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start HEALTHY

ISSUE 52

Embracing Adventure in **WHITEFISH**

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Joseph C. Collins
Insurance Associate

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CRAB AND PICKLED CUCUMBER ON BRIOCHE



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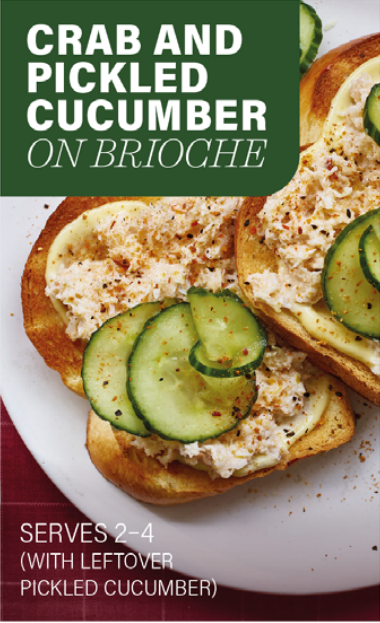
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57 percent of readers save these tear out cards to reference recipes and other helpful tips and pass along your contact info to referrals.

Back of Tear Out Card 1

CRAB AND PICKLED CUCUMBER ON BRIOCHE



SERVES 2-4
(WITH LEFTOVER PICKLED CUCUMBER)

make

- ¼ oz. piece of ginger root, peeled and finely grated
- 3 fl. oz. rice vinegar
- 2 tbsp. water
- 1 tbsp. caster sugar
- 1 tsp. flaky sea salt
- ½ cucumber, very thinly sliced (with a mandolin if possible)
- 7 oz. white crab meat
- 2 tbsp. kewpie mayo, plus extra to serve
- Zest and juice of 1 lemon
- 4 slices of brioche
- *Togarashi*, to serve (optional)

measure

1. Put the ginger, rice vinegar, water, caster sugar, and salt into a wide jar and mix to dissolve the sugar. Add the cucumber and combine (gently shake with the lid on, if you can). Put in the fridge for 10 minutes.
2. Meanwhile, combine the crab meat with the kewpie mayo, lemon zest, and juice. Toast the brioche.
3. Spread the brioche with a little extra kewpie, then top with the crab meat. Drain some of the sliced cucumber and use to top the crab, followed by a little dusting of *togarashi*.

From *Toast: 80 Delicious Recipes for Toast with a Twist* by Katie Marshall, published by OH. Photography @ 2025 Simon Smith.



start HEALTHY

ISSUE 52

ISSUE
52

Dear Bill and Judy,

As summer unfolds, it often brings a quieter invitation alongside the sunshine: to slow down just enough to listen to what your body and mind truly need. This issue of Start Healthy is centered on intentional well-being, and making thoughtful choices that support you now and in the years ahead.

For those craving a change of scenery that keeps wellness front and center, this issue explores the magnetic pull of Whitefish, Montana. Set against the dramatic backdrop of Glacier National Park, this destination blends adventure with restoration, inviting you to move your body through open landscapes.

Movement closer to home takes shape through Pilates, a practice that proves strength doesn't have to be high impact to be effective. With its focus on alignment, control, and breath, Pilates offers a sustainable way to build stability, improve posture, and support both physical and mental resilience.

Wellness also thrives in moments of lightness, which is where Kitten Paws and Downward Dogs comes in. By combining yoga with animal rescue, these joyful experiences highlight the powerful role laughter, connection, and compassion play in supporting emotional health.

Here's to a season of thoughtful movement, meaningful experiences, and healthy intentions. As always, it's a pleasure to send you this magazine.

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Add a personal letter to the front inside cover that speaks to your connections. This personalization leads 77 percent of recipients to better appreciate the sender.



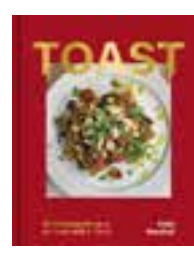
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Each issue is filled with feel-good content that engages your audience and makes 80 percent of recipients more likely to do business with you.

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A Wondrous Water Adventure
Get in the know about GlowRow, a kayaking experience that shines at night.
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From *Toast: 80 Delicious Recipes for Toast with a Twist* by Katie Marshall, published by OH. Photography @ 2025 Simon Smith.



The Truth About NONSTICK COOKWARE

written by: ALLISON GOMES

NONSTICK COOKWARE HAS BECOME A staple in modern kitchens—and for good reason. Its smooth, low-friction surface allows you to cook everything from eggs to lean proteins with minimal oil and virtually no sticking. But while its convenience is undeniable, there are important safety concerns and alternatives worth considering.

THE PROS AND CONS

The main draw of nonstick cookware is its ease of use. Because food releases effortlessly from its surface, it's a smart choice for lower-fat cooking. It's also a breeze to wash, often requiring just a quick rinse or wipe, which takes some of the hassle out of cleanup. Used correctly, it can be a trusted cooking aid for years.

