carbs: 6.4g | Protein: 19g | Fat: 23g

MY MOM'S SRIRACHA ketchup shrimp

This is an update on my mom's ketchup shrimp recipe. It sounds so wrong but it's actually so yum. She would sometimes add rice and turn it into a seafood ketchup fried rice. The trick is a good ketchup and to also add a splash of soy sauce to give an umami-ness to the dish. I have also added a small dash of sriracha chili sauce to the dish, and with that small, but powerful update, the result is a tart, sweet, savory hot dish. Perfect with jasmine rice and some steamed vegetables. I urge you to wok on and try it!

measure

- 1 tablespoon canola oil
- 10 large raw tiger shrimp, heads off, shells and tails on, deveined
- 4 tablespoons tomato ketchup
- 1 teaspoon sriracha chili sauce
- 1 tablespoon tamari or gluten-free low-sodium light soy sauce
- Small bunch of chives, finely chopped, to garnish
- Lime wedges, to serve

make

1. Heat a wok over high heat until smoking, add the canola oil, and give it a swirl. Add the tiger shrimp, and stir-fry until pink. Add the ketchup, sriracha, and soy sauce, and toss, cooking until the sauce has reduced and caramelized.
2. Garnish with the chives, squeeze some lime juice over, and serve immediately with jasmine rice and steamed greens.

GF

VG

SERVES 2

Calories: 241 | Carbs: 10.3g | Protein: 14.9g | Fat: 15.6g

VEGAN SMOKED TOFU AND HOT AND SOUR zucchini noodles

A great low-carb dinner with a spicy kick! The zucchini noodles are full of fiber, the hot oil dressing is super tasty, and the black rice vinegar provides a nice tangy-sour flavor.

measure

- 2 large zucchini, cut thinly lengthwise to make zucchini noodles
- 3½ ounces smoked tofu, cut into julienne strips
- 1 tablespoon tamari or gluten-free low-sodium light soy sauce
- 1 tablespoon Chinkiang black rice vinegar or balsamic vinegar
- ½ tablespoon toasted sesame oil
- 1 tablespoon Sichuan chili oil
- Pinch of ground toasted Sichuan peppercorns
- Pinch of cracked sea salt
- Small handful of chopped cilantro

FOR THE FRAGRANT HOT OIL DRESSING:

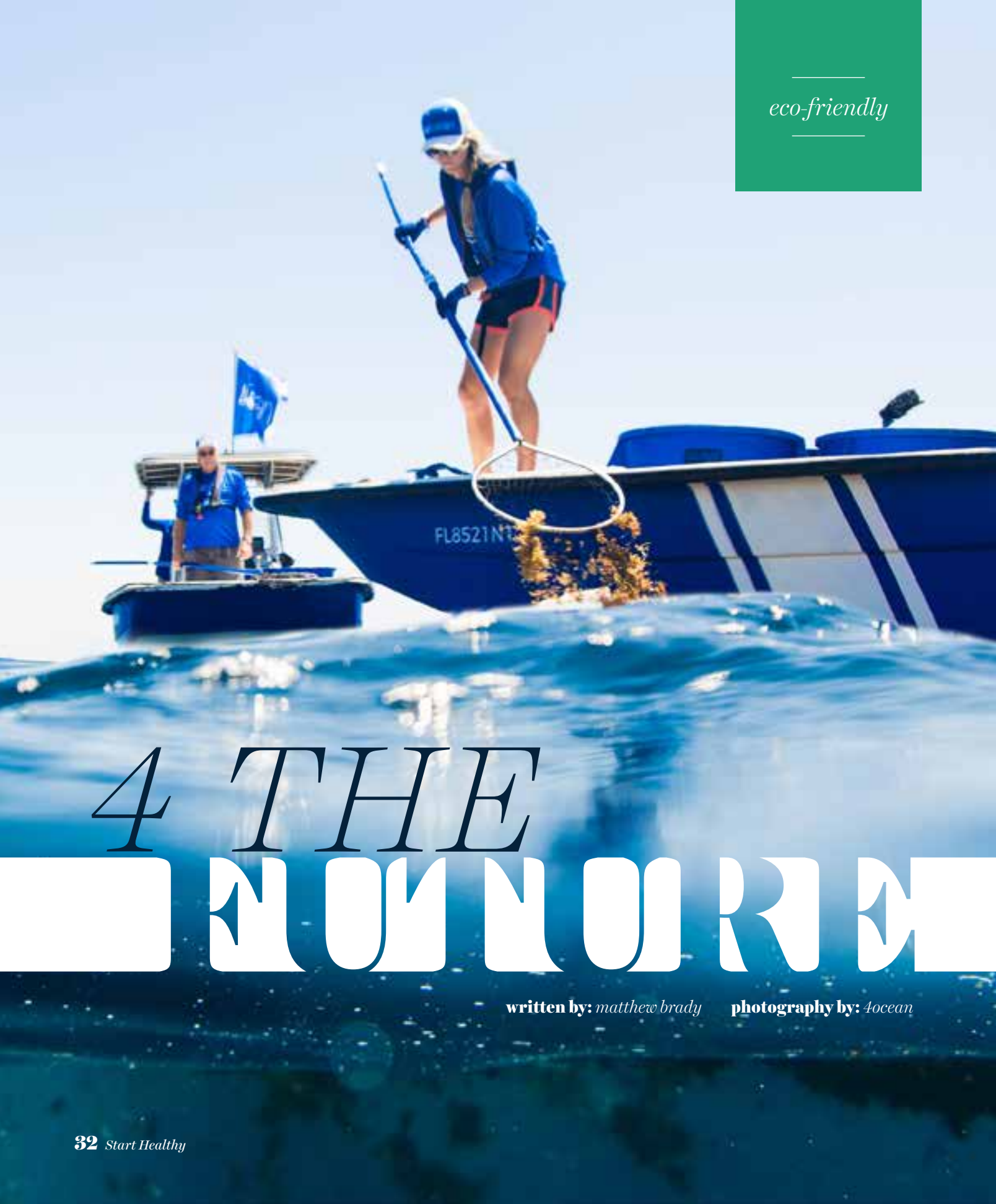
- 1 tablespoon canola oil
- 1 garlic clove, minced
- 1-inch piece of ginger, peeled and grated
- 1 red chile, seeded and finely chopped

make

1. Pour 2 cups water into a medium pan, and bring to a boil. Keep on a gentle simmer.
2. To make the dressing, heat a wok over high heat until smoking, add the canola oil, and give it a swirl. Add the garlic, ginger, and red chile, and toss for a few seconds, then add the rest of the ingredients. Set aside to keep hot.
3. Toss the zucchini strips into the simmering water, lift out, drain, and add to the wok together with the smoked tofu. Toss it all together well to heat through, then eat immediately.



eco-friendly



4 THE HONOR

written by: *matthew brady* photography by: *4ocean*



In a speech at the 1962 America's Cup dinner, John F. Kennedy wisely said that, as humans, we are all tied to the ocean.

These ties, however, are becoming tenuous—and we only have ourselves to blame. One study estimates that there are over five *trillion* pieces of plastic in our oceans, and that it weighs almost three-quarters of a million tons. Sadly, it's estimated that over one million ocean animals die each year because of such debris.

That's why more and more efforts are being dedicated to saving our oceans and their inhabitants—and why a company like 4ocean exists.

4ocean was founded in 2017 by surfing buddies Alex Schulze and Andrew Cooper, who took a postcollege vacation in Bali, Indonesia—and were shocked by the amount of plastic debris they discovered in the ocean and on the beach. After discussing the situation with locals, they decided to hire Balinese fishermen to collect the ocean trash instead of fish, which they realized was a win-win for the environment and the residents. The idea for 4ocean was hatched.

Protecting the Planet

Within its first two years, the company has collected millions of pounds of trash from oceans and coastlines, primarily in Bali, Haiti, and Florida—places where it continues to hire residents to clean up the debris using their nets and boats. In addition, 4ocean hosts cleanup events from coast to coast in America and in other parts of the world (working in dozens of countries to



date), and it partners with nonprofit organizations like the Ocean Conservancy and the Great Barrier Reef Foundation to help support their efforts to clean the ocean.

In no time, 4ocean grew into the largest ocean cleanup company in the world, and the company itself and its founders have been lauded in publications ranging from *Forbes* to *Newsweek* to *Surfer Magazine*.

Transforming Trash into Treasure

As a for-profit company, 4ocean's focal points for making a global impact are illustrated in its mission statement: to clean the ocean and coastlines while

working to stop the inflow of plastic by changing consumption habits.

