

Compliments of Stacey Shanner

# *start* HEALTHY

ISSUE 37

## Should You Purchase *Travel Insurance?*

*Tips for when  
and what to buy*

PAGE 10



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pops with a purpose | 04

midlife adventurer | 30





## Front of Tear Out Card 1

**FAVORITE**  
*spiced waffles*

- 2 tbsp. flax seeds
- 6 tbsp. water
- 2 c. whole-wheat flour
- 1 tbsp. baking powder
- Heavy pinch salt
- 2 tbsp. brown sugar
- ½ tsp. turmeric
- Sprinkle black pepper
- 2 tsp. cinnamon
- ½ c. applesauce
- 2 c. vegan milk
- 1 tbsp. vanilla
- Fresh fruit, for serving
- Whipped cream, for serving
- Maple syrup, for serving




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## Back of Tear Out Card 1



1. In a small bowl, mix the flax seeds and water and let the mixture sit for 5 minutes.
2. To a medium bowl, add the flour, baking powder, salt, brown sugar, turmeric, black pepper and cinnamon and give it a good mix until well combined.
3. In another medium bowl, mix the applesauce, vegan milk, vanilla and flax seed mixture until well combined. Slowly add the dry ingredients to the wet ingredients about 1 cup at a time and gently mix until well combined.
4. Preheat a waffle iron and if it is not non-stick, coat it with some oil to keep the waffle mix from sticking.
5. Pour ¾ to 1 cup of the waffle mix into the waffle iron and cook until heated through, 8 to 10 minutes (or when your waffle machine alerts you that the waffle is ready). Enjoy with fruit, whipped cream and maple syrup.

**SERVES 4**

Recipe reprinted with permission from *Blk + Vegan* by Emani Corcoran. Page Street Publishing Co. 2023. Photo credit: Monika Normand.





# startHEALTHY

ISSUE 37

Dear Bill and Judy,

It was physicist Sir Isaac Newton who posited that a body in motion stays in motion, but a body at rest stays at rest. Spring is the perfect excuse to get moving, and this issue of Start Healthy can help inspire you to be more active this season. It includes an exploration of Texas Hill Country, the motivating story of the first woman to stand-up paddleboard across England, and tips for getting your steps in every day.

There's so much land to discover in Texas, but one area of the state in particular, its Hill Country, comes alive in spring. Take a look at all there is to see and do in this portion of the state.

Jo Moseley didn't become interested in paddleboarding until her fifties, but it didn't take long for her to rise to international acclaim as one of the most inspiring faces in the sport. Inside she reveals how paddleboarding has changed her life and how she became the first woman to paddle England's 162 miles of canals.

You might think you need to break a good sweat to reap any real rewards of exercise, but that's not entirely true. Simply adding more steps to your day has some incredible health benefits. Read the enclosed guide to getting the recommended number of steps in each day, even without stepping outside.

Here's to getting out and moving this season! As always, it's a pleasure to send you this magazine.

**Stacey Shanner**



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*Explore the Enchanting  
Texas Hill Country*

Learn what makes  
this region a must-visit  
during mild months.

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written by: *shelley goldstein*

# HOW TO TELL IF YOUR PRODUCE *is ripe*

Shopping for fruits and vegetables can sometimes feel like a game of luck. You pretend to know what you're looking for as you thump, sniff, and inspect your way through the produce section (while also carrying around the guilt of throwing out half the items in your refrigerator drawer last week). Here are some tricks to help you choose the ripest fruits and vegetables every time.

## *Buy in season*

Keep an eye out for signs posted about what is in season. Selecting produce this way will give you a much better chance of bringing home items that are at peak freshness and flavor. They are also more likely to be grown locally, reducing the time from farm to table.

## *Give it a squeeze*

Depending on what you are buying, your produce's density can be a good indicator of if it's fresh. Vegetables like cucumbers, bell peppers, celery, and squash should be firm, as should fruits like apples and pears. On the flip side, if you are searching for a ripe peach or avocado, it should have some give to it. You can also peek under the stem of an avocado for a hint: If it's green, it's ripe. But if it's brown underneath, it's past its prime.

## *Examine the exterior*

Look over your produce for limp leaves, mold, or odd colors. Broccoli turns yellowish-green and its buds start to open or enlarge as it loses freshness. Sweet corn should have bright-green husks; steer clear if they are wilted or dry. Summer squash should be shiny, while butternut squash should have matte flesh. When it comes to raspberries and strawberries, choose ones that are plump and have a rich color, which indicates they were picked at peak ripeness.

## *Use your nose*

Fruits like pineapple, mango, and cantaloupe will give you clues to their ripeness by how they smell. A pineapple should smell sweet and fruity at the base. A mango will have a tropical smell when ready; if it smells sour or even alcoholic, it has gone bad. A ripe cantaloupe should have a pleasant melon smell, but if you choose one without a fragrance, it will continue to ripen on a counter for a few days.

*Use these tips to confidently shop for produce. And remember that even if it does start going bad, you can always use vegetables for soup stock and overripe fruits in smoothies.*

# *start*HEALTHY



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# POPS with a **PURPOSE**

interview with: *erik brust*    written by: *matthew brady*    photos courtesy of: *jonny pops*

**E**rik Brust, cofounder and CEO of JonnyPops, explains how his company delivers not only incredibly tasty organic frozen treats but also positivity.

***How did this idea come about?*** My cousin Jonathan, who was a few years older than me, and I came up with this idea of an all-natural smoothie-on-a-stick pop when I was in high school. Tragically, he passed away at the beginning of the second wave of the opioid crisis.

When I was a sophomore at St. Olaf College here in Minnesota, I pitched the idea to some friends, and we started making pops in our dorm in 2011. We sold them weekly at ten farmers markets, where we also bought our ingredients. After graduating, Connor [Wray, cofounder and CFO] and I went full-time with it. We just have a blast making pops.

