

Compliments of Stacey Shanner

# *start* HEALTHY

ISSUE 15

# HAPPY *Holidays*



Stacey Shanner  
License #01234567  
Direct: (610) 878-5000



**SHANNER  
REALTY**

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

ISSUE 15  
COVER PRICE \$6.99



678

678

15 12345 67890 8

## Front of Tear Out Card 1



### MASTER THE KITCHEN: Baking Conversions

Baking is a science, and like all sciences, numbers play an important role. If your baking soda is off by even one teaspoon, you could have yourself a real mess!

**Keep this guide of common baking conversions on hand to bake like a pro.**



**Stacey Shanner, DES1, DES2**  
License Number



**Toll Free:** (866) 458-4226  
**Office:** (610) 878-5000  
**E-mail:** info@remindermedia.com  
**www.remindermedia.com**

ReminderMedia  
1100 First Avenue  
Suite 200  
King of Prussia, PA 19406



## Back of Tear Out Card 1

### Spoons & Cups

c.	fl. oz.	tbsp.	tsp.
1/8 c.	1 fl. oz.	2 tbsp.	6 tsp.
1/4 c.	2 fl. oz.	4 tbsp.	12 tsp.
1/2 c.	4 fl. oz.	8 tbsp.	24 tsp.
1 c.	8 fl. oz.	16 tbsp.	48 tsp.

### Grams

oz.	g
2 oz.	58 g
4 oz.	114 g
6 oz.	170 g
8 oz.	226 g
16 oz.	454 g

### Extras

1 stick butter	=	1/2 c.	6 oz. choc. chips	=	1 c.
1 lemon	=	1-3 tbsp. juice	1 c. honey	=	12 oz.



# start HEALTHY

ISSUE 15

issue  
15

Page 22

## Your Secret Holiday Workout

It may not seem like it, but the hustle and bustle of the season can be a benefit.

# TABLE OF contents

Dear Bill and Judy,

If there's one thing the holidays are meant to bring about, it's change for the better. This issue of Start Healthy considers ways this can happen throughout the season and beyond by looking at the impact of music, wise food choices, and even how the holiday season itself can help your health.

Music has been entertaining people forever, and that tends to be especially true toward the end of every year, when holiday tunes reemerge. Take note: when you explore the mental and physical impact of music, it's easy to see why it's loved by so many.

This season also inevitably leads to poor eating, but it doesn't have to if you plan properly. When you follow recommended guidelines for food plating and consider healthier alternatives to your favorite foods, the possibility of staying in control is easier to digest.

Most people can't think of the holidays without the associated hustle and bustle. But that's not necessarily bad. Believe it or not, you are burning a fair number of calories just by doing the same holiday-related chores and activities you normally do.

May the holiday season and the new year bring you nothing but happiness. As always, it's a pleasure to send you this magazine.

**Stacey Shanner**



**Stacey Shanner**, ABR, GRI  
Realtor®

**Office:** (610) 878-5000

**Toll Free:** (866) 458-4226

**E-mail:** info@remindermedia.com

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

**www.remindermedia.com**

**Shanner Realty**

1100 First Avenue

Suite 200

King of Prussia, PA 19406



## 02 *Dive into Digital Fitness*

The top apps to help you achieve your wellness goals.

## 04 *A Holly, Jolly, Healthy Holiday*

Making healthier choices doesn't have to be hard this holiday season.

## 10 *All Souped Up*

Warm up to a bowlful of information about this welcoming dish.

## 16 *Life's Better on the Bright Side*

Keeping a positive outlook might be more powerful than you think.

## 28 *A Nourishing Season*

These vegan recipes will add flavor to your season without the guilt.

## 36 *The Magic of Music*

A look at why we love music and how it can even make us healthier.

## 42 *Snacking Made Perfect*

Learn how one family-run business has raised the bar for healthy snacks.

## 48 *Fire Safety for a Festive Season*

Tips to help protect you and your loved ones from risk during the holidays.

# DIVE INTO *DIGITAL FITNESS*

written by: *alexa bricker*

There are so many distractions in the modern world, it can be hard to stay on track with your health and wellness goals. Between Netflix binges and scrolling through Twitter, it's easier to dedicate most of your time to the

latest TV shows and social media posts than it is to your well-being. However, technology isn't necessarily all bad—it can actually be used to help you on your fitness journey, and these apps are a great place to start.



Start Healthy magazine is published by ReminderMedia. For more information about Start Healthy magazine, please visit us at [www.remindermedia.com](http://www.remindermedia.com), email us at [info@remindermedia.com](mailto:info@remindermedia.com), or call us at 866-458-4226. All rights reserved.

NO PART OF THIS PUBLICATION MAY BE REPRODUCED WITHOUT THE EXPRESSED WRITTEN CONSENT OF THE PUBLISHER.

This magazine is for information and entertainment purposes only; it is not an attempt to solicit business.

The contents of Start Healthy are for editorial purposes only. Please contact a medical professional if you have any questions about your health or need advice about the content within this issue.

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

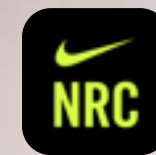
Designed and printed in the USA.



## MYFITNESSPAL

For tracking nutrition

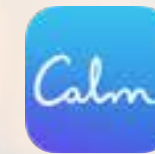
If keeping track of your nutrition is important to you, then MyFitnessPal can help. This app allows you to input your dietary goals and daily calorie intake and breaks down your macronutrients (protein, fats, and carbohydrates) to help you keep track of everything you eat throughout the day. It also has a fitness component, allowing you to log every workout and the amount of calories burned.



## NIKE RUN CLUB

For getting fit

Running is one of the best (and cheapest) things you can do for your health, but it's not everyone's cup of tea. The Nike Run Club app is designed to help beginners and avid runners alike get the most out of their runs. You have the option to select from a database of preset runs led by personal trainers or to set your own goals based on mileage or length of run. The app keeps track of your location, calories burned, and elevation gain as you go.



## CALM

For minimizing stress

In a world that can be overwhelming, staying relaxed and stress-free can feel impossible, but the Calm app is a great way to give yourself a daily dose of peace. You start out by selecting your personal goals, such as reducing your anxiety, building self-esteem, or getting better sleep. The app includes a database of guided meditations, narrations to aid in sleep, and basic techniques to help you cope with everyday challenges.



## SLEEP CYCLE

For getting better sleep

There is a large number of people who suffer from insomnia or who don't get enough sleep, and that can be a huge detriment to overall health. The Sleep Cycle app is a one-stop shop for tracking and managing your sleep, helping you awake more well rested. The app shows you when you're in a state of deep sleep and how long you are sleeping, giving you insights into how to improve your sleep patterns.

To download, visit [apple.com/ios/app-store](https://apple.com/ios/app-store) or [play.google.com/store](https://play.google.com/store).

### PUBLISHER

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

### EXECUTIVE

President Luke Acree  
Chief Marketing Officer Joshua Stike  
Chief Operating Officer Michael Graziola

### MARKETING

Director of Marketing Dan Acree  
Director of Creative Services  
Kristin Sweeney  
Brand Content Manager Jessica Fitzpatrick  
[marketing@remindermedia.com](mailto:marketing@remindermedia.com)

### EDITORIAL

Senior Editor Matthew Brady  
Editor Alexa Bricker  
Content Writer Rebecca Poole  
Proofreader Mary Kate Weber  
Layout Designer Jordan Hunsberger  
[editorial@remindermedia.com](mailto:editorial@remindermedia.com)

### SALES AND CLIENT SUCCESS

Vice President Ethan Acree  
Vice President of Operations  
Nicholas Bianco  
Director of Sales Michael Campanile  
[hello@remindermedia.com](mailto:hello@remindermedia.com)

### OPERATIONS

Director of IT Thomas Setliff  
Director of Manufacturing  
Shannon Mosser  
Director of Business Intelligence  
Daniel Gallaway  
Vice President of Finance  
Shana Lebofsky  
Director of HR John Keogh  
[hr@remindermedia.com](mailto:hr@remindermedia.com)

# A HOLLY, JOLLY, healthy holiday

**written by:** *rebecca poole & alexa bricker*

For many people, the end of the year is an incredibly busy time. Between shopping for gifts, cooking large meals, and spending more time with family and friends, it feels like there is hardly any time in the day for anything else—including preparing healthy meals and exercising. This lapse in a regular routine can often leave you feeling sluggish and unhappy with your appearance—but this time of year is supposed to be full of comfort and good cheer.