However, there are some important caveats. Most nonstick coatings contain polytetrafluoroethylene (PTFE), commonly known as Teflon, which can break down at excessively high temperatures—typically starting at around 500°F—releasing fumes and reducing its effectiveness. Also, pots and pans made before 2013 may contain perfluorooctanoic acid (PFOA), a chemical that's since been phased out due to health and environmental risks.

TIPS FOR SAFE USE

To get the most out of your nonstick cookware, while minimizing potential hazards, follow these best practices:

- Cook on low to medium heat, since that's typically all you need to achieve great results.
- Avoid preheating an empty pan, and add oil or food right away.
- Don't use metal utensils. Opt for wooden, silicone, or plastic options instead to prevent scratches.
- Hand-wash with a nonabrasive sponge instead of putting it in the dishwasher.
- If the surface is scratched or flaking, the product should be replaced to avoid ingesting any coating particles.

If you prefer to avoid synthetic coatings altogether, you may want to swap to ceramic cookware, which is free of both PTFE and PFOA. Another great option is a cast-iron pan, which, when properly seasoned, develops a natural nonstick surface that only improves with time.

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A WONDROUS *water* ADVENTURE

interview with: ZACK JURASEK *written by:* MATTHEW BRADY *photography courtesy of:* GLOWROW



As far as the workout it provides, I'd consider it comparable to riding a bicycle, except with your arms instead of your legs. **You're consistently paddling in that cyclic motion.**



Zack Jurasek, founder of Texas-based GlowRow, discusses what makes his company's nighttime kayaking tours uniquely fun, visually stunning, and surprisingly good exercise.

What is GlowRow? What inspired you to found it?

My real passion for GlowRow came from flounder-gigging with my dad when I was a kid. We'd walk around in ankle-deep water with a lantern and a gig and catch our dinner for the night; when we did, we could see everything under the water. I wanted to re-create that experience, allowing people to witness aquatic creatures in their natural habitat. That's exactly what people do with our clear, well-lit kayaks and paddles at our ten locations.

What's your guide-to-customer ratio?

Following the American Canoe Association's policy, we assign one guide per



five boats, or ten customers, since we use two-person kayaks. The maximum number of boats on the water at once can vary, especially when we accommodate large groups like church outings or corporate teams. We can have up to forty people, in twenty clear kayaks, with four guides. That said, we're aiming to set a Guinness world record by getting a hundred clear kayaks on the water at the same time.

Which tours are most popular? A few would be in the running. Our North Padre location, which is going nonstop, is right next to a popular seafood restaurant we have a partnership with. So right after you're done GlowRowing, you can go get dinner or have a drink. Another one would be Port Aransas; the wildlife immersion there is really in-depth. In addition, we are trying to relocate our popular Austin location down to the lakefront for an even better experience.

We're also the only kayak company in the world that gives you the chance to paddle right up to the hull of an aircraft carrier. In Corpus Christi, after the season's first couple of cold fronts, the bay calms down enough for us to safely circle the USS *Lexington*, now a museum. It's also jellyfish season then, so we show guests how to properly hold them, identify which species are harmful, and even highlight the bioluminescent comb jellies. Another popular tour is during the Fourth of July and New Year's fireworks shows in the marina.

Does night kayaking offer any other unique experiences? Here's a fun one. A specific type of fish is drawn to the light frequencies we use, and they sometimes leap into the kayaks. We've actually had guests leave five-star reviews after being hit by a fish because it's a once-in-a-lifetime moment. All you hear are screams, squeals, and laughter!



And I'm excited to say that we have a brand-new experience: immersive movie shows on a giant screen at the shoreline. Each kayak will have Bluetooth speakers, and we'll have a remote-controlled alligator head in the water for a movie like *Lake Placid* and a shark fin swimming around the marina while folks are watching *Jaws*, really amping up the whole fear factor.

Is kayaking a good workout? Most definitely. One of my goals for creating GlowRow was to get people out there doing something extracurricular because obesity is a big problem in the United States. As far as the workout it provides, I'd consider it comparable to riding a bicycle, except with your arms instead of your legs. You're consistently paddling in that cyclic motion. How much exercise you get depends on tides, wind direction, and currents, even on the rivers. The route is designed to mitigate the wind; we paddle out halfway and typically try to drift back. So you're really only paddling half the time, about forty-five minutes.

How does the GlowRow experience make people feel good mentally and emotionally just by being out on the water? Oh, man. There are a few stories that exemplify this. The oldest guest we've had is a ninety-seven-year-old woman. I'll always remember that night when I was guiding her. Goodness gracious, she couldn't stop saying that it was the best thing she had done in her entire life.