***Tell us a little about your pops:*** Our original smoothie-on-a-stick products still have only five ingredients: fruit, cream, water, cane sugar, and a pinch of salt. We also now make fun water pops, a unique type of treat with layers of flavor. In fact, we have both a design patent and a process patent for them; we earned the latter because we built totally custom machinery to make these multilayered pops. We're pretty proud about being able to come up with such an innovation.

***What is your ultimate goal with JonnyPops?*** We've never been short on ambition, but this isn't necessarily about becoming the biggest ice-cream company on the planet. We simply want to make a great product and have a positive impact. That said, we've been pleasantly surprised by JonnyPops' staying power—we have hundreds of thousands of loyal fans who support us. It just goes to show that there's always room in the market for a great product to succeed.





***Your slogan is “A Better Pop for a Better World.”***

***Would you elaborate on what this means to you?*** There are two sides to that promise. First, we always want to produce something we would feel good about eating and sharing with other people. That’s why we keep it as simple as possible with just a few great ingredients—as the saying goes, simplicity is the ultimate sophistication.

The second part of our mission statement is about always being transparent. For example, a lot of people have food allergies, including my sister, who grew up with a deathly peanut allergy. So we have an entirely peanut-free facility where we manufacture everything ourselves. We go as far as not even allowing people to bring in peanut butter sandwiches for their lunches. We also came out with an oat milk line for those who are lactose intolerant.

***How much do you lean on customer input?*** Honestly, what’s made JonnyPops successful is that we’ve always sought consumer feedback. Our entire brand is set up that way—rather than v people what they want, we listen to what they want and then make it. Hundreds of people reach out to us every day to tell us about something they love or don’t love about us.

***Have you always put good deeds on your pops’ sticks?***

From the start, we wanted to focus on positivity and antibullying: to get people to be kinder to each other. So in 2014, we started adding good deeds to our sticks, and kindness became the center of everything we do.

Our fans responded once again, offering up their own ideas for good deeds and sharing the ones they did, from taking the road less traveled to making time to play with a pet to sending a postcard while on vacation. These are small things, but I’m a big believer that small things can lead to big change. Our pops can be the first domino that leads to unintended positive consequences for people—and it all starts with words on wood. It’s pretty amazing.



***What is your Kindness Is Golden campaign?*** It debuted in 2020 and was another result of listening. People were collecting their sticks, washing them, putting them in containers, and then pulling out random ones for activity ideas. Inspired by this, we came up with the idea of allowing fans to redeem sticks for prizes: everything from T-shirts to an all-inclusive factory tour where you also design your own flavor. That was a fun project to implement. We’re planning to ramp it up in a huge way over the next couple of years.

***Tell us a little about your education initiatives:*** We make a version of our product for K–12 schools that meets USDA smart-snack school nutrition guidelines; as a result, over ten million students enjoy JonnyPops in more than forty states. We also provide things like a free antibullying campaign and curriculum for educators on our website and mail “I got caught doing something kind today” stickers to schools. The impact we can make in schools through these initiatives is so meaningful to us.







*Since the beginning, you've donated to organizations that focus on addiction recovery. Would you elaborate on that?*

We honor Jonathan by donating to such nonprofits, which helps give people access to things like treatment and scholarships. There's still a stigma about mental health and addiction, and breaking that down is one of the most important things you can do. If we can use a brand voice to do that, great, but we help more behind the scenes in that capacity and are more focused on kindness and antibullying overall.

*How many pops can you make a day now?*

Each day, we are producing thousands of pops, which is just crazy to think about. Even if only 10 percent of our fans do the good deeds on their pops, that still means thousands of good deeds are being done every day. That gets me excited about the future of the company and the world.

*Which products do people love the most?*

The water pops are fun just because they're so eye-catching, and they're very popular in summer. And people have always loved the strawberry-and-cream pop. It's a pure, delicious, strawberry ice-cream treat, and I'd confidently say we do it better than anyone on the planet.

*What's next for JonnyPops?* We're in this to keep learning, growing, and coming up with great products. The team is looking to add more fun flavors and ideas adjacent to frozen pops. There's no idea too crazy or too big—I have whiteboards and notebooks full of dreams. So you will see a lot more from our business in the next five to ten years.

For more info, visit [jonnypops.com](http://jonnypops.com)







*travel*

# Should You Purchase *Travel Insurance?*

written by:  
*lauren kim*

While vacations can be fun and exciting, they're also not always cheap. Between lodging, transportation, and food, the costs can quickly add up, making travel insurance seem like an unnecessary luxury. However, in some instances, this expense may just be the best financial decision you can make for your trip.

## *The basics*

Just like with other forms of insurance, travel insurance can protect you financially should the unexpected happen. For instance, it may help with expenses related to lost luggage or emergency care, and you may potentially be reimbursed if your trip is canceled, delayed, or interrupted by circumstances beyond your control.





Though what you'll pay for travel insurance can vary by provider and policy, *Forbes* found that it costs on average 5 to 6 percent of the trip's price tag. (For example, travelers typically pay \$61 to insure a \$1,000 trip.) The final total may also depend on factors like the amount of coverage you buy, your age, the length of your trip, the number of people you're covering, and your destination.

### Reasons to *buy*

Travel insurance is typically a good idea for any circumstances where there is decent financial risk, such as if you've prepaid for your excursion and face financial penalties for canceling or if you are bringing several valuables. Your destination can also increase your risk: health insurance won't apply outside the United States in most cases, putting the full financial burden for unexpected medical expenses on you, and areas prone to hurricanes, wildfires, or other natural disasters can

cut your trip short. And with flight delays becoming more and more common, you may want some extra peace of mind if your flight plans include multiple connections or destinations.

Additionally, consider your personal situation. Travel insurance could be a helpful safeguard if you know of issues that could threaten your trip, such as if you or a loved one has health issues that may unexpectedly worsen or if work, family, or other responsibilities could force you to postpone or cancel. In instances like these, the benefits of getting coverage may outweigh its cost and help you recoup a percentage of what you spent should your plans fall apart.