Instead of spending another year resigned to the fact that weight gain is an inevitable part of the holidays, why not regain control and take steps to maintain good health even before the new year starts?

**It takes a lot of energy to get all of those holiday tasks done, so you want to make sure you're filling your body with foods that can sustain you.**



### **Fuel Up Wisely**

It takes a lot of energy to get all of those holiday tasks done, so you want to make sure you're filling your body with foods that can sustain you. No, grabbing a snickerdoodle and a cup of coffee before running errands is not what we're talking about.

There is a basic breakdown for the types of nutrients you should be focusing on at each meal: protein, fats, and carbohydrates. During this time, our plates tend to lean heavily on the fats and carbohydrates, and, although we need them, too much of them is what will contribute to weight gain and a lack of sustainable energy. Although these percentages will vary based on height and weight, a general rule of thumb is to assign **45 to 65 percent** of calories to carbohydrates, **25 to 35 percent** to fats, and **10 to 30 percent** to protein.

If you're thinking, "Those percentages are all well and good, but what does this look like on your plate?" the visual to the right—which includes a few healthy options for each plate—can help.

#### **CARBOHYDRATES:**

- Whole wheat breads and pasta
- Beans (e.g., chickpeas, black beans, kidney beans)
- Oatmeal

#### **FATS:**

- Natural nut butters
- Avocado
- Seeds (chia, flaxseed)

#### **PROTEINS:**

- Eggs
- Nuts (almonds, walnuts, cashews)
- Animal protein (chicken, salmon)



## **A Wholesome Season**

The holiday season is full of buttery desserts, carb-loaded side dishes, and calorically dense temptations everywhere you turn, but you can cut some corners by choosing healthier options that may, in fact, result in something that has a permanent place on your table for years to come.

### ***Swap sour cream for Greek yogurt***

Dishes like mashed potatoes and casseroles often call for sour cream, and, although the nutrition facts of a serving size may not scare you, a typical recipe calls for half a cup, which is a different story. Instead of adding nearly 250 calories and twenty-two grams of fat with sour cream, use plain, whole-milk Greek yogurt, which cuts down on fat and adds more protein.

### ***Swap pies for fruit***

Since the fourteenth century, people have been filling

flaky pie crust with fruits and custards, and, while this staple dessert may taste delicious, it doesn't help the waistline. Replace the pecan pie with sautéed berries, grilled figs, plums, bananas, and baked apples with cinnamon.

### ***Swap dips for hummus***

Chips and dip is an appetizer staple, but homemade hummus will keep guests satisfied until the main course, too. It's also a much healthier alternative to store-bought dips made with creams and other added fats. Plus, hummus goes well with fresh veggies, like vitamin-rich carrots and peppers, without making the crowd too full to enjoy dinner.

### ***Swap eggnog for hot chocolate***

Filled with heavy cream and eggs, this traditional holiday drink has little nutritional value. A crock of homemade hot chocolate—made all the better with

dark chocolate instead of milk chocolate and almond milk instead of whole milk—is another seasonal favorite that is sure to top off the evening with a smile. (Add your favorite liqueur for an alcoholic version!)

### ***Healthy cookie hacks***

Make this year's annual cookie-baking day a healthy one with multiple swaps that result in one tasty, better-for-you bite. Some examples include using white whole wheat flour instead of all-purpose flour, replacing one egg with a mashed banana (which is vegan-friendly, too!), and swapping sugar for pureed prunes, at a ratio of one-to-one. A tried-and-true hack for any type of cookies you're making is to make them just a bit smaller—you still get a burst of sweetness at the end of a meal, just with fewer calories.

### ***Incorporate healthy habits***

Contrary to popular belief, you shouldn't skip meals

to prepare for a big meal later in the day. This will just result in overindulging. Instead, eat a nutritious breakfast and lunch so you can fully enjoy a holiday dinner without overeating. Another tip to keep in mind is to be more mindful of your drink choices. Choose a seltzer over a soda, and drink a glass of water for every alcoholic beverage you have. Lastly, don't feel guilty during this time—it's a season that's naturally filled with more social outings and sweet treats. Try to make time for exercise, and remember to find balance!

*The end of the year should not be filled with anxiety about the foods we eat, yet far too often it is.*

*Instead of going into this time of year with a negative attitude about nutrition, use what you've learned to make healthier choices—without feeling like you're sacrificing.*

*For more info, visit [choosemyplate.gov](https://www.choosemyplate.gov)*



# ALL *souped* UP

written by: *matthew brady*



**“Good soup is one of the prime ingredients of good living.**

*For soup can do more to lift the spirits and stimulate the appetite than any other one dish.”*

—**Chef Louis P. de Gouy**

Humans have had a long-term romance with soup, and it heats up even more during this time of year. The thought of hot soup simmering on the stove—a multitude of aromas filling the air, warming the home, and tantalizing taste buds—has been a welcoming one for ages, a tasty common denominator enjoyed throughout history and across the globe.

This has been especially true in America, where soup has long been ingrained in our lifestyle, our culture, and even our vocabulary, especially over the past century. It has helped keep us going during bad times (especially the Great Depression) and has been inspiration for good thoughts (the *Chicken Soup for the Soul* book series). It’s famously been popularized in Andy Warhol’s art, TV shows like *Seinfeld* and *Talk Soup*, and movies like *Duck Soup* and *Ratatouille*. Today, it’s the top-selling canned food category in





America by far, and it's also a popular and easy-to-make healthy food option. When you break it down to its essence, it's easy to see why people are mad about this meal.

## Something for *Everyone*

From a sheer consumer (or con-soup-er?) perspective, Americans love to have choices, from hundreds of TV channels at our fingertips to countless apps on our phones to thousands of paint colors at our disposal. That also helps to explain the appeal of soup for so many.

First, there are the basics of preparation. You can purchase cans of it at the grocery store or make your own, whip it up as a quick meal or let it simmer slowly for hours. Most types are meant to be eaten hot, but others are best cold. In short, you can fit it easily

into your day, no matter your lifestyle—making it the ultimate versatile food.

Soup, perhaps more than any other food, is also truly a global phenomenon. Hundreds of recipes exist, and many are strongly associated with certain parts of America and the world—clam chowder with New England, gumbo with the South, minestrone with Italy, ratatouille with France, borscht with Russia, egg drop soup with China, and gazpacho with Spain, among others. Tasting a spoonful is like transporting yourself to a different locale.

Plus, soups just naturally go well with other foods. When you hear the phrase “Soup and...” what do you think of? For some, it's automatically salad, which offers a pair of nutritional powerhouses as a meal. Others, though, would opt for soup and a sandwich, a duo that



is so popular, it's spawned national food chains. For a simple, satisfying combo, crackers are also a tasty accompaniment. The point is, whatever it's paired with, soup just makes it *better*.

## A Health *Hero*

Soup also literally makes *us* better, thanks to its myriad of health benefits. In fact, you may be bowled over to find just how good soup is for you.

### SATIETY

With all the veggies, beans, and the like found in soups comes a good dose of fiber, which helps improve digestion and satiety.

### HYDRATION

Many soups are primarily made of water, so they are a delicious way to increase your water intake. Plus, H<sub>2</sub>O also helps to keep you full.