There's another story that I repeat constantly because it really tugs at the heartstrings. One night, I was out guiding a group, and as another guide was doing the kayak briefing, one customer just started crying. I asked her if she was OK; she said she was, but it was a lifelong dream of hers to paddle with dolphins. Providing such experiences is exactly what keeps my fire going for this business. Guests doing GlowRow have one-of-a-kind experiences and make memories that just can't be replaced.

For more info, visit glowrow.com

embracing adventure **IN WHITEFISH**

written by: ANDRE RIOS *photography:* AS NOTED

For the active traveler, vacationing is about more than just relaxation; it also beckons them to recharge, challenge the body, and trade everyday screen time for invigorating nature excursions. If you're seeking such a journey, look no further than Whitefish, Montana.

Located on the fringes of Glacier National Park near the Canadian border, Whitefish offers pristine wilderness and heart-pumping activities so you can customize your own experience. It's a place where you can transition seamlessly from challenging alpine climbs to lakeside relaxation, making it an ideal choice for just about any adventurous soul.

On the trails

A veritable hiker's paradise, the city is webbed with a world-class trail system. You'll encounter over forty miles of paths and numerous trailheads, connecting key recreational areas like Lion Mountain Loop and Spencer green space. It's perfect for cross-country mountain biking, trail running, or taking a peaceful walk along the water. For a relatively short yet rewarding hike, hop onto a local favorite: the Lion Mountain Trail, a dog-friendly path that offers beautiful lake views in a shady route that extends just over two and a half miles.



Adventures at Whitefish Mountain Resort

Just a fifteen-minute drive from downtown, this rugged gem on Big Mountain is the area's epicenter, offering a dynamic array of adventures regardless of the season.



Sunny days of summer and fall make the resort a playground for testing your mettle. For example, you can lace up your boots and do the Danny On Trail, a popular route that climbs to the summit and rewards you with panoramic views of the Flathead Valley and Glacier National Park. If you only want to tackle the descent, take a scenic chairlift or gondola ride up then hike down.

The resort also offers over twenty miles of lift-accessed downhill trails for mountain biking, catering to everyone from beginners to expert thrill-seekers. A path like the Kashmir, for example, is famed for providing an exhilarating workout. For more modern adrenaline boosts, test your balance and strength at the Aerial Adventure Park, a high-ropes course suspended in the trees, or feel the rush on the state's longest lift-served zip-line tour.



Water-based wellness

No active vacation to this area is complete without spending time on the beautiful, clear waters of Whitefish Lake. Locals and tourists alike particularly enjoy paddle sports at this locale. For example, you can rent a kayak or stand-up paddleboard and head to City Beach or Les Mason State Park for an invigorating workout. These spots also offer public access and designated swimming areas, which are perfect for cooling down after a long day of summertime exploring, or you could always take a refreshing float down the shaded Whitefish River to Riverside Park.

If you're truly daring, book a white-water rafting day trip through the Middle Fork of the Flathead River. Here, the raging rapids are fierce and thrilling enough for even experienced rafters to enjoy, but family-friendly options are also available.

A day trip to Glacier National Park

Whitefish is the ideal basecamp for exploring this natural wonder, often called the "Crown of the Continent," whose western entrance is just a forty-five-minute drive away. To take in its breathtaking sights and experiences, you should plan to make at least one full-day excursion to the park.

One of Glacier's most iconic and dramatic hikes is the Highline Trail. This challenging route offers some of North America's grandest mountain vistas, capturing much of the setting's unique natural beauty. If you'd prefer a more moderate route that still stuns, traverse the Avalanche Lake Trail, which leads to a stunning lake surrounded by towering forests and waterfalls.



NPS / JACOB W. FRANK



Cold-weather excursions

If you're planning ahead for chilly-season travel, Whitefish is one of the nation's premier ski destinations, known for its ideal balance of mild winters and abundant snowfall. The resort boasts over three thousand acres of skiable terrain with options for all skill levels, located just a ten-minute shuttle ride away from the resort lodge.

Additionally, you can explore the serene, snow-covered landscape by cross-country skiing at the Glacier Nordic Center or snowshoeing the interpretive trails around the Viking Creek Wetland Preserve. Both activities are low-impact ways to get moving while leisurely enjoying the tranquil wilderness. For a fast-paced winter challenge, though, you can rent a fat-tire bike—with its super wide tires designed for snow and ice—and navigate the groomed paths around town or the dedicated trails at the Whitefish Bike Retreat. Just keep in mind that availability for all local activities can vary by season or even year, so as you plan your travel dates, be sure to check that your planned activities and trails will be available.

The breadth of opportunities that await you in and around Whitefish, Montana, is virtually endless. With its combination of breathtaking mountain sports and abundant water recreation, the city is the perfect setting for travelers looking to get active as well as unwind. More than just a getaway, a trip to this outdoorsy escape is an investment in an active, healthy life and a retreat worth remembering.