### When you could *skip it*

While travel insurance can be incredibly useful, it's not always worth the expense, especially if the cost of coverage is likely to outweigh anything you might recoup from filing a claim.



This may be the case if you aren't traveling far or if your trip doesn't entail significant prepaid and nonrefundable expenses. Likewise, if you're traveling for business on your employer's dime, travel insurance is money wasted since you'll have no expenses to insure. (Note that this isn't the case if you're self-employed or are funding your trip yourself.)

Additionally, you might already have some free travel coverage through your credit card (if you book your trip with it) or existing homeowners or auto insurance policies, including for rental car coverage, flight delays, and lost

luggage. Your health insurance policy will also likely cover your health needs during domestic travel. Depending on your trip, this may be all the coverage you need.

### Money-saving tips

As with anything else, it pays to comparison shop for travel insurance; don't just buy the first plan you see, even if it's one offered by the travel site or agent who booked your trip. Instead, first look into whether your credit card provides you with some basic travel insurance. All you might need to do is use your credit card to pay for your travel expenses and

follow any necessary requirements to qualify for that coverage.

If you decide to purchase travel insurance, read reviews of insurers, plans, and rates on websites like [TravelInsurance.com](https://www.TravelInsurance.com), [InsureMyTrip.com](https://www.InsureMyTrip.com), and [Squaremouth.com](https://www.Squaremouth.com), and be sure to look at the fine print on any plans you're considering so you can find the one most suitable for both your situation and your budget. You might be able to raise your deductible and lower your medical coverage to reduce your premium, but doing so

could come at a cost later. Also, if you travel frequently, you may be able to save a few dollars by purchasing a multitravel policy or finding one that will cover all your travel for a year. Whatever you go with, though, always remember to save all your trip receipts should you need to submit a claim.

*Comparison shopping travel insurance policies is undoubtedly nowhere near as fun as virtually exploring your next vacation spot, but it might be able to help you avoid the double hardship of having to cancel a much-anticipated trip and losing the money you've invested in it.*







# *explore the enchanting* **Texas Hill Country**

**written by:** *allison gomes*   **photos courtesy of:** *as noted*

**A**s temperatures rise and nature blooms, locations across the nation come alive with a symphony of colors and magical experiences.

One such destination is Texas Hill Country, a picturesque region nestled in the center of the Lone Star State. With charming towns, vibrant wildflower blooms, and an array of outdoor activities, it is an idyllic destination for a presummer escape.

## **AN OASIS IN THE HEART OF TEXAS**

Hill Country encompasses twenty-six counties that include larger cities like Austin and smaller towns like

Fredericksburg, Llano, and Marble Falls. Each locale has its own distinct character and history: for instance, Fredericksburg, a German-influenced gem, captivates visitors with its half-timbered buildings, boutique shops, delightful eateries, and fine wineries, whereas New Braunfels will transport you back in time with Gruene (pronounced *green*), its well-preserved historic district. The area's iconic Gruene Hall, the oldest continually operating dance hall in Texas, offers live music and a vibrant atmosphere, ensuring an authentic Texan experience.

As a whole, the region is known for its stunning rolling hills, vast stretches of open countryside, and abundant natural

**above photos by (left to right):**  
*steve rawls, campus on lake austin, blake mistich*

View of Ennis Park  
**photo by:** *jaime hudson*





photo by: *pierce ingram*



Bluebonnet wildflowers at Enchanted Rock

photo by: *marc bennett*

beauty, offering a tranquil escape from the state’s bustling urban centers. The diverse landscape of oak and cedar forests, clear-flowing rivers, and breathtaking meadows all come alive with vibrant colors during spring. Visitors can indulge in a myriad of outdoor activities, including hiking, fishing, and swimming, while also savoring local cuisine and the warmth of the friendly communities that call this area home.

**WILDFLOWER BLOOMS**

This area is renowned for its spectacular wildflower fields, making it a paradise for nature enthusiasts and photographers alike. In March, April, and May, the landscape transforms into a kaleidoscope of colors as vast expanses of bluebonnets, Indian paintbrushes, and other native wildflowers blanket the countryside. This annual natural spectacle is a sight to behold, and visitors flock to the region each year to capture the beauty with their cameras or simply immerse themselves in the colorful scenery.

To catch sight of hundreds of native Texas plants all in one spot, take a trip to the Lady Bird Johnson Wildflower Center in Austin, which continues the work of the former first lady to preserve Texas’s wildflowers. You can explore nearly nine hundred species of plants here; the center is home to the most expansive collection of Texan plants in North America. To see some of these species out in the wild, drive along the thirteen-mile Willow City Loop, a must-see route between Llano and Fredericksburg. This scenic drive takes you along rolling hills and lush meadows filled with vibrant blooms, creating a postcard-worthy setting at every turn.

Burnet, known as the bluebonnet capital of Texas, is one of the best places to see the state’s official flower.