### BALANCED NUTRITION

People who would normally avoid veggies enjoy them—and their many vitamins and minerals—much more in this concoction. Pair that with the protein in the meat and broth, and you've got a bowl full of nutrition before you. Plus, research shows that warm vegetables lock in the nutrition more and that bone broth may add another level of health by aiding joints.

### STRENGTHENED IMMUNITY

Of course, most people associate soup—chicken soup, to be exact—with helping to battle colds, and it does—primarily because it helps cut down nasal inflammation and open your airways to help you feel better.

## Broths: *Buyer Beware*

No food is perfect, of course, and, even though many feel it comes close to perfection, soup is no exception. Fortunately, the most common negatives are also obvious, so you can take steps to avoid them.





Cream soups, for example, such as bisques, chowders, and cheesy soups, are usually loaded with unhealthy fats, so you should consume these in moderation. And sodium is the Achilles' heel of almost all canned soups.

That said, the easiest way to control your sodium intake is to make your own soups, if you don't already—this will maximize the nutrition benefits while minimizing the salt. However, some soups have a secret ingredient that can offset the sodium issue: potassium, which can help flush it out of your system. So if you're opting for canned soups, look for reduced-sodium options—or

better yet, low-sodium versions (5 percent or less of the daily value)—as well as potassium.

## The Latest Soup Successes

Science continues to discover new benefits of this broth-based wonder. For example, thanks to the aforementioned combination of satiety and nutrition, soup has become a bit of a weight loss craze. Dubbed "souping," it takes various forms, from people having soup a few times a day to an all-soup diet—a form of a cleanse where you eat nothing but soup for a designated period of time. Because it's relatively new and not extensively studied, though, you should check with your doctor before trying this weight-loss method, and ease yourself into it.

Soup may even hold the key to saving lives. You've probably never experienced malaria, but it's still a deadly disease in the twenty-first century, killing hundreds of thousands of people each year. There may be hope, though, thanks to a British elementary-school experiment. Kids were tasked with bringing in family soup recipes, which were broken down to explain how they help illness. In doing so, they discovered that certain soups (especially veggie minestrone) can help block the spread of the disease; the results were published in a widely publicized 2019 British study.

It's just the latest in a long line of impressive benefits of everybody's favorite liquid food. So this winter, whether you're looking for something to help your achy body feel better or a food that gives you a nice, big, comfy, nutrition-packed hug on a cold day, soup is your solution.

# Life's Better on the *Bright Side*

written by: alexa bricker

**T**here are some people who seem to glide through life with an ever-present smile on their faces and enduringly optimistic outlooks. These people, despite difficult circumstances, always manage to remain positive. No matter how you feel about them and their beliefs, there is something to be learned from those among us who practice this mindset.

Believe it or not, there is some truth to the power of simply thinking positive. Seems too good to be true? Maybe you need to think optimistically.



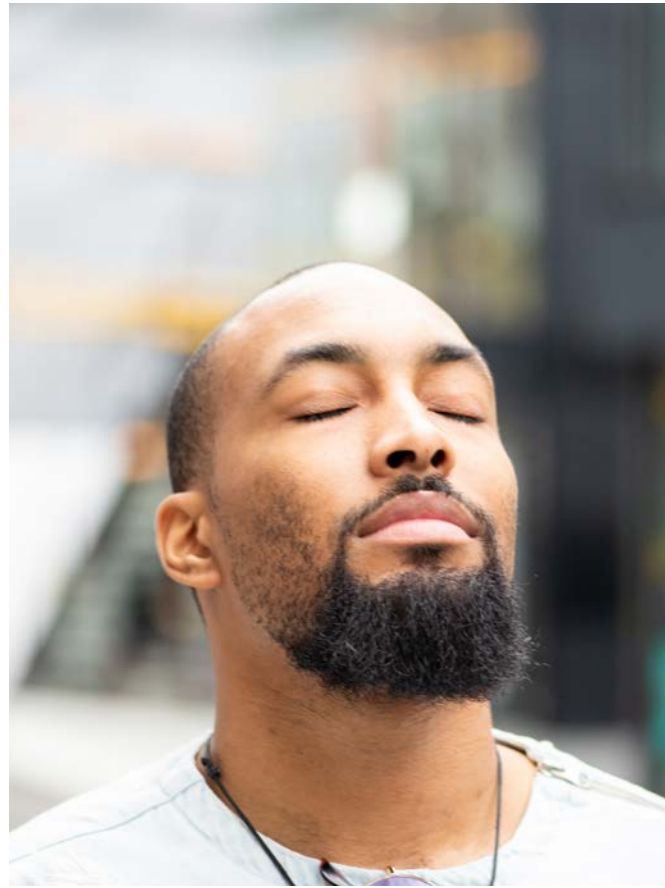
## A POSITIVE MOVEMENT

In 1952, Norman Vincent Peale released his best-selling book, *The Power of Positive Thinking*. This was during the postwar period—a time when many Americans were fearful and unsure about the future, with Cold War worries mounting. While mental health was not often prioritized or even acknowledged during this time, Peale's book outlined a ten-step approach to thinking positively that he said could help people with feelings of inadequacy and sadness. Though some of the steps Peale preached leaned toward religious practice, his basic ideas have become the foundation for many modern-day positive-thinking approaches.

In the 1960s and 1970s, mental health practices like meditation grew in popularity, as people started to understand their long-term benefits. The only problem was that health benefits of such practices were still not backed by science—that was, until 1985. A groundbreaking study, "Optimism, Coping, and Health: Assessment and Implications of Generalized Outcome Expectancies," by Michael Scheier and Charles Carver, proved a connection between optimism and physical health. This was one of the first studies to cite the mind-body connection, and it gave way to countless others that link good mental health to good physical health.

## SCIENCE SAYS

If you're still indifferent, so were Scheier and Carver, who initially had no interest in whether or not a positive mindset could benefit people physically. Instead, they intended to study how people react to difficult circumstances and the mental process associated with those encounters. However, their



findings sparked an interest in the way a person's inclination toward pessimism or optimism could help predict his or her health.

They created a six-question scale to determine a person's level of dispositional optimism, which could then be applied to different circumstances to predict outcomes. According to Scheier, since the scale was created, other researchers have been able to clearly link optimism to decreased levels of anxiety and depression. When negative things happen to us, we assess these challenges and what the outcomes may be. Scheier explains that optimistic people tend to possess better coping mechanisms than pessimists—practicing behaviors that help them recover and prevent repeated incidents.

Although we don't know why someone may be more predisposed to an optimistic or a pessimistic disposition, we do know that the benefits of maintaining a positive attitude far outweigh the negatives. We also know that it's not always easy to look on the bright side, but as long as you're willing to try, there is so much to gain.