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

The Power of PILATES

written by: ALLISON GOMES

WHEN YOU PICTURE A WORKOUT THAT BUILDS

strength, improves posture, and sharpens focus, Pilates might not be the first thing that comes to mind. But for more than a century, this low-impact, whole-body exercise has helped people of all ages and abilities move better and feel stronger from the inside out.

Developed by Joseph Pilates in the early 1900s, it was designed as a system of controlled movements to help dancers safely recover from their injuries. Today, it's a favorite form of strength training for fitness enthusiasts, physical therapists, dancers, and others who may be looking for a powerful way to stay active that emphasizes precision, alignment, and mindful breathing, ensuring that every small movement counts.





A workout for the whole body

At first glance, Pilates might seem gentle, but it's anything but easy. Each exercise is designed to engage the core muscles—abdominals, back, hips, and glutes—that support your spine and help stabilize your body. Over time, consistent practice can improve your strength, flexibility, and balance, helping make daily activities such as sitting at your desk feel easier and more natural. One of the most appealing aspects of Pilates is how effectively it tones and strengthens without adding bulk. Instead of isolating muscles, these workouts focus on and train multiple muscle groups at the same time.

And because it's kind to your joints and can improve their range of motion, Pilates can also be an ideal form of exercise for people with arthritis, chronic pain, or injuries who still want a challenging yet restorative workout. It also focuses on form and control rather than speed and intensity and can easily be modified for different needs and skill levels. A twenty-five-year-old runner might use it to enhance performance and prevent injuries, while a seventy-year-old might focus on gentle movements to support balance and joint health.

Each movement requires focus and intentionality, encouraging you to fully tune in to the exercises rather than zone out.

The mental benefits

With that being said, the perks of Pilates extend far beyond the physical. At its heart, it is a mind-body routine that emphasizes concentration, breath control, and body awareness. Each movement requires focus and intentionality, encouraging you to fully tune in to the exercises rather than zone out; such mindfulness can quiet the chatter of everyday life and promote a greater sense of calm. And while the controlled breathing can help you move more efficiently through the exercises, it's also thought to reduce stress and tension. Some research shows that continued practice can decrease symptoms of anxiety and depression, enhance mood, and even improve sleep quality.

The different types of Pilates

There are several forms of this exercise to choose from, and understanding the differences can help you find what works best for your goals. Here's a closer look at five of the available options.

- **Classical:** This method closely follows Joseph Pilates's original sequence of thirty-four movements, emphasizing structure, flow, and traditional technique.
- **Mat:** One of the most accessible formats, mat Pilates uses body weight and minimal equipment, making it ideal for beginners and easy to do at home.
- **Reformer:** Performed on a spring-based machine, reformer adds resistance for a deeper challenge. It's excellent for building strength, balance, and body awareness.
- **Contemporary:** This blends classical Pilates with modern science and rehab techniques, sometimes incorporating weights, cardio, or functional movement.
- **Clinical:** Typically guided by a physical therapist or certified instructor, clinical Pilates focuses on the rehabilitation of pain or injury.



Each type shares the same foundation of mindful movement and precision, so it's easy to transition between them once you've learned the basics. If you're new to Pilates, you can practice the fundamentals with a beginner-level class or an online video series led by a certified instructor. As you practice more, focus on mastering your form before increasing difficulty.

The key to progress is consistency. Just two to three sessions a week can make a noticeable difference in your strength and flexibility within a few months. And remember: Pilates is about taking a journey to better wellness, not perfection.

****Be sure to consult with your doctor before starting any new exercise routine.***



TOP-NOTCH TOAST DISHES

recipes by: KATIE MARSHALL photography by: SIMON SMITH

SERVES 2-4 (WITH LEFTOVER PICKLED CUCUMBER)

CRAB AND PICKLED CUCUMBER ON BRIOCHE

I was inspired to create this recipe by the decadent and delicious Canadian idea of lobster served in brioche rolls. Such hedonism. The toasted brioche here accentuates the sweetness of the crab meat, and is also helped along by the kewpie mayo, which is made just from egg yolk and is nicely rich. The pickled cucumber adds a necessary salty acidity, with still some crunch—and the togarashi (seven spice) gives a little Japanese spice kick!

measure

- ¾ oz. piece of ginger root, peeled and finely grated
- 3 fl. oz. rice vinegar
- 2 tbsp. water
- 1 tbsp. caster sugar
- 1 tsp. flaky sea salt
- ½ cucumber, very thinly sliced (with a mandolin if possible)
- 7 oz. white crab meat
- 2 tbsp. kewpie mayo, plus extra to serve
- Zest and juice of 1 lemon
- 4 slices of brioche
- *Togarashi*, to serve (optional)

make

1. Put the ginger, rice vinegar, water, caster sugar, and salt into a wide jar and dissolve the sugar. Add the cucumber and combine (gently shake with the lid on, if you can). Put in the fridge for 10 minutes.
2. Meanwhile, combine the crab meat with the kewpie mayo, lemon zest, and juice. Toast the brioche.
3. Spread the brioche with a little extra kewpie, then top with the crab meat. Drain some of the sliced cucumber and use to top the crab, followed by a little dusting of *togarashi*.

scan here



to get the full
Toast cookbook.