All of the company's revenue comes from sales of its high-quality products, including T-shirts and collectible bracelets—its most popular product. A different bracelet is launched each month to honor a specific aquatic cause, usually an ocean animal. In addition, 4ocean vows to remove one pound of trash for each product sold as part of its day-to-day ocean cleanup efforts.

Its products also serve another important purpose: awareness. For example, by wearing these aquatic accessories, you are wearing a symbol of the ocean's





All of the company's revenue comes from sales of its
high-quality products, including
T-shirts and collectible bracelets
—its most popular product.

precarious situation—which can lead to conversations that can inspire others to do their part to help. How can you help, exactly? 4ocean encourages everyone to stop using single-use plastic, which will help cut off the flow of debris that ends up in the ocean. The company also stresses that people should pick up any trash they see, a sort of microcosm of what it does on a much larger scale.

Finally, through the sales of its products, 4ocean has been able to invest in people and technology. It's hired over three hundred people, including boat captains and cleanup crews (over seventy people in Haiti alone), the latter of which remove debris from both the coastline and the ocean; these employees work seven days a week to help its cleanup efforts and further the company's mission. Doing so has also created brand new economies—such as sorting and stacking plastic—in places where they didn't exist previously.

And what happens to all that trash? At its three locations, both recyclable and nonrecyclable materials are sorted by 4ocean workers and compressed into bales. The bales are then either converted into raw materials that are used to create new products or stored for future use; in the case of the company's South Florida location, nonrecycled materials are also delivered to America's lowest-emission facility to be turned into energy.

Finally, the company works tirelessly on both prevention and progress. For example, it has worked to install booms—which serve as filters that collect trash before it reaches the ocean—at river mouths. In addition, it continually works on ways to make ocean cleaning more efficient through new technology, including a mobile skimmer it debuted in 2019.



4ocean founders Alex Schulze and Andrew Cooper

In all, over 86 percent of the company's revenue goes into its hiring, awareness marketing, donations to nonprofit marine conservation organizations, and ongoing research and investments in machinery and ocean-cleaning innovations.

Dreaming of a **Debris-Free Ocean**

Going forward, 4ocean says it will continue to scout other high-impact areas across the world to set up new cleanup operations where they are needed the most. And it will keep investing in new technologies to help the ocean's plight—and, of course, continue to be a leading advocate for ocean cleanups. What began as a ripple started by two friends is now making waves all over the world.

For more info, visit [4ocean.com](https://www.4ocean.com)



A BEGINNER'S GUIDE to juicing

written by: alexa bricker

If you browse through the juice aisle at the grocery store, you'll probably notice an important similarity on the nutrition labels: most commercial juices are full of sugar. And while sugar is naturally occurring in many of the foods we eat, it's the added sugar in many store-bought juices that's cause for concern. Luckily, making your own juice at home can be a great alternative—and can help fortify your diet with vitamins and minerals you might not be getting from whole foods alone.

Many people find it hard to achieve the daily recommendation of fruits and veggies. It's suggested that both male and female adults

consume between one-and-a-half and two cups of fruit each day, and two-and-a-half and three cups of vegetables. If these numbers sound daunting, supplementing a healthy diet with fresh fruit and vegetable juice might be a way for you to meet the mark.

This is not to say that juice can be a meal replacement. Much of the debate around juicing stems from its misrepresentation by some in the health world as a cure-all cleanse. It's important to understand the benefits that juicing can provide and how you can maximize them for your own personal goals.

WHAT TO BUY

As folks who are already familiar with making healthy drinks at home know, there is a key difference to note between smoothies and juices. Smoothies can easily be prepared in a blender, whereas you should never try and pack your juice ingredients into a blender and expect the same results. Juicers are designed to extract the juice from foods while removing the bulk of the fiber instead of blending or pureeing like a blender.

Although you'll need to invest in another kitchen tool before you start juicing, you should also know you have options. There are two main types of electric juicers that beginners should consider: centrifugal and masticating. Centrifugal juicers tend to be cheaper and less complicated than masticating varieties, and they produce juice more quickly. However, the extraction process generates heat, which can degrade the quality and shelf life of the juice. Masticating juicers are generally larger and more difficult to set up, but they are much quieter and produce a higher-quality juice than centrifugal juicers.