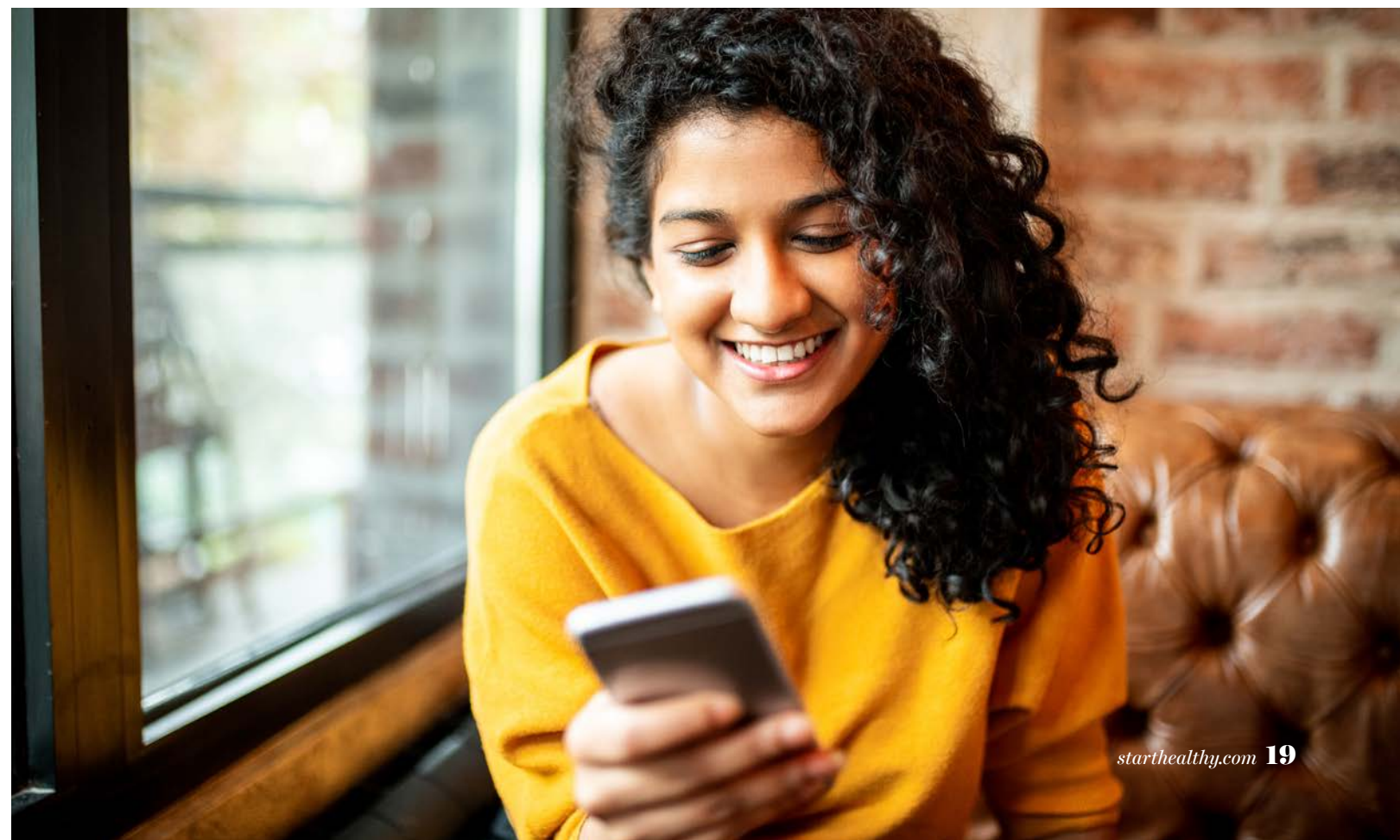
### THREE STEPS TO POSITIVE THINKING

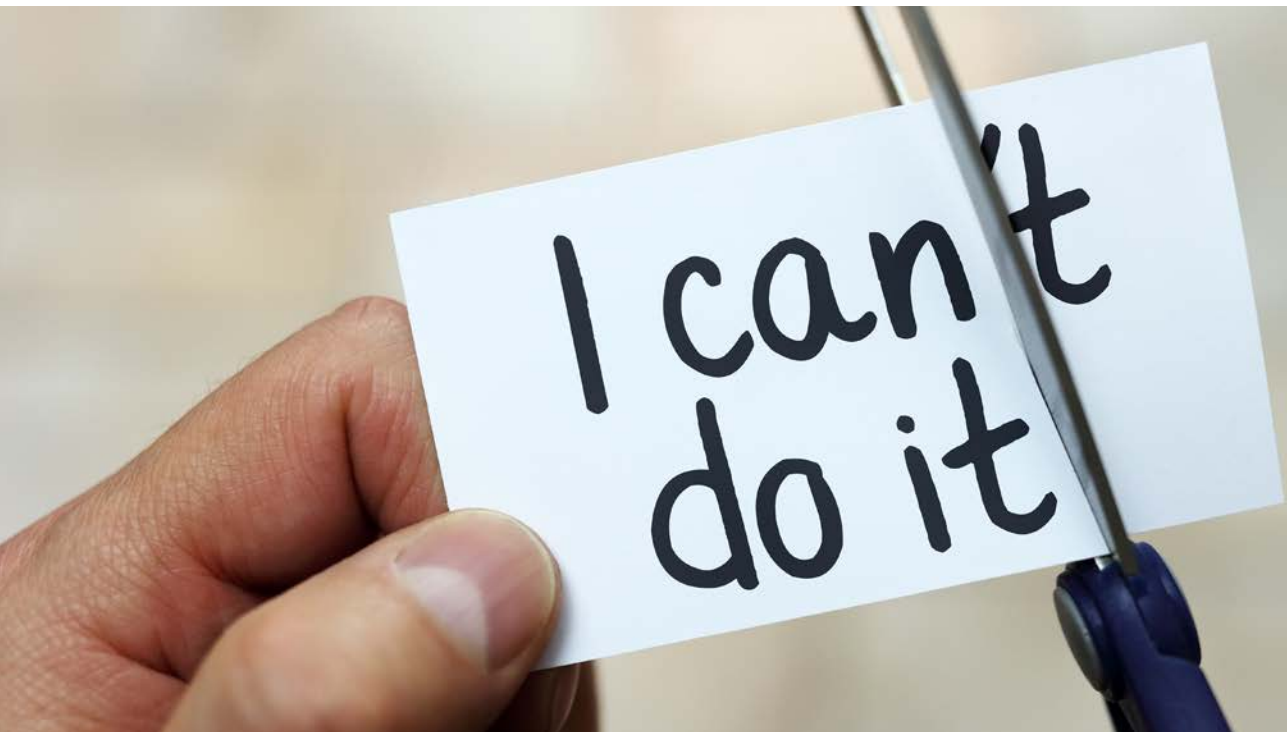
When you are able to overcome bad thoughts and a negative outlook, you leave more room in your life for the good things that can drive your success. If you think about successful people, most did not achieve their goals without hardship. In fact, they likely failed multiple times before they got to where they wanted to be. Without a positive outlook and determination to keep going, they would have never made it.

The three steps below are a good place to start when establishing a more positive mentality.

### BANISH NEGATIVITY

When your brain thinks you are in danger, it releases hormones that elicit your fight-or-flight response. This is a naturally occurring process that is essential, but it is sometimes activated unnecessarily. For example, if the thought of presenting in front of an audience leaves you feeling nauseous or weak in the knees, that is your fight-or-flight response kicking in. In this case, there is no real reason to be afraid. It's usually not *dangerous* to speak in front of a crowd, and yet your brain may run through all of the unlikely negative outcomes of following through with this behavior, such as public embarrassment, ridicule, or failure.





Instead of allowing your brain to fall down the rabbit hole of pessimism, try and ground yourself in reality. Anytime you are faced with a difficult situation that feels impossible, think about problems you've overcome before. You're still here—you made it through. It's easy to spend time focusing on all the potential negative outcomes, but that only leaves you more vulnerable. Try replacing each negative thought with a positive one, for instance:

~~"I'm not good enough. There's no way I'll get the promotion."~~

**"I have worked as hard as I can, and I am deserving of this opportunity."**

#### **AFFIRM POSITIVITY**

Once you are able to actively replace negative thoughts with positive ones, think about the ways you

can combat negativity before it even starts. Making positive affirmations a natural part of your daily routine is a great way to maintain an optimistic outlook in the long term. If you're not used to a positive internal monologue, positive affirmations might feel a little awkward or uncomfortable at first, but, like anything else, practice makes perfect. Depending on your goals and personality, you'll want to experiment with the affirmations that work for you. Some examples include:

- I am in the driver's seat of my own life. I am in control.
- I will not let one negative thought or action take hold of my entire day.
- I cannot control the actions of others, only my own.
- I am a strong, confident person who is capable of greatness.