SERVES 4-6

PAN CON TOMATE

This Spanish staple is just so easy. All you need is a box grater and a bit of time to intensify the flavor of the tomatoes. It's traditionally made with day-old bread, so it's a great way to use up the end of a loaf. For maximum effect, use the most delicious and ripe tomatoes you can find—and it really warrants a decent olive oil.

measure

- 6 ripe vine tomatoes (about 1 lb.)
- 1 tsp. flaky sea salt
- 4 slices of sourdough bread
- 1 fat garlic clove, skin on
- Extra virgin olive oil, to serve

make

1. Grate the tomatoes using a box grater, discarding the skins. Place the flesh in a sieve over a bowl, sprinkle with some salt and leave for 20 minutes to get rid of some of the excess water.
2. Toast the bread, cut the garlic in half (skin-on) and use to rub over the warm toasted bread. Top with the tomatoes and drizzle with oil.



SERVES 2

ROASTED GRAPE AND BRIE

Fruit and brie are an undisputable combo, and the sweetness of the roasted grapes and shallot here make the most delectable accompaniment to the creamy French cheese.

measure

- 7 oz. red grapes on their vine
- 2 banana shallots, thinly sliced
- 1 tbsp. olive oil
- 1 sprig of rosemary, leaves picked
- 2 slices of seeded sourdough, or bread of your choice
- 4 oz. brie, thickly sliced
- ¾ oz. walnuts
- Flaky sea salt and freshly ground black pepper

make

1. Preheat the oven to 375°F and line a baking sheet with baking parchment.
2. Put the grapes onto the prepared sheet with the sliced shallot. Drizzle with the oil and scatter with the rosemary. Season with salt and pepper. Put in the oven and cook for 8 minutes.
3. While it is cooking, lightly toast your bread in a toaster, then top with the brie. When the grapes have cooked for 8 minutes, put the brie on toast on another baking sheet and cook both for another 8 minutes, adding the walnuts to the tray with the brie for the final 3 minutes. Allow the walnuts to cool slightly before roughly chopping. Use a fork to pull the grapes away from their vine. Top the brie on toast with the grapes and shallot, then scatter with the chopped walnuts and a good grind of black pepper.



SERVES 4

POACHED PEAR WITH HAZELNUT BUTTER

This is a great autumnal recipe for brunch or dessert! Perfectly poached pear, and the satisfaction of a homemade nut butter.

measure

- 7 fl. oz. white wine
- 10 fl. oz. water
- 7 oz. golden caster sugar
- Pared zest of 1 lemon
- 2 conference pears, peeled, halved and cored
(NOTE: If conference pears are not available in your area, the Concorde pear is similar.)
- 7 oz. blanched hazelnuts
- 1 tsp. ground cinnamon
- Flaky sea salt
- 4 thin slices of sourdough

make

1. Combine the wine, water, caster sugar, and lemon zest in a medium saucepan (big enough for the four pear halves). Set over a medium heat until the sugar has dissolved, then add the pear halves so they are submerged in the liquid. Cover with a disc of baking parchment (and weigh down slightly with a smaller pan lid which will sit on the liquid surface, just above the pears). Simmer gently for 15 minutes, then leave to cool in their liquid.
2. Pour 3½ fl. oz. of the poaching liquor into a small saucepan and return to a medium heat. Boil to reduce until you have just a third of the liquid remaining.
3. Meanwhile, preheat the oven to 375°.
4. Toast the hazelnuts in the oven for 7–8 minutes until golden. Set 1 tablespoon of the nuts aside to be chopped, then transfer the rest straight into the small bowl of a food processor and blend until it has formed a paste (scraping down the sides intermittently to get any nuts that are escaping the blades). Add a good pinch of flaky sea salt and the cinnamon, and mix briefly to combine.
5. Toast the sourdough then spread with the hazelnut spread. Slice the pear and fan across each toast slice, drizzling with a little of the reduced syrup and finish with a scattering of the chopped hazelnuts.



build a smart
**SUCCESSION
PLAN**

written by:
ANDRE RIOS

IF YOU OWN A SMALL BUSINESS, A CRITICAL STAGE of management is acknowledging that you'll someday need to hand it over to another party. Astoundingly, about 4.2 million Americans reached age sixty-five in 2025 alone, and if you find yourself in this retirement age soon, it may be time to start planning so you can step into your golden years with total freedom and complete peace of mind.