It's best to keep in mind the ease with which you can clean your juicer (because you should be cleaning it after each use), how simple it is to assemble and disassemble, and its cost-effectiveness. A heavy-duty juicer might work a little better, but if you're only planning on juicing a few times a month, it might not be worth the investment.

product photos courtesy of:
creative commons: fritz



BEST BUDGET JUICER: *CENTRIFUGAL JUICER*

Most models run about \$50, and they are great for making juice in a hurry.



BEST FOR DAILY JUICING: *MASTICATING JUICER*

If you're planning to juice leafy greens and want high-quality juice, this is your pick.



BEST MULTIPURPOSE JUICER: *TRITURATING JUICER*

Similar in function to masticating juicers, but with two gears. Many trituration juicers can also make items like homemade nut butters and pasta noodles.



JUICE COMBINATIONS

If the thought of adding greens to your juice sounds unappetizing, there are plenty of other popular juices to try, including:

CARROT + ORANGE

BEET + CARROT + APPLE

WATERMELON + CUCUMBER

LEMON + GINGER + MINT

The possibilities are virtually endless!

WHAT TO JUICE

For a juice with a variety of health benefits and a tasty flavor profile, you'll want to make sure to include a mixture of fruits, vegetables, greens, herbs, and spices. Popular fruits include apples, berries, pineapples, and citrus, such as lemons, oranges, and limes. For vegetables, sweet carrots and beets make a nice juice base, and foods like celery and cucumbers yield some of the highest juice content. Greens such as kale and spinach, as well as herbs like parsley and basil, can add flavor and extra antioxidants. Lastly, ginger, turmeric, cayenne, cinnamon, and other spices can be mixed into juices to bring a world of digestive benefits.

You can experiment with a combination of the aforementioned foods or find your own favorites. Depending on what you're looking for in terms of health benefits, you might consider playing around with different juices until you find the one you like.

Although there is plenty of room for experimentation when it comes to juicing, the order you juice certain foods can be key. Begin with softer fruits and vegetables such as berries and melons, followed by harder items like apples and beets. For greens, roll them tightly and compactly to extract the most amount of juice, and place them in between the rest of the ingredients.

FILLING IN THE GAPS

One of the best health benefits of juicing is that it's easy for your body to absorb nutrients from the juice and it can be easier to digest than fiber-heavy whole fruits and vegetables. Although the majority of fiber is lost during juicing, nutrients and important vitamins remain mostly intact—making juicing a great option for people who have trouble getting adequate nutrients from whole foods alone.

Before you start juicing, think about the areas of your diet that may be lacking and how different types of juice can help you fill in those gaps. For example, if you feel like you aren't getting enough vitamin C, try incorporating citrus fruits as well as green vegetables like peppers and broccoli. Dark, leafy greens are an excellent source of vitamin K, vitamin A, and magnesium. If you feel like your skin is looking dull, antioxidant-rich berries can help replenish its radiant appearance.

Whether you're aiming to add more fruits and vegetables to your diet or are simply looking for an alternative to sugar-heavy juices at the grocery store, making fresh juices at home could be your solution. Homemade juices can be packed with vitamins and minerals that are essential to proper nutrition, and it's a fun way to experiment in the kitchen and find new and exciting ways to reinvigorate your body and mind.

fitness

feel THE burn

written by: *rebecca poole*

If there's anything I've learned about fitness, it's that you have to find something you genuinely enjoy doing to make a consistent habit out of working out. I've found that kind of enjoyment within the dark rooms of indoor cycling classes. Every time I pedal against the highest resistance my legs will allow to the thumping bass of a hit song, I'm reminded of why I continue going back—it's an engaging workout and a fun time.

But it wasn't love at first clip-in. It took commitment, patience, and finding the right instructors, who encouraged me to continue coming back. But once I did, I couldn't see myself doing anything else in the fitness realm, at least not as often as I find myself going to a cycling class.

Boutique workout classes have become something of a phenomenon, with indoor cycling taking the lead. There are over ninety SoulCycle studios, over two hundred CycleBar studios, and dozens of other cycling boutiques across the country that cater to those who want an hour to sweat, dance, and maybe even shed a few tears.