- My family and friends love and appreciate me for who I am.
- Difficult moments will pass. I have overcome hardship before, and I will do it again.

Start reciting these affirmations anytime you're having feelings of self-doubt, and then work your way up to reciting them every other day or daily. Starting your morning with a positive outlook can go a long way in helping you remain positive for the rest of the day.

#### **PROMOTE OPTIMISM**

One of the biggest hindrances of positivity can be external—the negative thoughts and behaviors of other people. Negative conversations, like gossiping about others, for example, are roadblocks on the road to your positivity. While other people's negativity is not always possible to avoid, it's a good idea to start practicing ways to turn it around. When you start feeling a

conversation going in a bad direction, try and change the subject, or suggest a positive outcome to counter negative expectations. People might not always respond the way you want them to, but it's important to remember you're the one in control of your mindset. Pessimism can be a heavy burden to rid yourself of, so be careful not to allow external thoughts to put you back into a place of cynicism.

*With a world that seems to grow smaller and smaller each day, it has become easier to fall victim to the negativity put before us. We can't control whether or not bad things will happen, but we can control how we respond. Positivity is a powerful tool that can help you feel better about the world and feel better about yourself—opening you up to a much more gratifying life.*

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

written by: matthew brady

# YOUR SECRET HOLIDAY WORKOUT

**T**he holidays are here again! This time of year is associated with many things, most prominently an increase in goodwill, smiles, and get-togethers.

However, unless you are an experienced holiday planner who already started months ago, you probably associate the season with lots of hustle and bustle, too. If so, you probably also feel like this detracts from your

enjoyment, but it can actually be your secret weapon when it comes to being healthier—before, during, and after the holidays. After all, the season naturally gives you plenty of opportunities to be active without even trying, and just a few moderations to your usual routines can turn up the holiday calorie burn.

*[All estimates were calculated at [calorielab.com](http://calorielab.com) for a 150-pound person. Adjust accordingly for your weight.]*

## **DECORATING** (170–476 calories per hour) **INDOORS**

For the most part, the start of the holiday season requires the most work because it involves lugging all the boxes and totes out of storage and unpacking them—and then putting the empty storage containers away later. There's no doubt, though, that the joy of ushering in the season makes all this labor worth it. As a bonus, it's a good workout: you'll burn about 170 calories per hour, about the same rate as if you were trimming trees in your yard.

Then there's the matter of your furniture. Between wholesale furniture rearranging and decorating, some people seem to have completely different houses during the holiday season than they do the rest of the year. And, as any interior designer will tell you, that requires quite a bit of thought ... and a lot of lifting. If you take a half hour to rearrange the furniture, you will burn approximately 170 calories—the same as playing basketball.



## OUTDOORS

Just as important as your indoor decor is your holiday curb appeal, which often requires a roof visit. If going up and down a ladder is part of your holiday routine, enjoy the cardio benefits. Just fifteen minutes of this activity burns almost 120 calories—and that doesn't even factor in the labor of untangling and putting up lights!

And where do you fall on the real-versus-artificial tree debate? If a natural tree is a must and you carry it to and from your vehicle, feel free to flex: a six- to seven-foot tree can weigh as much as sixty or seventy pounds, so if you carry it for only fifteen minutes, you can burn well over 100 calories—and bulk up a bit.

The bottom line: whether you're setting up for the season inside or outside your home, you're getting in a good workout—and you'll likely feel it at the end of the day.

## SHOPPING (90 calories per hour)

When it comes to being more active, one word to keep top of mind is *intentionality*—especially with your inevitable holiday shopping. Today, most people make their purchases online, which barely registers a blip on the health meter.

If it's possible, going out to shop is much better for your health. When you go to the store, mall, or shopping center, think of it as a light, holiday-themed gym excursion: you'll probably walk for hours, and if you're carrying around bags of purchases, it's like walking with weights. Doing this for three hours can burn upwards of 500 calories—and even more if you keep your coat on. A tried-and-true tip for extra activity: park as far away as safely possible so you get in

*A six- to seven-foot tree can weigh as much as sixty or seventy pounds, so if you carry it for only fifteen minutes, you can burn well over 100 calories—and bulk up a bit.*

a little extra walking. (Besides, let's face it: we're talking about the holidays here. You may not have a choice.)

In many respects, these ideas for gift shopping hold true for the grocery store as well. Keep in mind that carts are there for your convenience—you should definitely use them for a large grocery trip or if you need them for health reasons. And you'll certainly burn calories pushing that cart around. However, for shorter trips, consider filling and carrying around the ubiquitous and eco-friendly reusable bags. When you do, you'll get the same effect as carrying around gifts at the mall. (Just use good judgment so you don't overexert yourself.)

Of course, there's also the after-shopping: loading your bundles of gifts or groceries into your car, and unloading them at home, which can burn another 25 calories or so per load in fifteen minutes. So, from start to finish, on any given shopping day you can burn a ton of calories while crossing things off your list.

## COOKING/BAKING (68-102 calories per hour)

Once all the food is home, the feast—and all the goodies—still needs to be prepared at some point. If



you're the primary person responsible for cooking and baking, you probably do so for a reason: preparing holiday food for loved ones brings about a unique joy. But it's an undeniably effective calorie-burning labor of love as well because of all the standing and manual work. If you frequently walk around from counter to table to fridge, that will land you on the high end of calorie burning for cooking and baking—a little over 100 calories an hour.

### **WRAPPING** (34 calories per hour)

As you get closer to the holidays, the excitement turns to wrapping presents. Now, because this is more of a marathon than a sprint, the health benefits will depend on what type of wrapper you are—do you want it done quickly, or do you like to savor it? For example, my wife and I fall into the latter category: we can spend a good four to six hours at a time wrapping because we'll watch TV or talk while doing it. (And, truth be told, I'm one of those who like doing a perfect wrap job.) To wrap up this task, you'll also need to stack and hide the unwrapped presents somewhere—burning even more calories along the way.

*As you can see, the holidays provide ample opportunities for increasing your activity levels for weeks, which is certainly something to embrace anytime—but especially now, since it can offset the plentiful eating we often regret come January. So, as you cherish this season, be as mindful of your own health in your everyday activities as you are of sharing goodwill, and you'll be sure to have a happier and healthier time.*

*To get calorie-burn counts for your specific holiday activities and weight, visit [calorielab.com/burned](http://calorielab.com/burned)*





# A NOURISHING *SEASON*



recipes by: *tess challis*

photography: *as noted*

photo by: *iStock/bhofack2*

Excerpt from *Healthy Vegan, Happy Body: The Complete Plant-Based Cookbook for a Well-Nourished Life*, by Tess Challis, published by Rockridge Press. Copyright © 2020 by Callisto Media. All rights reserved.

#### RECIPE KEY:

**GF** Gluten Free

**VG** Vegan

**V** Vegetarian

**NF** Nut Free



In many ways, the holidays are all about indulgence: good friends, good times, and really good food. However, you can also serve up good nourishment—with these good-for-you recipes from *Healthy Vegan, Happy Body*.



*Per serving:* Calories: 140 | Fat: 5g | Carbs: 19g | Fiber: 2g  
Protein: 2g | Sodium: 1mg | Iron: 1mg

## LEMON ROSEMARY *POTATOES*

*It's potatoes like this that make a solid case for Sunday brunch, especially when served with [this book's] Blueberry Pancakes and Strawberry Mylk. For an extra feast, serve up some Savory Scrambled Tofu on the side as well, and be sure to have hot sauces around for your spicy friends, like me. (I'm coming over if you serve these, just so you know.)*

measure

- 2 tablespoons sunflower or olive oil, divided
- 1 cup sliced shallots
- 4 large unpeeled red or gold potatoes, cut into 1-inch pieces
- 2 tablespoons minced fresh rosemary
- 2 tablespoons freshly squeezed lemon juice
- $\frac{3}{4}$  teaspoon sea salt
- $\frac{3}{4}$  teaspoon freshly ground black pepper

make

1. In a large skillet or wok, heat 1 tablespoon of oil over medium-high heat. Cook the shallots for 3 to 5 minutes, stirring often, until the shallots soften and begin to brown.
2. Add the remaining 1 tablespoon of oil, the potatoes, and rosemary. Cook, stirring occasionally, for 20 to 25 minutes, or until the potatoes are golden brown and fork tender.
3. Add the lemon juice, salt, and pepper and cook for an additional minute. Serve hot or warm. Refrigerate leftovers in an airtight container for several days and reheat (and re crisp) in a toaster oven, oven, or air fryer.