Wildflower field in Gillespie County

photo by: *steve razels*

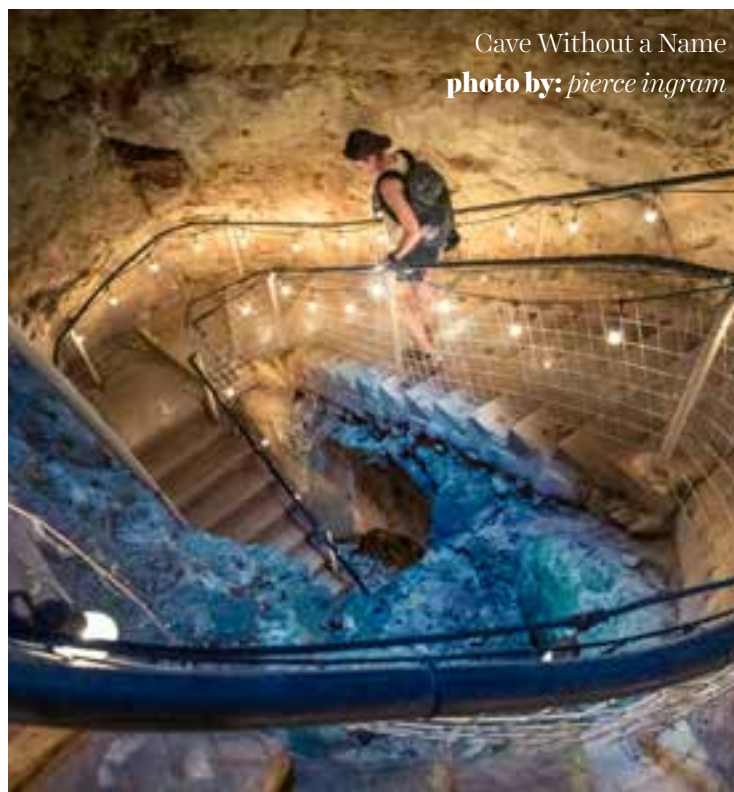




The Pedernales River  
**photo by:** *victor mata*



Inks Lake State Park  
**photo by:** *texas parks and wildlife  
department © 2022, (chase  
fountain, TPWD)*



Cave Without a Name  
**photo by:** *pierce ingram*

Stop and snap the perfect photo of the blooms at Haley Nelson Park or Wallace Riddell Park. Each April, the city also hosts the Bluebonnet Festival, which offers a variety of activities and events that celebrate all that makes the Hill Country region so special. It's a great way to revel in the beauty of the spring season with family and friends.

## NATURAL SPLENDOR

Beyond wildflower season, Texas Hill Country is home to twelve state parks and six protected state natural areas. With their diverse ecosystems, these places offer visitors an abundance of land to explore and adventures to embark on. Simply hike any of the trails, such as those through Inks Lake State Park and the Lost Maples and Enchanted Rock state natural areas, to get a firsthand look at the region's natural wonders and wildlife.

Consider taking the summit trail at Enchanted Rock north of Fredericksburg, which leads to the top of the giant pink granite rock the park is most known for. Here you can catch a 360-degree view of the park and Hill Country region and spot fairy shrimp and rock quillwort in the vernal pools. Or head southeast to Johnson City to see Pedernales Falls State Park, where the Pedernales River cascades over limestone ledges, forming dazzling waterfalls and serene pools you won't

want to miss. The park also offers excellent opportunities for hiking, picnicking, and wildlife spotting.

Because Hill Country sits on Edwards Plateau, a bedrock of limestone that has slowly eroded over time, the region also features a hidden world of magnificent caves and canyons waiting to be explored. One such area is the Devil's Sinkhole in Rocksprings, a vertical cavern that houses millions of Mexican free-tailed bats and provides an unforgettable spectacle during their dusk emergence from late spring to early fall. You can further experience these caverns by taking a tour through one of the many geological formations, such as the Caverns of Sonora and the Cave Without a Name in Boerne, where you can see spectacular formations of stalactites and stalagmites in every room.

*Texas Hill Country offers a perfect blend of scenic landscapes, historic towns, and warm hospitality, inviting you to create cherished memories. As you explore, remember to slow down, embrace the wonders that unfold before your eyes, and allow the magic of the great outdoors to weave its enchanting spell.*

*For more info, visit*  
**traveltexas.com**



# family favorites MADE VEGAN

recipes by: emani corcran  
photography by: monika normand

Reprinted with permission from *Blk + Vegan* by Emani Corcran.  
Page Street Publishing Co. 2023. Photo credit: Monika Normand.



As more than a billion people around the world know, you don't have to sacrifice your favorite meals when deciding to go vegetarian or vegan—you simply have to get a little creative. If you're looking to serve up something a bit lighter but equally tasty, try these recipes from the *Blk + Vegan* cookbook.

SERVES 4

## mango coconut CHIA SEED PUDDING

Mango and coconut have my heart. Adding these flavors to a chia seed pudding just increased my love for a good chia seed pudding. This is super meal prep-able, not to mention the perfect breakfast to wake up to.

measure

- ½ cup mango, plus more for serving
- 1 cup sweetened coconut milk
- ½ cup water
- 1 tablespoon maple syrup
- 1 teaspoon vanilla
- ½ cup chia seeds, plus more for serving
- Shredded coconut, for serving

make

1. Add the mango, coconut milk, water, maple syrup and vanilla to a high-speed blender and purée. Add the chia seeds to a medium-sized bowl, pour in the mango purée and give it a good mix. Cover the mixture with a paper towel or a lid. Refrigerate for 4 hours or allow to set overnight.
2. Serve with your favorite toppings—I like to top mine with extra mango, coconut shreds and chia seeds for texture.



SERVES 4

# *favorite* SPICED WAFFLES

Growing up, my aunt would make the absolute best spiced waffles. In my family, spiced waffles involve a ton of cinnamon and maybe even a clove or two. Waking up on Saturday morning and following the smell of cinnamon and vanilla to the kitchen was my absolute favorite part of the weekend. Here's my version of those delicious spiced waffles, made with love—oil-free and absolutely delicious.

measure

- 2 tablespoons flax seeds
- 6 tablespoons water
- 2 cups whole-wheat flour
- 1 tablespoon baking powder
- Heavy pinch salt
- 2 tablespoons brown sugar
- ½ teaspoon turmeric
- Sprinkle black pepper
- 2 teaspoons cinnamon
- ⅓ cup applesauce
- 2 cups vegan milk
- 1 tablespoon vanilla
- Fresh fruit, for serving
- Whipped cream, for serving
- Maple syrup, for serving

make

1. In a small bowl, mix the flax seeds and water and let the mixture sit for 5 minutes.
2. To a medium bowl, add the flour, baking powder, salt, brown sugar, turmeric, black pepper and cinnamon and give it a good mix until well combined.
3. In another medium bowl, mix the applesauce, vegan milk, vanilla and flax seed mixture until well combined. Slowly add the dry ingredients to the wet ingredients about 1 cup at a time and gently mix until well combined.
4. Preheat a waffle iron and if it is not non-stick, coat it with some oil to keep the waffle mix from sticking.
5. Pour ¾ to 1 cup of the waffle mix into the waffle iron and cook until heated through, 8 to 10 minutes (or when your waffle machine alerts you that the waffle is ready). Enjoy with fruit, whipped cream and maple syrup.