PHASE 1: ANNOUNCING YOUR DEPARTURE

Some wealth managers recommended that you begin preparations at least five years before departing your position. Leaving a long runway allows you to take comprehensive steps and ensure that you are not only ready to retire but also feel confident that your business is being looked after.

The first step to each of these is to define your exit vision, which can involve an internal transfer (a fellow owner or employee takes on your ownership of your business) or an external sale. Obtaining an accurate business valuation from a professional, like a certified valuation analyst or certified public accountant, will help you understand precisely what your ownership is worth, guiding which option you take.

While some business owners may prefer to transfer their company to a family member or an employee, selling could be a lucrative route. Depending on your retirement needs, this could essentially convert your ownership into enough cash to retire early or even pass this wealth on to others as an inheritance.

Then again, if your valuation falls short of your retirement needs, your tasks in the following years should pivot to enhancing enterprise value. You can do so by taking steps like slashing operating costs and investing in new marketing campaigns.

PHASE 2: DEVELOPING LEADERS

Succession planning is not just about replacing who owns the company but also who will take charge of its major duties. If you follow these three steps, you can prepare another party to take on such responsibilities.

1. Define the profile

Start with an objective assessment.

Develop a rigorous leadership persona that outlines the specific skills and characteristics needed to take the reins.

2. Focus on adaptability

Whether your succession candidates include a family member, business partner, or internal mentee, evaluate them as objectively as possible. Consider factors like their seniority within the company and experience, showing characteristics that suit your leadership profile.

3. Develop a road map

Write a formalized development strategy for nurturing your chosen successor(s). A reliable leadership approach for doing so is adopting the 70-20-10 rule: 70 percent experiential learning, 20 percent verbal coaching or mentoring, and 10 percent formal training.



PHASE 3: MAKING YOUR EXIT

From there, assemble a strategic team of financial professionals, which could include a tax advisor, estate planning attorney, or wealth manager, to highlight your goals and help you structure your deal beneficially for both you and the business. With their aid, you can prepare all needed documents and find the best option for handing off your held value in the company (e.g., the aforementioned approaches versus gifting interests, a management buyout, etc.). Reviewing these options can help reduce your capital gains tax responsibility and protect your assets as you enter retirement.

Every situation is unique when it comes to passing a business on to a different leader. However, if you tackle each of these phases diligently, you can realize your dream of easing into retirement knowing that your former enterprise will remain in good hands.



WHERE
**ANIMAL
RESCUE**
meets wellness

interview with: STACEY SCANTLIN

written by: ALLISON GOMES *photography:* AS NOTED

Stacey Scantlin, founder of Kitten Paws and Downward Dogs in Austin, Texas, shares how her company combines mindfulness, movement, and animal rescue to create joyful experiences that benefit both people and pets.



Tell us about yourself and your organization:

I'm an Austin native with deep roots in this community, and I've always had an entrepreneurial spirit. After earning my degree in business administration from Concordia University, I spent over a decade in event planning and nonprofit fundraising, creating experiences that had a real impact on people.

Goat yoga actually sparked the idea for Kitten Paws and Downward Dogs. In 2016, I started hosting classes on my ranch as a lighthearted way to bring people together. I let my goats wander among participants, and the response was incredible. People were laughing and connecting in a way that felt so genuine and joyful.

That's when I realized how powerful animals and mindfulness could be together. I wanted to make those interactions even more purposeful, so I reached out to local shelters and asked about bringing adoptable cats and dogs into classes at my yoga studio. Kitten Paws and Downward Dogs became a way to merge the joy of yoga with helping animals find homes, and we've raised more than \$250,000 for local rescues and helped countless animals find loving families.

What do you offer? We're primarily known for our puppy yoga classes, which are a feel-good experience that not only melts stress but also helps socialize adoptable puppies (and sometimes kittens!), giving them a chance to meet potential adopters in a calm, happy environment. For a full hour, attendees can interact and bond with the dogs, which allows the little canines' personalities to shine.

We also offer puppy cuddle sessions, corporate wellness events, and private experiences like weddings and community gatherings. The goal for everything we do is to make a positive impact

for animals in need, so each event we host allows people to unwind while supporting animal rescue efforts. We want participants to walk away not only smiling from all the cuddles but also feeling connected to a bigger purpose.

How do your classes differ from traditional yoga? Honestly, it's the cutest chaos ever! Our classes are all about the dogs, so the yoga is optional and the focus is on connection and laughter. For some people, that means settling into a peaceful yoga flow, and for others, it means lying on the mat as they're covered in puppy kisses. The puppies roam freely throughout the class, so you never know when one might curl up next to you during Savasana or try to join you in downward dog.

From a wellness perspective, these sessions are transformative. Puppies and kittens live completely in the moment because they're not worried about what's on the news or scrolling through social media. Their energy reminds people to slow down, breathe, and just be. We love seeing participants take that time to disconnect from the hustle and bustle of everyday life and simply enjoy some unconditional animal love. You can watch as the stress melts away during class: participants' shoulders relax, smiles appear, and laughter fills the room. It's a feel-good reset for the mind, body, and heart and a reminder that joy is a powerful form of healing.