**Tip:** For one of my favorite shortcuts, you can keep cooked, cooled baked potatoes on hand and use them instead of raw potatoes. Then, this dish will come together in about 10 minutes.

VG

NF

SERVES 4

Per serving: Calories: 213 | Fat: 1g | Carbs: 46g | Fiber: 3g | Protein: 3g | Sodium: 470mg | Iron: 8mg

## EASY CHERRY *TURNOVERS*

These turnovers seem impressive, but are actually very quick and easy to make. Ah yes, the perfect way to fool unsuspecting guests and make them feel unnecessarily indebted to you. It'll be our little secret.

measure

- Nonstick cooking spray (coconut, sunflower, or avocado oil)
- 1 cup pitted, chopped cherries (fresh or frozen)
- ¼ cup plus 2 tablespoons fruit-sweetened cherry jam
- 2½ teaspoons arrowroot powder
- ½ teaspoon vanilla extract
- 8 whole-wheat phyllo dough sheets (9-by-13 inches each), thawed
- 2 tablespoons brown rice syrup, or more to taste

make

1. Preheat the oven to 350°F. Spray a small baking sheet with cooking spray and set aside.
2. In a medium bowl, stir the cherries, jam, arrowroot, and vanilla well. Set aside.
3. Lay two sheets of phyllo (one on top of the other) on a clean, dry surface. Fold in half lengthwise to form a 4½-by-13-inch rectangle with the short side facing you. Place ¼ of the filling at the base of the phyllo rectangle. Working from the corner, fold the bottom left edge of the phyllo up and over the mixture to form a triangle. Repeat this motion from the opposite corner, continuing the triangle pattern. Keep folding into triangles until you run out of phyllo.
4. Place the turnover on the prepared baking sheet and spray with oil. Repeat this process to make the remaining turnovers.
5. Bake for 10 to 20 minutes, or until golden brown. Remove from the oven and drizzle with the brown rice syrup just before serving. Refrigerate leftovers in an airtight container for up to 5 days.

**Tips:** Brown rice syrup is made simply from brown rice and water. It's a sweetener that's lower glycemic yet deliciously rich. To me, it almost has a mellow caramel flavor. You can find it at any health food store. You can sprinkle the turnovers with coconut sugar for their last 5 to 10 minutes of baking and omit the brown rice syrup if you like. As another variation, substitute a different type of fruit (and coordinating jam flavor) for the cherries.



photo by: iain bagwell



photo by: *helene dujardin*

VG GF NF **SERVES 4-6**

*Per serving:* Calories: 91 | Fat: 1g | Carbs: 19g | Fiber: 5g | Protein: 4g  
Sodium: 567mg | Iron: 1mg

## VERY VEGETABLE *SOUP*

*This soup is all about the veggies. It's very clean, very light, very tasty, and very high in fiber—yet devoid of excess fats, sugars, and fillers. It's great on its own or served with whole-grain bread or crackers. Incidentally, this is not just a favorite in our house—my recipe testers adored this soup, too!*

### *measure*

- 5 cups water
- 1 (14.5-ounce) can diced tomatoes
- 1 (15-ounce) can tomato sauce
- 2 large celery stalks, diced (1¼ cups)
- 2 medium carrots, diced (1 cup)
- ½ medium white or yellow onion, diced (½ cup)
- 1 cup peas
- 1 cup corn kernels
- 3 large garlic cloves, minced or pressed
- 1 teaspoon freshly ground black pepper
- ½ teaspoon salt

### *make*

1. In a large pot, combine the water, tomatoes and their juices, tomato sauce, celery, carrots, and onion over medium-high heat. Bring to a boil. Reduce the heat to low and simmer, uncovered, for 35 minutes, stirring occasionally.
2. Add the peas, corn, garlic, pepper, and salt. Stir and continue to cook for another 10 minutes, or until the vegetables are tender but still slightly crisp, and the soup has thickened slightly. Serve hot or warm. Refrigerate leftovers in an airtight container for up to a week or freeze for several months.

**Tip:** To give this soup a wintry twist, swap the corn and peas for kale and cooked barley (pictured). It will thicken the soup significantly, giving it a fuller, entrée feel.

VG

GF

SERVES 6

Per serving: Calories: 100 | Fat: 5g | Carbs: 13g | Fiber: 5g | Protein: 2g | Sodium: 3mg | Iron: 1mg

## BLACKBERRY CHIA *PUDDING*

This pudding is simple, yet very tasty—the quintessential energy snack. Chia seeds are a great source of omega-3s, and the blackberries provide loads of antioxidants and fiber. Enjoy this plain or topped with additional berries.

measure

- 2 cups water
- 1 cup blackberries
- ¼ cup raw unsalted whole cashews, soaked, drained, and rinsed
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- ⅓ cup chia seeds

make

1. In a blender, combine the water, blackberries, cashews, maple syrup, and vanilla and process until very smooth. Transfer to an airtight container.
2. Stir in the chia seeds and refrigerate, covered, for 2 hours, or until thickened. You may need to stir intermittently, as the chia seeds tend to clump together. Refrigerate in an airtight container for up to a week.

**Tip:** If you're new to chia pudding, you'll be happy to know that it's extremely easy to throw together and modify. It's basically a superfood "instant pudding," and if you ever prefer a thicker version, you can simply add more chia.

photo by: nadine greeff



# the magic of MUSIC

written by: matthew brady

**Do you ever find yourself humming a tune, out loud or in your head, in the car or in the shower, without even realizing it? Do certain songs remind you of a certain time or a certain person? Does music motivate you when you work out?**

Music holds a unique place in our lives—it's essentially intertwined with who we are as humans. In fact, the earliest evidence for musical instruments, discovered in Europe, are thought to date back over 40,000 years. Fast forward to the twenty-first century, and our love of music is significantly more pronounced: a 2017 Nielsen

study estimated that 90 percent of us listen to music and, on average, for about thirty-two hours a week—that's four full work days' worth of music!

This love of music seems to especially hold true during the holidays, when a nonstop rotation of holiday songs fills our airways, televisions, and entertainment—in the process, filling many hearts with joy for weeks on end.

But why does holiday music elicit such strong feelings for so many? To discover the answers, you first must break down the benefits of music itself.





## The Mental and Physical Benefits of Music

Have you ever noticed that doctor and dentist offices often have peaceful music playing? That's aimed to help relieve stress in what can be an otherwise anxiety-filled situation. It's no surprise, then, that study after study have concluded that music does indeed benefit us in countless ways. Among them:

- Music can play a key role in the social, cognitive, and motor-skill development of infants and toddlers.
- Physiologically, music can make us happier because it encourages dopamine release.
- Music therapy is known to help with issues like depression, anxiety, schizophrenia, and even physical pain.
- Certain genres of music, such as classical, have been shown to lower blood pressure and heart rates.
- Research shows that lyrics with an uplifting social message can make us better people by increasing empathy.

There are clearly a multitude of reasons why we are so drawn to music—even if we don't always consciously understand why. There are many other benefits to *singing* the music as well.



