

Kitchen Makeover for a Better Body

Out with the old and in with the new! Are you ready to give your kitchen a makeover? Grab a garbage bag and let's get started.



1. Toss out temptations.

The easiest way to avoid giving in to empty calories and fatty foods: don't keep them in the house. Don't worry about the money you spent on that junk food - it wasn't going to do you any favors in the long run.

2. Get the gear.

A few helpful items to have on hand:

- Measuring cups and spoons, and a food scale for perfect portions.
- Lunch cooler, good Tupperware, ice packs, sandwich bags and cutlery for portable clean eats.
- Appliances such as a mini-blender, rice steamer, slow cooker and food processor make protein shakes and meals quick and easy.

3. Hit the grocery store.

A few tips for surviving the supermarket:

- Have a list and stick to it.
- Eat before you go so you don't overload your cart out of hunger.
- Shop the perimeter of the grocery store. This is where the whole, nutritious food is kept. Remember: the closer a food is to its natural state, the better it is for you.

Tips:

- Wash and chop veggies as soon as you get home from the grocery store so they're ready when you have a snack attack.
- Cook in batches, then portion and freeze meals so you can grab and go.

HEALTH-O-METER. Make every minute count!

Live Longer: 90 Minutes

Get moving for just 15 minutes six days a week and you'll increase your lifespan by three years, according to a Taiwanese study.

Feel Happier: 135 Minutes

Working out boosts your energy and reduces stress. Plus, a Duke University study found that 45 minutes of cardio three days a week may be as effective as prescription drugs for treating depression.

Strengthen Your Ticker: 150 Minutes

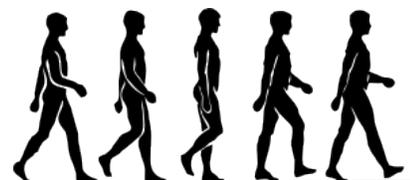
Research published in *Circulation* found that 2.5 hours of exercise lowers a women's risk of heart disease by 14%.

Prevent Diabetes: 210 Minutes

Research in the *Journal of Science and Medicine in Sport* showed that this amount of exercise improves blood-sugar control, which can halt the onset of type 2 diabetes.

Drop Pounds: 275 Minutes

A healthy diet along with 55-minute workouts five days a week may help you lose 10 percent of your weight - and keep it off - according to a study in the *Archives of Internal Medicine*.

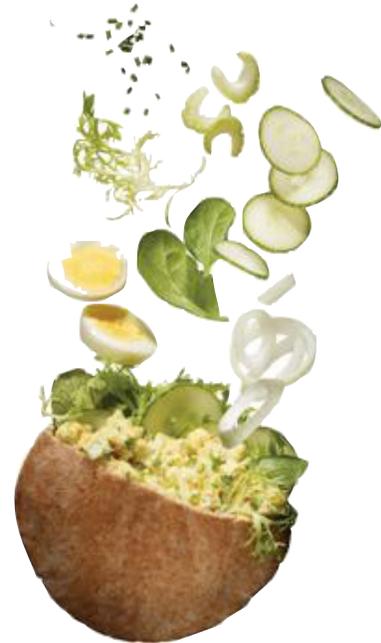


Healthy Recipe: Enlightened Egg Salad Pita

Serves: 4 | Prep Time: 15 minutes | Total Time: 30 minutes

Ingredients:

- 6 large eggs
- 2 tablespoons nonfat plain Greek yogurt
- 1 tablespoon light mayonnaise
- 2 teaspoons Dijon mustard
- 1/4 teaspoon curry powder
- 1/4 teaspoon kosher salt
- Freshly ground black pepper
- 2 tablespoons finely chopped sweet onion
- 2 tablespoons finely chopped celery
- 1 tablespoon finely chopped fresh chives
- 4 whole-wheat pitas
- 4 lightly packed cups baby greens
- 1/2 large English cucumber, thinly sliced



Directions:

1. Place eggs in a medium saucepan, cover with cold water by 1 inch, and bring to a boil over high. Remove pan from heat, cover, and let sit for 11 minutes. Transfer eggs to a large bowl of ice water and let cool for 5 minutes.
2. Meanwhile, combine yogurt, mayonnaise, mustard, curry powder, and salt in a medium bowl; season with pepper. Stir in the onion, celery, and chives.
3. Peel the eggs; discard 2 of the yolks. Coarsely chop whites and remaining yolks and combine with yogurt mixture in the bowl. (Mixture can be made up to 1 day ahead and refrigerated.)
4. Slice the top third off the pitas and discard (or save for snacking). Stuff each pita with a quarter of the greens and the cucumber slices. Spoon a quarter of the egg salad into each and serve immediately.

Nutrition score per serving (1 egg salad sandwich): 314 calories, 11g fat (3g saturated), 40g carbs, 17g protein, 6g fiber, 84mg calcium, 3mg iron, 609mg sodium. *Source: www.shape.com.*

Get Your Daily Dose of D

Want to do something really good for your health? Get more Vitamin D. This essential vitamin has a seemingly never-ending list of health benefits. In addition to the role it plays in bone, muscle and joint health, it's good for the heart, the brain and the immune system. Oh and did we mention that it also supports healthy moods and helps to regulate your sleep cycle? Since we are limited to sunlight, especially during this time of year, talk to your health care providers about the amount of Vitamin D that you should be taking.