SERVES 2–3

## *smoky BBQ* SHREDDED JACKFRUIT

Growing up, baked barbeque chicken was a huge staple in my home because it was so quick and easy to make. Now, for me to get that same feeling as a vegan, I make this delicious Smoky BBQ Shredded Jackfruit. If you have never had jackfruit before, you're in for a real treat; the texture is incredibly similar to that of shredded chicken breast! I use this recipe for loaded jackfruit sliders, pizzas and almost anywhere a good piece of chicken belongs.

### measure

- 1 (14-ounce) can jackfruit (in brine or water)
- 1 cup vegan BBQ sauce
- ¼ white or yellow onion, sliced
- 3–4 cloves garlic, finely chopped
- 1 tablespoon avocado oil
- 1 teaspoon liquid smoke
- 1–2 teaspoons vegan grilled meat seasoning
- ½ teaspoon smoked paprika

### make

1. Drain and rinse the jackfruit. Thoroughly shred the jackfruit and remove the seeded buds. Pat the jackfruit dry with a paper towel and place in a medium bowl. Add the BBQ sauce, onion, garlic, avocado oil, liquid smoke, grilled meat seasoning and smoked paprika. Mix well then add to a medium-sized saucepan over medium heat. Cook until fully heated through and the onion is tender, 10 to 12 minutes.
2. I recommend eating it on wheat slider buns with a bit of vegan coleslaw as pictured, or enjoy it in a wrap or bowl.



SERVES 4

# *edible* COOKIE DOUGH

This edible cookie dough is simply addicting! We all know eating cookie dough out of the package is a big no-no, but this cookie dough will keep you fueled and satisfied. It's made from chickpeas, which doesn't sound dessert-friendly, but I promise I would never steer you wrong. It's so good that I store it in my fridge for whenever I get a sweet tooth craving. This is the dessert to fool a vegan skeptic—be sure to tell them what's in it after they tell you how delicious it is.

measure

- 1 (15.5-ounce) can chickpeas
- ¼ cup tahini
- 1 tablespoon peanut butter
- 3 tablespoons brown sugar
- 3 tablespoons maple syrup
- ¼ cup + 1 tablespoon oat flour
- 2 teaspoons vanilla
- Pinch of salt
- ½–1 cup vegan dark chocolate chips

make

1. Line a cookie sheet with parchment paper. Set aside.
2. Drain, rinse and dry the chickpeas with a paper towel. Add the chickpeas, tahini, peanut butter, brown sugar, maple syrup, oat flour, vanilla and salt to a food processor and process for 5 minutes, until smooth.
3. Put the mixture in a medium bowl and chill in the fridge for 10 minutes.
4. Add ½ cup of the chocolate chips if you're a conservative chocolate lover and the full 1 cup if you're a true chocolate lover. Fold the chips into the dough until well combined, then chill in the fridge for 15 minutes.
5. Using a cookie scoop, scoop the dough onto the parchment-lined cookie sheet and place in the freezer for 5 minutes. Enjoy immediately, or store the dough balls in an airtight container in the fridge for up to 3 days.







**interview with:** *jo moseley*

**written by:** *lauren kim*

**photos courtesy of:** *jo moseley*

# MIDLIFE ADVENTURER

**A**t the age of fifty-four, Jo Moseley became the first woman to stand-up paddleboard across England, traversing its canal system 162 miles from Liverpool to Goole. Now, as a wellness influencer and through her books, she motivates others to reach for their dreams, no matter their age.

***When did you begin paddleboarding?*** In 2016, when I was fifty-one. That January, I fell and injured my knee, so I was feeling low both physically and emotionally. As a remedy, I challenged myself to exercise outside every day for thirty minutes—I called it my “rain-or-shine thirty.” I then decided to try paddleboarding since it provides a low-impact, full-body workout. I started in September when my knee began feeling better and had my first lesson in England’s beautiful Lake District.

I immediately loved paddling and picked it up right away. I received an inflatable paddleboard as a combination Christmas/birthday gift the same year. (My birthday is Boxing Day, December 26.) My boards are all inflatable because I wouldn’t have the space to store them otherwise.

***When did you decide to paddle coast-to-coast?*** About two months after my first lesson. When I first told people about

my plans, they said it was too difficult for a woman my age and too challenging logistically. So I put my dream away. But in January 2019, my youngest son was going off to university and I was about to be an empty nester. A few of my girlfriends had also just died. I realized that life is short and precious and you should grab it while you can. I decided to revisit my dream of paddling across country to help me cope with everything.



**Why did you choose this challenge?** I like taking on big things that I can chip away at. I'm not fast, but I'm good at slowly working toward a goal. For instance, in 2014 I rowed a million meters [621 miles] on an indoor rowing machine to raise money for Macmillan Cancer Support in memory of my mom, who died from the disease in 2013. I chose to traverse the canals because they are more sheltered and safe, with people usually walking on adjacent towpaths. It also gave me the opportunity to raise funds for two causes I care about: the Wave Project, a charity that teaches surf therapy for mental health, and the 2 Minute Foundation, which encourages spending at least two minutes a day picking up litter. Plus, traveling coast-to-coast just seemed like fun.

**How long did your journey take?** It took me eleven days. I mostly slept in pubs with rooms or beds-and-breakfasts, but I passed through my hometown midway, so I was also able to sleep in my own bed two nights. Filmmaker Frit Tam, who documented my trip for the film *Brave Enough*, joined me for half the journey. He'd film me in the morning from the towpath and meet me for lunch and in the evening; we also stayed one night together with friends.







*It's **never** too late,  
and you're **never** too old.*

***Did you face any challenges?*** Beforehand, I was just starting to get over frozen shoulder, which is a rotator-cuff injury, and had plantar fasciitis in my foot. So I had to do some yoga, spin cycling, and weightlifting to prepare. I also had other responsibilities to take care of, including my job at a chartered engineering company and looking after my dad.