## Singing: The Physical Benefits

I've never been much of a singer, but my fourteen-year-old daughter, Laura, has been singing for years now. So I got her expert opinion: Does singing involve more than just vocal cords? "Definitely. It's a physical drain, and not just in the throat. When you sing, your entire body gets a workout," she says, adding that, even after her singing practice earlier in the evening, she had to sit down to gather herself. It makes sense when you think about it:

- When people are taught to sing, they also learn breathing techniques to control their inhaling and exhaling while belting out a tune.
- Other parts of the body besides the nose, mouth, and vocal cords are in play when changing or holding a note—including tensing muscles in the torso and contorting one's posture. (It wasn't until I was bringing my exhausted daughter home from rehearsals that I understood this.)



## Singing: The Social Benefits

Many of us, though, don't have musical talent—and that's OK. Because one of the best parts of music is that it invites us to form social bonds; many voices literally become one. For example, school performances form friendships over like interests and common goals. And you've probably experienced going to a concert and singing along with thousands of other fans, which is a rush like no other. Music is an integral part of sporting events as well, in America and even more so overseas, where soccer team anthems are inherent to the identity of both players and fans.



## Hearing Holiday Music

Holiday music has been around for ages: it's thought to date back to hymns of the Middle Ages, with carols following a few centuries later. Today, there's an endless playlist of holiday songs at our disposal, from traditional music to modern takes, which is a joy for many ... and can be dreaded by some.

To be clear, there's one obvious caveat to all these good vibes: musical mirth can quickly turn to mental mayhem. Specifically, while many people love hearing holiday tunes *before* Thanksgiving every year, many also loathe it.

There's a reason for that. One study concluded that this phenomenon, dubbed Christmas Creep (because stations and stores creep holiday music into customers' psyche earlier and earlier), can increase stress, especially for retail workers.



Plus, sheer repetition of anything, even something uplifting, can cause our brains to start producing negative thoughts and associations with what's causing it—simply put, too much of a good thing becomes a bad thing. For example, Saturdays are the best day of the week for most workers, but when millions of people worked from home for months, it produced a sort of “daily Saturday” effect. Hearing holiday tunes all the time can create this feeling during the holiday season. (Making us Grinchy indeed.)

That said, for the majority of us, the thought (and sound) of holiday music brings back a smile that's been in hibernation all year. That's simply because there are key qualities that make this collection of tunes so special.

#### **CONNECTIONS TO THE SEASON**

With most music, you'll listen to it all year. In contrast, this music is only associated with the time of year it was created for, which makes it treasured and wholly embraced by many when it returns.

#### **CONNECTIONS TO ONE ANOTHER**

Holiday music often acts as a common thread between family members—and even between generations—who listen to it together every year. As an example, I only know of Bing Crosby and his holiday tunes from the 1940s because my parents heard it in their homes when *they* were growing up. And I've passed it along: now my kids know and look forward to hearing Bing's baritone

every December. That's four generations and over seventy-five years, bonded over holiday music.

#### **CONNECTIONS TO POSITIVITY**

No matter what difficulties the year presents, holiday music is always there at the end of it to lift you up and remind you of what's important. There's no better example of this than the best-selling Christmas song of all time, “White Christmas,” debuting during World War II and becoming an anthem of sorts for American soldiers abroad.

And you've probably noticed that holiday music takes the notion of goodwill and literally amplifies it. Go ahead: try to think of a holiday song that's *negative* in nature. (If you thought of “You're a Mean One, Mr. Grinch,” raise your hand—you're probably in the vast majority because it stands out as being so contrary to any other seasonal song.)

*The power of music is undeniable; virtually every person in America has been impacted by it. It teaches us, holds our hand through dark times, and makes us smile. It evokes memories of good times and loved ones and togetherness—making it a true treasure every time the holiday season returns.*

# Snacking MADE PERFECT

interview with: *leigh keith*    written by: *rebecca poole*    photography by: *perfect snacks*

**Y**our refrigerator is home to many items—among them probably fruit, leftovers, and maybe a gallon of milk—but a protein bar? Until Perfect Snacks popularized its refrigerated snack collection, including bars, bites, and peanut butter cups, you may not have opened your fridge to see a nutritious bar on the shelf. Once you have a bite, though, you'll forever be putting a Perfect Snacks product on your grocery list.

You may be asking, "Why do these snacks need to be kept in the refrigerator?" Made without chemical preservatives or emulsifiers, a Perfect Snacks creation needs to be kept cold in order to maintain its flavor and texture. Its most popular product, Perfect Bar, is gluten-free, uses honey as a sweetener, and is made with twenty superfoods. Cofounder and president Leigh Keith expounds on the San Diego-based company's core values and what she believes makes the brand stand out.





**How has the company grown since first starting out?** Our headquarters is located in San Diego, California, not far from where my family grew up. However, our team spans across the nation, working remotely and in the field. For a company started by eight siblings around fifteen years ago, the growth has been tremendous. We have nearly ninety employees nationwide, and our Perfect Snacks products can be found in 35,000 fridges across the nation. In 2019, Perfect Snacks was named one of the best places to work by *Inc.* magazine.

Today, we still operate similarly to how we began. Spanning all departments, my siblings and I still have leadership positions in our company and have helped

set the tone for the familial and fun-loving yet hard-working culture we aim to uphold within our brand. Additionally, in 2019, Mondelēz, a global snacking leader, acquired a majority interest in Perfect Snacks, giving our brand the opportunity to scale and gain access to resources that will allow us to provide our product to more people. There is always growth to be had, whether that be through increased distribution, building our team, or innovating our product offerings.

**Would you elaborate on the familial aspect of the company?** I'm one of thirteen siblings who had a very nontraditional, eccentric childhood. My dad, Bud Keith, was traveling the country giving talks about whole food nutrition, while



toting me and my siblings around in a motor home. We saw the entire country this way before our early teens and were homeschooled by my mom while on the road. My siblings were not just siblings: they were my friends and my peers, and they became my business partners.

Since our dad was a nutrition advocate, he would always try to get us to eat our whole-food supplements. One day, he mixed fresh, organic peanut butter with organic honey, added a plethora of organic superfoods, and rolled it into a ball for us to have as a snack—we ate it right up. He exclaimed to us, “It’s perfect!” and the recipe was born. After that, we were selling Perfect Bars like other kids sold lemonade.

In 2005, our father grew ill with skin cancer and, at the time, I had nine brothers and sisters under the age of eighteen, so my older siblings and I knew we had to come together to support our family. That upbringing set us up to face challenges down the line, so when our backs were up against the wall, we gambled it all on the unconventional idea of putting a protein bar in the fridge. We learned early on about the importance of whole foods, family, and believing in yourself. Overcoming doubt is about building trust with your team. We trusted our decisions and the people along the way, and we didn’t let our fears become hurdles.

**What are the most popular Perfect Bar flavors? What is the process like for creating new ones?** Our top three flavors are Peanut Butter, Dark Chocolate Chip Peanut Butter with Sea Salt, and Coconut Peanut Butter. We have an in-house innovation team that is constantly testing recipes for new products and flavors based on what’s trending and what our retail partners and consumers are asking



for. As part of the research-and-development process, the team facilitates focus groups, taste tests, and shelf-life testing, and it combines that with consumer feedback to ultimately make the decision.

**What do you think makes your protein bar stand out in a heavily saturated market?** In 2020, fresh-fridge snacks were recognized by Whole Foods Market as a top ten food trend. Fresh snacking bridges a gap between the bar category and wholesome, on-the-go snacking. Today, consumers’ demand for fresh snacks and retailers’ expansion of their fresh options are only making more room for innovation from consumer package goods brands like Perfect Snacks. People are seeking ways to incorporate fresher, whole foods into their diets but are



*Leigh Keith (center) with the Keith family siblings*

busier than ever before. Convenience and portability remain paramount for their snacking needs. Being able to deliver on taste, nutrition, and convenience has and will continue to be our competitive advantage.