KITTEN PAWS AND DOWNWARD DOGS



What benefits are there for the animals?

These events are incredible for their socialization, especially for young puppies and kittens who are still learning to trust and interact with new people. They get to experience gentle handling, new environments, and lots of love, which helps them build confidence and become more adoptable.

Beyond that, every event gives them the potential to meet their forever family. When people spend an hour playing, cuddling, and bonding with an animal in a relaxed environment, they often form a much deeper connection than they would at a quick adoption event or through an online photo. We've had so many stories of attendees falling in love on the mat and adopting their new best friend right after class.

What's next for Kitten Paws and Downward Dogs?

We're focusing on new wellness partnerships and corporate programs that bring animal-assisted mindfulness into the workplace, helping teams destress while supporting rescue animals. We're also exploring travel and destination events like wedding puppy lounges and yoga retreats that partner with local shelters wherever we go.

Our long-term dream is to open a permanent adoption and wellness facility where people can practice yoga, attend workshops, and meet adoptable animals year-round. We're all about creating more ways for people to connect and heal while helping animals.

For more info, visit kittenpawsdownwarddogs.org



KITTEN PAWS AND DOWNWARD DOGS

Shorter Days, BETTER SLEEP

written by: ANDRE RIOS

WHEN AUTUMN'S COOL AND COLORFUL DAYS DESCEND, SUNLIGHT ALSO GETS NOTICEABLY SHORTER. THIS CHANGE MAY SEND YOUR SLEEP CYCLE INTO A TIZZY. HOWEVER, IF YOU MAKE A FEW ADJUSTMENTS TO YOUR HABITS, YOU CAN NOT ONLY NAVIGATE THIS SEASONAL SHIFT BUT ACTUALLY THRIVE IN IT.

The science of sleep

The decreasing daylight hours of fall directly impact circadian rhythm, the body's internal twenty-four-hour clock that regulates sleep and wakefulness. Less natural light exposure can disrupt the production of melatonin, which tells your body that it's time to sleep, potentially making it difficult to wind down and wake up naturally. Conversely, a lack of light can affect cortisol, which helps you feel awake in the morning.

Tricks to getting slumber

With these details in mind, you can take the following changes to recalibrate your rest.



Watch your intake

Limit alcohol and caffeine, especially in the late afternoon and evening. While alcohol might initially make you feel drowsy, it can disrupt sleep later in the night, leading to fragmented rest. And caffeine, a stimulant, can stay in your system for up to twelve hours, so go easy on the pumpkin spice lattes after noon.



Stick to a consistent schedule

Go to bed and wake up at roughly the same time every day, even on weekends. Such regularity reinforces your circadian rhythm, making it easier for your body to anticipate sleep and wakefulness.



Create a sleep sanctuary

To trigger deep slumber, ensure that your bedroom is dark, quiet, and cool (65–68 degrees). And because fall temperatures can waver between warm and chilly, craft a layered bed that includes thin, heat-dispelling sheets and a cozy blanket so you can easily adjust to comfortable conditions for rest each night.



Power down before bed

Avoid screens, including phones, tablets, and computers, for at least an hour before bedtime. The blue light emitted from these devices mimics daylight—something you'll naturally crave more of in fall. This can suppress melatonin and signal to your brain that it's still daytime. Alternatively, read a book, listen to calming music, or meditate.



Embrace the morning

As soon as you wake up, expose yourself to natural light. Open your curtains, step outside for a few minutes, or just sit by a window while you have your coffee. This can help reduce your melatonin and kick-start your cortisol production so you feel awake and alert.

Take the shorter days of fall as an invitation to cozy up and enjoy healthier sleep. If you proactively adjust your habits, you can better embrace this season of change while watching out for your wellness.

***Talk to your doctor for personalized advice on improving your sleep.**

SIMPLE MEAL-PREP STRATEGIES *for Fall*

written by:
MATTHEW BRADY

AS THE DAYS GROW SHORTER

and autumn routines ramp up, maintaining healthy eating habits can quickly fall by the wayside. Between school schedules, work projects, and social commitments, it's easy to grab convenience foods instead of balanced meals. But with a little planning and a few smart strategies, you can make nutritious eating easy, even during your busiest weeks. Try these practical meal-prep tips to help you stay fueled and focused this fall.

Start with a weekly plan

As you may have experienced, a little food forethought goes a long way, not only in reducing stress but also in helping prevent last-minute takeout runs. Consider starting each week by sketching out a simple meal plan—nothing elaborate, just a list of dinners and lunches you'll prepare. Build your grocery list around those recipes, making sure to include versatile ingredients that can be used in multiple ways like roasted vegetables, cooked grains, and lean proteins. For example, grilled chicken can serve as a salad topping one night and a wrap filling the next.