Tap Back to Basics

Katie Alvarez, a cycle instructor at Life Time Athletic, summarizes the experience perfectly, stating, "Cycling is magical." I've felt this myself after a few classes, when you really start to lose yourself in the workout, and in the motivational speeches that are weaved into

Many studios offer classes and packages for first-time riders for a lesser charge. This is a great option because, as is true for many boutique studios, these kinds of classes tend to be pricey. But the top-level service and feel-good vibe of indoor cycling make it worth it—as does, of course, the workout itself.

Classes vary in length and style, depending on the instructor and the studio you go to. An average class is forty-five to sixty minutes, with exercises ranging from intense climbs, meaning the resistance is increased during the length of a song, to sprints, during which you challenge yourself to increase the revolutions per minute (RPM) on the bike. Across the board, indoor



each class. But Alvarez agrees that it does take time. "Give yourself three weeks to decide whether or not you like cycling," she says. "It takes a few rides for all of the components to come together and make sense. I always reassure new riders that they are not alone if they felt like their first ride was really long or if they're confused by the lingo. The barriers melt away with time."

cycling is about riding to the beat—it's a very music-focused workout. The key to getting the most out of a cycling class is knowing proper setup, which Alvarez says is "critical to support optimal performance on the bike."

SETTING UP YOUR BIKE:

- Stand next to your seat (called the “saddle”), and adjust the height so the seat is aligned with your hip bone. This helps position your legs (once on the bike) correctly. There should be a small twenty-to-thirty-degree bend in the knee at the bottom of the pedal stroke. In layman’s terms, make sure you’re not hyperextending when you pedal.
- To prevent lower back pain, adjust the handlebars so you can easily reach them. They should be positioned slightly above the height of the saddle.
- Hop onto your bike, and try pedaling a few times to make sure you feel comfortable. And don’t hesitate to ask an instructor if you need assistance.

The Physical and Mental Payoffs

“Riders see a change in body composition and overall mood when they incorporate cycling into their fitness routine two to three times a week. You’ll also improve your endurance, cardiovascular fitness, muscle strength, and joint mobility,” says Alvarez. Some studios incorporate a weights section during the class, so don’t think you’re only working the lower body. By engaging your core—and trust me, if you forget, your instructor will likely enthusiastically remind you—you are actually doing a lot for your upper body, too.

To maximize your workout, Alvarez stresses the importance of staying for the cooldown. In every class I attend, I personally see a few riders leave during this time, and it always strikes me as odd. She agrees,

saying, “Mentally, it may not feel like you’re doing much, but it helps transition your body out of the workout. Easing out of the high intensity should be considered top priority in order to amplify the work you’re doing.”

The cooldown is also when the instructor will leave you with his or her final words of wisdom. Having something to walk away with—besides just burning calves—is embedded in the DNA of indoor cycling. For many, it’s a form of therapy. When asked about how indoor cycling has personally impacted her life, Alvarez states, “I continue to fall more in love with cycling each time I do it. I teach and ride both indoors and outdoors, and it has really evolved into a dynamic relationship. I’ve developed so much strength, and it helps with my stress and overall mood, too.”

I can attest to her sentiments, and I know many other riders who can as well. Whether it’s the calories burned, the mood-boosting playlists, the mid-class pep talk that is always somehow exactly what you need to hear that day, or the community feel, indoor cycling is so much more than just a sweat session.

Be sure to consult with a physician before trying any new workout.

For more info, visit

indoorecyclingassociation.com

THE LINGO TO KNOW BEFORE YOU GO:

- **Clip-in** – Clipping in simply means securing your shoes onto the pedals. This ensures a safer ride and can help maximize the efficiency of your pedal stroke. Make sure to check to see if the studio you’re going to provides shoes.
- **Tap-back** – This term refers to the action of being in third position (hands positioned at the top of your handlebars), engaging your core, and quite literally *tapping back* by pushing your hips and glutes backward as you stand on the pedals.
- **Pedal on your right/left** – When instructors say, “On the left for this song” or something similar, they mean that you’ll be pedal stroking with your left foot hitting the downbeat of the song.
- **Resistance** – Each bike has a knob that you can turn throughout the class to make the resistance on your bike harder, which gives you the feeling of pedaling uphill, resulting in more calories burned.

Front of Tear Out Card 2



Beat Your Cravings with These Healthy Substitutes

Everyone gets those cravings they can't resist. But before you indulge in the standard junk foods, take a look at what those cravings actually mean, along with a few healthy snack alternatives.