During my journey, I got disoriented one day after stopping to pick up some litter in the canal—I try to gather garbage as I paddle—and accidentally went in the wrong direction for a while. That was a setback.

There were also some downpours in the middle of my trip, including a terrible thunderstorm just before the end. But then a rainbow appeared, and it was like my mum was there. She had said before she died that a white feather, the smell of lavender, or a rainbow would be a sign that she was nearby.

***Is this the bravest thing you've done?*** There are times in life when bravery is forced upon us, such as when we have children or a parent dies. But this was definitely the first time I voluntarily decided to be brave—everything could have gone terribly wrong on this trip.

***What have you learned from your experience?*** It's never too late, and you're never too old. I turn sixty at the end of this year, but instead of boo-hooing or panicking, I decided to mark the milestone by doing a headstand every day until then. I hope to encourage other people to find similar joy in what they do.

***What do you hope to do next?*** I'd love to paddleboard in Costa Rica, New Zealand, or among the islands in Norway.

For more info, visit [jomoseley.com](https://jomoseley.com)  
and follow [@jomoseley](https://www.instagram.com/jomoseley) on Instagram



# A Journey of 10,000 Steps *at Home*

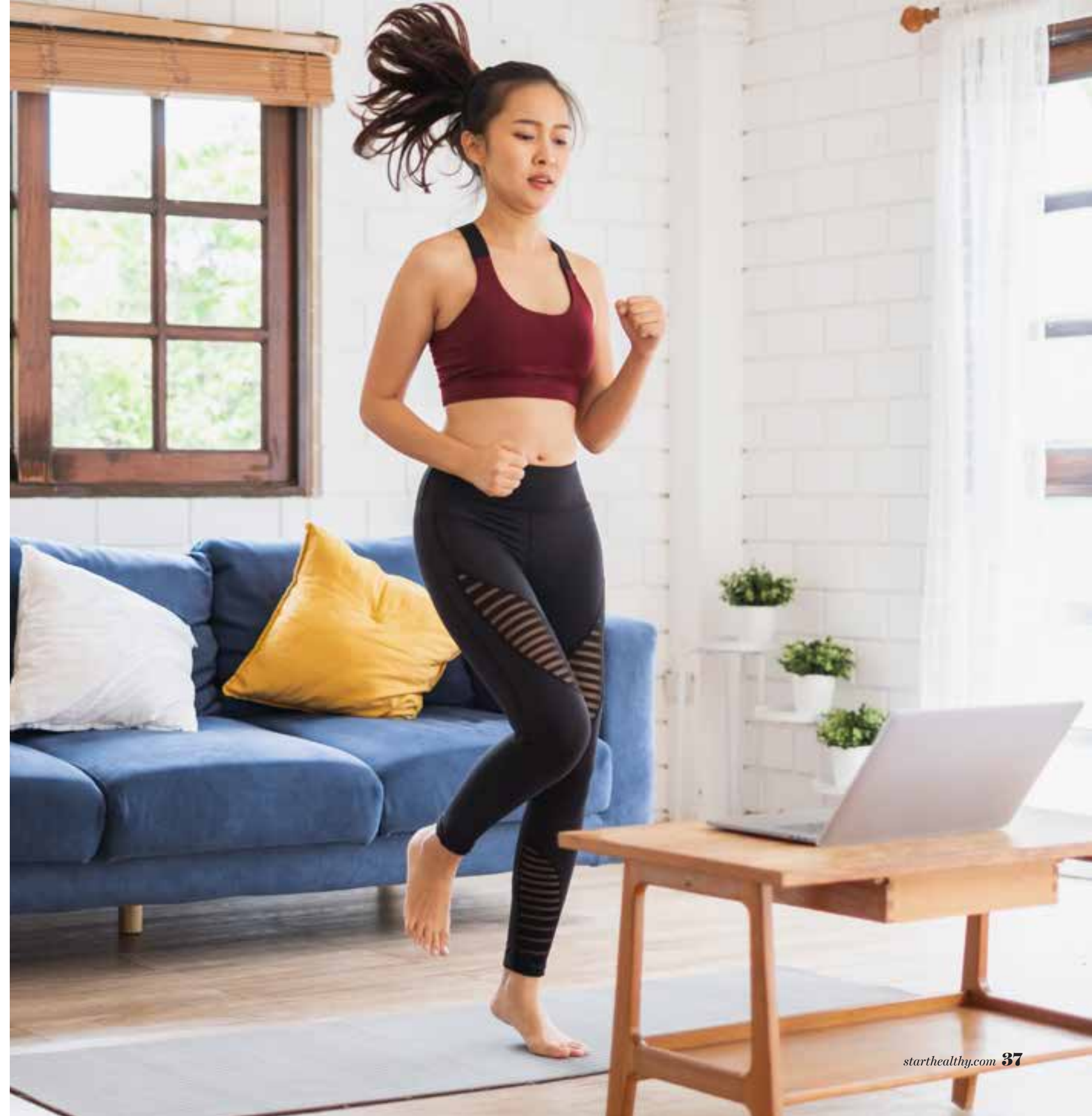
written by:  
*shelley goldstein*

Though 10,000 steps is actually an arbitrary number originating from a Japanese marketing campaign designed to encourage people to be more active, many experts suggest there's still plenty of value in hitting a certain number each day: between 8,000 and 10,000 steps for those under sixty and 6,000 to 8,000 for those over.

However, there are a lot of reasons why getting your steps in may not feel easy.

Maybe you live somewhere that isn't conducive to neighborhood walks or gyms make you uncomfortable because you don't feel good in your body. Or perhaps you're simply introverted and want to work out without the risk of a fellow treadmiller striking up a conversation.

Luckily, there are countless ways to bring movement and exercise to your own home that don't cost a lot of money.