Batch-cook the basics

Nobody likes the daily task of coming up with meals, so plan ahead. Set aside one or two hours each Sunday to batch-cook essential components for the week, focusing on items that reheat well and mix easily into different meals.

- **Proteins:** chicken, tofu, beans, ground turkey
- **Grains:** brown rice, quinoa, farro
- **Veggies:** roasted sweet potatoes, bell peppers, broccoli, brussels sprouts

Store these in labeled containers in the fridge so you can quickly mix and match and maybe even find inspiration. A little organization makes it easy to assemble healthy meals in minutes.

Embrace sheet-pan and slow-cooker meals

When time is tight, one-pan recipes are lifesavers. Toss chopped vegetables, a protein, and seasoning onto a baking

sheet, then roast at 400°F for 25–30 minutes while you catch up on emails or help with homework.

Slow cookers and Instant Pots are equally useful. Just combine your ingredients—think hearty stews, chili, or shredded chicken for tacos—in the morning and set the timer to slow cook and dinner will be ready later in the day. These tools make healthy eating nearly effortless.

Double up

Whenever you cook, consider making twice as much and freezing half for another day (soups, casseroles, and stir-fries freeze especially well), and label containers with the date and contents for easy rotation. This not only saves time but also gives you a backup plan for those hectic nights when full-blown cooking just isn't realistic.

Use seasonal ingredients

Fresh fall produce is often fresher, cheaper, and more flavorful, so take advantage of items like squash,

apples, kale, and root vegetables to add variety and nutrition to your meals. Try making a roasted vegetable medley, apple-cinnamon overnight oats, or a butternut squash soup for a cozy, nutrient-rich dish.

Mix it up

It's relatively easy to ensure that you and your family won't eat the same thing all week. Swap in different sauces, dressings, and toppings to keep flavors interesting, and adopting even small changes—like substituting quinoa for rice or adding a new spice blend—can make your meals feel fresh and exciting.

Meal prep doesn't have to be time-consuming or complicated. By using a little forethought, cooking in batches, and using seasonal ingredients, you and your loved ones can stay nourished and energized all fall long, no matter how busy life gets.





The inclusion of useful tips is one of the top reasons 58 percent of recipients have referred the professional who sent them the magazine in the past 12 months.

written by: ANDRE RIOS

FIVE WAYS TO *find your focus*

Daily responsibilities can leave you overwhelmed, especially if you struggle to stay on task. Try some simple solutions for honing your focus on your objectives.

Get your nutrients

Your mind and body may sometimes seem detached from one another, but they're ultimately one and the same. This means that how you eat can directly influence how you work, with hunger being a major distraction. Consuming omega-3s from salmon and tuna in particular has been associated with better brain function, and some research shows that the flavonoids in fresh berries can improve your reaction times and memory.

Minimize digital distractions

While your smartphone can be an endless time sink of distractions, your device may actually have a built-in feature for plugging the drain. Activating Work mode on an iPhone or Focus on an Android device, for example, will block unnecessary notifications from apps like social media, which can help minimize your screen time.

Wander at your will

On the other hand, a distracted mind can be a creative one if you allow yourself to think unrestrained. If you find yourself unable to focus, step away from your tasks momentarily to take a brief walk or simply daydream. This might spark some eureka moments that can boost your productivity once you return to your desk.

Earn the pajamas

Almost nothing feels as good as curling up with your favorite TV series in cozy clothes. But don't let this temptation tear you from the responsibilities at hand. Instead, picture your favorite form of entertainment, then schedule time for it as your reward for completing a long productivity period. Once you finally get to relax, you won't feel lazy—you'll feel accomplished.

Sleep well

A lack of sufficient rest means working at subpar brain power. To maximize your brain activity, prioritize getting seven to nine hours of slumber per night. Aim to eliminate anything that could impact this process, such as drinking caffeine or eating a large meal too close to bedtime.

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Front of Tear Out Card 2



PAN CON TOMATE

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Back of Tear Out Card 2



PAN CON TOMATE

SERVES 4-6

make

- 6 ripe vine tomatoes (about 1 lb.)
- 1 tsp. flaky sea salt
- 4 slices of sourdough bread
- 1 fat garlic clove, skin on
- Extra virgin olive oil, to serve

measure

1. Grate the tomatoes using a box grater, discarding the skins. Place the flesh in a sieve over a bowl, sprinkle with some salt and leave for 20 minutes to get rid of some of the excess water.
2. Toast the bread, cut the garlic in half (skin-on) and use to rub over the warm toasted bread. Top with the tomatoes and drizzle with oil.

From *Toast: 80 Delicious Recipes for Toast with a Twist* by Katie Marshall, published by OH. Photography @ 2025 Simon Smith.

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