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Back of Tear Out Card 2



WHEN YOU CRAVE sweets...

Your body may need chromium, carbon, phosphorus, or sulfur. Instead of bingeing on sweets, reach for chicken, beef, eggs, fish, or fresh fruit for a healthier alternative that will not only save your waistline but also your teeth.



WHEN YOU CRAVE carbs...

Your body may need meat, fish, beans, or a healthy dose of omega-3 fatty acids, which you can get from nuts and seeds like walnuts or chia seeds. These can help keep you fuller longer and combat those carb cravings.



WHEN YOU CRAVE coffee...

Your body may need phosphate, sulfur, or iron. Stick to your diet by choosing nuts, legumes, garlic, black cherries, onions, or red peppers. While these suggestions may seem to contrast your craving, they'll give your body what it needs to keep humming along naturally.



WHEN YOU CRAVE chocolate...

Your body may need magnesium. Reach for almonds, cashews, peanuts, chia or sunflower seeds, legumes like black beans, or fruits like bananas. If you do choose chocolate, make sure to select dark chocolate, which is rich in antioxidants and magnesium.

HOW TO TACKLE SPRING-CLEANING IN ONE MONTH

CARE TO KNOCK OUT YOUR SPRING-CLEANING IN A MONTH?

It may seem impossible, but take it week by week, and you're sure to have a sparkling clean house before April showers give way to May flowers.



DECLUTTER

Decluttering is a big aspect of any cleaning project. Whether it be your closet, bathroom, basement, garage, or other areas of your home, don't leave this to the last week of your spring-cleaning responsibilities. Decluttering and organizing should be done before any major cleaning, as you don't want to be dusting and wiping things that you may not even end up keeping.



CLEAN

After decluttering, it's time to start deep cleaning and disinfecting your home. Do a wipe down of your countertops, furniture, and flooring. Don't forget about those often skipped areas like the garbage can, light switches, and washing machine. Break out the cleaners (better yet, make your own) and put on a winning playlist, and you're one step closer to making your home brand new again.



DIY OR REMODEL

A DIY project or a total remodel can take longer than a week, but is often a part of spring-cleaning. When bins are stacked with winter's goods and the counters are shiny again, you may decide you want to completely redo a portion of a room or an entire area. There are plenty of projects to consider: turning your typical storage bins into hanging shelves, making decorative trays to spruce up your decor, replacing kitchen hardware, or repainting areas in desperate need of a revamp.

Spring-cleaning doesn't have to be a daunting undertaking. Break up your tasks in a reasonable order to get your home in tip-top shape for summer and the months to follow!

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BOOST YOUR MOOD WITH THESE HEALTHY FOODS

The food we put in our bodies plays a big role in how we feel, both physically and mentally. Studies have shown that a diet high in sugar can lead to improper brain function and can worsen diseases like depression.

Fortunately, there are plenty of foods that can do exactly the opposite for our bodies, providing the nutrition and mood-boosting benefits we need to feel recharged and healthy.

DARK CHOCOLATE

Good news for chocolate lovers: dark chocolate (specifically chocolate with a cacao percentage of 70 percent or higher) is packed with antioxidants. Eating dark chocolate also stimulates endorphin production, which helps boost feelings of happiness.

FISH

Minimizing the amount of “bad fats” we eat, while increasing the amount of “good fats,” can lead to improvements in brain function. Foods like salmon and tuna are high in omega-3 fatty acids, which may help with depression and anxiety symptoms.

BLUEBERRIES

Despite their small size, blueberries have a powerful dose of antioxidants that are known to boost brain functions like memory and protect from the effects of aging. Try adding this superfood to smoothies, yogurts, and cereals.

GREEN TEA

Green tea, which has less caffeine than coffee, may give you a slight boost throughout the day without the jitters that can accompany coffee intake. Green tea also contains L-theanine, an amino acid that, in combination with caffeine, may improve brain function. Research has shown that L-theanine may also promote relaxation.

NUTS AND SEEDS

Nuts and seeds like flaxseed, chia seeds, walnuts, and almonds are good sources of omega-3s, polyunsaturated fats that have been shown by some studies to help with mood and depression. In addition, nuts and seeds are high in fiber and protein and can keep you fuller for longer—which can help you avoid reaching for sugary snacks during the day.