## *Jump rope*

In terms of the amount of equipment and storage space, it doesn't get much more compact than a single jump rope. Though simple, this exercise tool can help you burn hundreds of calories depending on your weight and intensity. (As a bonus, you can reminisce about childhood while you use it.) Switch up your routine by doing double bounces, hopping on one foot, or, if you are feeling extra coordinated, crisscrossing the rope.

Be sure to ease into this workout, though, as it can easily lead to injury if you're not used to the movement. If you're new to jump-rope workouts, start at one to three times a week for up to five minutes per session and build up to longer durations. And if you don't have the perimeter space to accommodate a moving rope, you can still mimic the movement without one.

## *Run a living room marathon*

In the midst of the COVID-19 pandemic and subsequent

lockdowns, people had to get creative to get their exercise. Enter living room running, which went viral thanks to restless runners sharing their unconventional exercise paths on social media. Pan Shancu, an amateur marathon runner in Hangzhou, China, ran a whopping thirty-one miles just in his own living room.

Find a room in your home that you can make into a mini track, and test it out. Using a pedometer or steps app





to track your distance, see if you can run a cumulative half-marathon in a week. If you don't have the space to run back and forth, stick to one spot and jog in place to get similar benefits.

## *Pace*

We all know that person who wears a hole in the carpet as they walk back and forth while on their phone. It's dizzying to watch, but they're actually onto something! If you don't want to run a living room marathon, take up pacing instead (phone optional). Try combining it with a podcast or audiobook to keep yourself entertained; research shows physical activity improves focus, retention, and memory.

## *Dance, dance, dance*

If it's been a long day and your brain needs a reprieve, press Play on that Beyoncé playlist and let all your worries dissolve into hip circles and rib cage isolations. This type of conscious, self-led dance has the added benefit of improving mental health, according to a 2019 study published in *Complementary Therapies in Clinical Practice*. For something more structured, search YouTube for Zumba workouts, hip-hop routines, or general cardio dance workouts. You can even find tap dance warm-ups and routines if you are motivated by learning a new skill.

## *Put on an episode*

Working out can be boring, and sometimes you may need a little help with motivation. Watching your favorite show can focus your attention on something more exciting to make the time go faster. Choose a few moves that target the muscle groups you want to train, and create a



sequence to repeat until your episode is finished. Banded leg workouts, which work both the large and small muscles in the lower body, are especially conducive to this activity because you can easily see the television while doing them. Make it a habit, and you might even feel like doing some jumping jacks every time you turn on *Ted Lasso*.

## *Get a mini stepper*

If high-impact movement is hard on your body, this scaled-down version of a stair-stepper might be your answer. Because it doesn't require you to lift your foot to step, it is gentler on your body but still provides resistance to give you cardio benefits and a lower-body workout. Plus, you don't have to worry about space since it's easy to tuck under your

bed or into your closet when you're not working out. And you don't need to drop a ton of money on one—some models are around seventy dollars.

When you're starting out with a new fitness routine, forming the habit should be the number one priority. It's okay if you don't hit your step goal right off the bat. Just having a daily routine of stepping can boost your mood and your health. To help keep yourself accountable, find a buddy to text every day so you have support and encouragement to keep going.

*Always consult your doctor before beginning a new exercise routine.*



interview with: *alli rogers*    written by: *andre rios*    photos courtesy of: *usa roundnet*

# The Roundnet REVOLUTION

**W**ith its deceiving simplicity and minimal equipment, roundnet has been popping up in parks, beaches, and gymnasiums across the world. The sport was birthed in 1989 when Jeff Knurek invented a bouncy-ball game he hoped would catch on with young athletes. Yet it gained little notoriety until 2008, when Chris Ruder bought the rights to the game, founded his company Spikeball, and began developing roundnet as an officially recognized sport with standardized and branded gear.

(A 2015 stint on ABC's *Shark Tank* helped generate even more excitement.)

Today the sport of roundnet—commonly referred to as Spikeball due to clever product branding—is a worldwide craze with over four million registered players. Devoted player Alli Rogers shares how she grew from a casual participant into an enthusiast, rose to fame among fans and players alike, and eventually became a world champion in this exhilarating yet challenging sport.



*(left) Rogers serves against Germany in the finals of the 2022 Women's Squad World Championship.*

*(right) Rogers and teammate Becca Graham pose after winning the individual Women's Team World Championship.*



***What is your experience with sports?*** I’m the youngest of three kids who all enjoyed sports. My parents’ mentality was “You can do whatever you want to do. Just figure out what you want to do.” So I was always trying new things. I played basketball and soccer, and, at the start of my high school career, I moved over to field hockey just to have something new and fun to do.

***How did you discover roundnet?*** In the summer of 2013, I was at a four-day music festival. Spikeball employees were running roundnet tournaments every day on the festival grounds. Once I found out there was a new sport being played, I decided I’d rather do that than watch the musicians. I basically did nothing but eat, sleep, and play roundnet. I got addicted fast.

***How does roundnet work?*** It’s similar to beach volleyball in the sense that it’s a two-on-two game, you hit a ball back and forth, and you score when your opponents don’t return it. But a big difference is that change of possession (or whose “turn” it is) happens when the ball hits the net, not when it goes over the net. So your goal is to spike the ball onto what looks like a small trampoline, which then sends it back up for your opponents to pursue. Three touches are allowed before each change of possession—a bump, a set, and a spike—just like in volleyball.



*Rogers serves during the individual team bracket of the event.*

The unique thing about roundnet is that the field of play spans 360 degrees around the net with zero boundaries. I can’t think of any other sport like this. You can cross paths with competitors, and there are no limits to how far from the net you can go. Essentially, you’re allowed to hit the ball anywhere you want, from anywhere you want, and when you’re playing defense, you’re responsible for covering the entire world.

***What kind of ball is used?*** The ball is about the size of a softball but made of rubber, so it’s bouncy but squishy. There’s also a pro version of it with little bumps, like a basketball has, for extra grip.

***Where can one play roundnet?*** Other sports like basketball require really bulky equipment, but you can take roundnet anywhere. All you need is a compact roundnet set, which is so small that you can take it on a flight or pack it in your bag to bring to the beach.