***Are there recipes you can make with the various products?*** Although our products are not advertised as ingredients, the people who buy Perfect Snacks products are quite creative in the kitchen and often incorporate the products into recipes. Many people enjoy adding pieces of the peanut butter cups to brownie batter in order to add whole-food protein to their treats. But the most popular way to use them as an ingredient is crumbling a bar on top of a yogurt bowl or smoothie. I think eating them as a snack on their own is still the best way to enjoy them, though I may be biased.

***Would you expand on the sustainability efforts the company makes?*** We want to support a fair and sustainable

food system, and we choose to source organic ingredients wherever we can. In an effort to become a more sustainable company, we have replaced our usual Styrofoam shipping packaging with a biodegradable material, made up of 100 percent recycled fibers. These fibers are heat-treated and blended together in a mechanical, nonchemical process.

Perfect Snacks also has an internal committee, the Super Greens, whose mission is to educate, inspire, and empower the Perfect Snacks family around sustainability. The Super Greens team has implemented an in-office composting program alongside Food2Soil, a composting company, hosted clothing swaps, and held zero-waste cooking classes for employees.

In addition to these and other sustainability measures, we place a heavy focus on community involvement, providing each employee with twenty hours of paid volunteer time each year to work with organizations of their choosing.

***How do you keep family and community at the forefront of the brand?*** I couldn't be prouder of what our family and team (a true extension of our family) have been able to achieve over the past fifteen years. Building healthy communities from the inside out starts at home. The familial culture has been maintained, even as we surpassed one hundred employees. Having a quality product or service is important for any brand to stay afloat, but having the passionate, hardworking people who share your vision and values as the foundation for your brand is, without a doubt, the most important factor in being truly successful.

We'd be nowhere close to where we are today without the team that has been on this nutty journey with us and the community who has supported us. I am grateful and proud every day of what we've created together.

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

*One day, he mixed fresh, organic peanut butter with organic honey, added a plethora of organic superfoods, and rolled it into a ball for us to have as a snack—*  
**we ate it right up.**



# FIRE SAFETY

FOR A *Festive Season*

written by: *matthew brady*

The holiday season ushers a warm, cozy feeling into our homes. Oftentimes, though, that coziness goes hand in hand with fire risks, so it's a good idea to be vigilant about these potential hazards. Use this checklist to make it easier to ensure the safety of your loved ones this holiday season.

## LIGHTS AND CANDLES

Lights are a huge part of the season, whether you are stringing them up or filling your home with the peaceful ambience of candles. Use sound judgment when putting your holiday lights up (using only indoor lights indoors and minimizing the number of light strands connected), and make sure your lights and plugs don't get overheated.

If you use real flames for your candles, make sure the candles are isolated and that they are completely extinguished every night. In addition, be safe using matches or electric ignitors, and be sure to store them out of reach of children. Plugs, too.

## TEND TO THE TREE

One of the beautiful parts of the season is the look and smell of nature, from pine trees to wreaths to pine cones. Just like in nature, though, if these things get too dry, they are more apt to be a fire hazard. If you have a

real tree, keep it in a water-filled stand and make sure to keep it properly hydrated.

## BEAT THE HEAT

Make sure to keep any seasonal items away from heat vents, radiators, etc. to prevent them from overheating and igniting. And while cooking any holiday meal, don't leave the stove unattended.

## TEST SMOKE ALARMS

This time of year is a good reminder to test the batteries of every smoke alarm and carbon monoxide detector in the house. Replace batteries or the alarms themselves immediately if they don't let off an ear-piercing sound.

## PLAN AHEAD

Fires can get out of control quickly, so you must have an escape plan. Set one up before the holidays, and practice it with your family.

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

# Less is More This Holiday Season

Colors and patterns aren't for everyone; here's how to keep your home decor minimal.



## CHOOSE MONOCHROMES

While the blues, reds, and greens lining the store aisles are enticing in the moment, choosing to deck your house out in too much color can be headache-inducing. Instead, opt for a neutral theme, using monochromatic colors like black and white with a colorful accent. This can be achieved with easily changeable decor like throw pillows.



## WRAP GIFTS USING BROWN PAPER

Go the old-fashioned (and eco-friendly!) route and use brown paper and twine to wrap presents. This look is simple, yet classy, and will make your tree stand out when all the presents are under it. This minimalist choice is easy to personalize, too, and the receiver will be instantly charmed by the extra effort.



## SKIP THE TINSEL

When it comes to decorating the tree, decorations don't have to be colorful and metallic. For a more minimalistic aesthetic, consider adding a faux-fur tree skirt to the bottom of your tree, utilizing strands of white lights, and adding nature-inspired ornaments, like artificial pine cones and white and gold ornament balls.



## KEEP THE FOCUS ON 1 OR 2 ITEMS


For the ultimate minimalist design, choose only a couple of holiday pieces for your decor and let those be the focal point of your home. Switching out your everyday couch pillows for holiday-themed ones or placing winter plants in the corners of your home might just be the best way to keep it simple.



## Front of Tear Out Card 2



**30  
DAYS  
OF**  
*Gratitude*



Between the excitement and craziness of the holidays, the season can often go by in the blink of an eye. But even one thoughtful act a day can help you remember what this time of year is all about.

**In need of a little inspiration?  
Use this list of ideas.**




**Stacey Shanner, DES1, DES2**  
License Number

---

**Toll Free:** (866) 458-4226  
**Office:** (610) 878-5000  
**E-mail:** info@remindermedia.com  
**www.remindermedia.com**

ReminderMedia  
1100 First Avenue  
Suite 200  
King of Prussia, PA 19406



## Back of Tear Out Card 2

Give a care package to someone in need	Reconnect with someone you've lost touch with	Send a handwritten note to a loved one	Bake a treat for your neighbors	Compliment a coworker for his or her hard work
Thank a veteran for his or her service	Clean up a few pieces of trash at your favorite park	Hold the door open for someone	Give someone a small gift, just because	Call a friend
Call your family	Tell your family how much you admire them	Treat a coworker to coffee	Volunteer at a soup kitchen	Feed someone else's parking meter
Let someone else have a parking spot	Give your pet a special treat	Cook your loved one's favorite meal	Be an active listener	Donate a bag of dog or cat food to your local ASPCA
Thank your mentors for how influential they have been	Hug someone you love	Help the cashier bag your groceries	Pay for the order of the person behind you in line	Donate old clothes or belongings to a local charity
Forgive someone	Speak to someone who is sitting alone	Say only positive things to people	Leave a generous tip and words of encouragement for a waiter	Be kind to yourself

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

Presorted Standard  
U.S. Postage  
**PAID**  
Harrisburg, PA  
Permit No. 478

Bill and Judy Smith  
123 Main Street  
King of Prussia, PA 19406

# Making a *Healthy* Holiday Plate

Events and dinner parties are filled with delicious treats, but nutrition is still important. Keep these suggestions handy to make a more balanced plate.

A quarter of your plate should be grains. Aim to make at least half of your daily grains whole grains. Whole grains contain vital nutrients, such as fiber and magnesium. Use the nutrition label to choose whole grain items that are lower in unhealthy fats and sodium.



There are plenty of ways to fill a quarter of your plate with protein—either with meat or plant-based foods. Lean meat, beans, peas, seafood, and eggs are all fair game. Avoid the fryer, and grill, bake, or roast instead!



Half your plate should be made up of whole fruits and a variety of veggies. Try to include dark greens, such as spinach, kale, and chard, as well as starchy veggies, such as potatoes and squash. Aim to include fruits, like apples, pomegranates, and pears.



What's an appetizer platter without cheese? Just keep in mind the recommended daily limit of three cups of dairy per day when reaching for that extra slice. And, let's face it, dessert is unavoidable. Don't deprive yourself of a delicious treat, but remember that moderation is key!