***What advice do you have for beginner players?*** Don’t take yourself too seriously. It’s a humbling process to get started, so be willing to be a goofball chasing the ball around. Even seasoned athletes are embarrassed when they fumble a play or take time to pick up the unique skills you need to master this game. If you’re passionate



enough to work hard, that’s all you need to become good at it someday. With years of practice, you can learn advanced skills like reading minute movements from your opponents so you can predict when and where they’re going to hit the ball.

***Speaking of advanced skills, your women’s national team won the first Roundnet World Championship in 2022. What was that experience like?***

There are no words to describe it besides “amazing.” I had been playing roundnet for nine years, and Worlds was the culmination of all of that. There were more than sixty-two women’s teams from countries like Colombia, Germany, and Switzerland. Roundnet had spread across the world, and there we were playing together!

***Where was the event held?*** We competed in Ghent, Belgium. The venue was awesome. I have no idea how they found this place, but it felt like an Olympic village. There were dozens of cabins, a dining hall, a water park, pools, and massive open fields for playing roundnet—all within a huge forest.

It was so fun, even though I was dedicated to winning every match. We would be competing for most of the

day, and then we would all go clean up. And once everyone took their jersey off, no one cared whose team you were on anymore. I hung out with people from all over the world.

This sport is full of players seeking a community and wanting to make friends. That’s probably why I’ve stuck with it for so long.

***What’s your favorite thing about roundnet?*** Roundnet really brings like-minded people—those who enjoy sports and being active, are inclusive, and relish healthy competition—together to have fun. I’ve probably made hundreds of friends, at least a handful of which I know will last for life. I even met my husband through roundnet.

But I also got hooked because roundnet is something you have to understand mentally as much as do physically. It’s actually easy to compete in mixed-gender teams too. Roundnet all comes down to technique, not just sheer strength or speed. So I knew that if I worked hard, I could be one of the best.

***And it turns out you are.***

[Laughs] Exactly.

For more info, visit [usaroundnet.org](https://usaroundnet.org)



*Rogers celebrates winning the Women’s Squad World Championship at the awards ceremony. (left to right: Karah Hui, Rogers, Shachi Patel)*



# CRACKING THE CHIROPRACTIC-CARE CODE

interview with: *dr. connor mccormick* written by: *allison gomes*



Dr. Connor McCormick of McCormick Chiropractic in Pottstown, Pennsylvania, provides insight into chiropractic care and how people can benefit from it.

**What treatments do chiropractors offer?** Chiropractors typically deal with musculoskeletal complaints. Traditional chiropractic care has three major goals: a temporary reduction in pain, reduced muscle spasms, and an increased range of motion. Our practice, however, focuses on structural corrective care—locating structural and functional abnormalities and working to correct them.

**Who can benefit from seeing a structural chiropractic specialist?**

Structural chiropractic care focuses exclusively on the correction of an underlying cause, which could be a structural shift in the bones, muscles, ligaments, tendons, discs, or nerves. For this reason, anyone experiencing the following symptoms may benefit from seeing one.

- Pain in the neck, mid back, low back, or hips
- Numbness and tingling in the arms, hands, fingers, legs, feet, or toes
- Disc injury, such as bulging or herniated
- Radiculopathy, including sciatica and thoracic outlet syndrome
- Muscle spasms, tension, or imbalance
- Headaches from tension or migraines
- Dizziness, vertigo, or other balance issues
- Degenerative disc or joint disease
- Stiff and restricted motion
- Spinal stenosis
- Rotator cuff or shoulder pain
- Wrist pain or carpal tunnel syndrome
- Poor posture

**What can people expect from this type of chiropractic care?**

A typical first visit at our office can last between thirty and forty-five minutes, during which a structural exam is performed. We might take structural radiographs and conduct a neurological assessment, functional movement assessment, orthopedic evaluation, and posture check if clinically necessary.

*In general, one visit will only get you so far from a long-term correction standpoint. For example, you can't go to the gym once and expect drastic long-term changes. Our job is to handle not only secondary symptoms but also the underlying structural shifts that affect our patients' lives long term.*

For more info, visit [mccormickchiro.com](http://mccormickchiro.com)

recommendations & referrals

are the core of my business and always greatly appreciated.  
*Thank you for your continued support!*



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## Front of Tear Out Card 2

### SMOKY BBQ *shredded jackfruit*

- 1 (14 oz.) can jackfruit (in brine or water)
- 1 c. vegan BBQ sauce
- ¼ white or yellow onion, sliced
- 3–4 cloves garlic, finely chopped
- 1 tbsp. avocado oil
- 1 tsp. liquid smoke
- 1–2 tsp. vegan grilled meat seasoning
- ½ tsp. smoked paprika



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## Back of Tear Out Card 2

1. Drain and rinse the jackfruit. Thoroughly shred the jackfruit and remove the seeded buds. Pat the jackfruit dry with a paper towel and place in a medium bowl. Add the BBQ sauce, onion, garlic, avocado oil, liquid smoke, grilled meat seasoning and smoked paprika. Mix well then add to a medium-sized saucepan over medium heat. Cook until fully heated through and the onion is tender, 10 to 12 minutes.
2. I recommend eating it on wheat slider buns with a bit of vegan coleslaw as pictured, or enjoy it in a wrap or bowl.

**SERVES 2–3**

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Stacey is the best of the best! Our family was very pleased with her services, especially Snowball, our little pup! She listened to all of our concerns, wants, needs, and dreams. Stacey is totally awesome! I will be sharing her information with everyone that I know.



★★★★★  
*The Miller Family*  
Manayunk

Stacey was very patient with us, even though we were very picky. She knew how important it was for us to have a great experience and great service. We would definitely refer Stacey to all of our friends and family.



★★★★★  
*The Austin Family*  
Manayunk

Stacey is truly a very impressive person. She works fast, efficiently, and effectively. Her services are top of the line and we were very satisfied with her work. We love Stacey!



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