



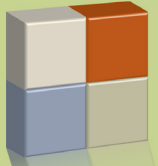
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# Life Advisor Wellness

## E-Book



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# Wellness Wednesday

## 8 Ways To Get Fit Without Joining a Gym

If you want to ramp up your fitness, joining a gym probably seems like the obvious solution. But while that method works for some people, it's certainly not the only path to better fitness — nor is it the most convenient, efficient or cost-effective option for everyone.

“Many people can't afford a gym membership. Some stay-at home parents don't have the option of leaving the house without child care, and others feel intimidated by the machine-ridden, often male-dominated gym environment,” according to Amanda Dale, a certified personal trainer and sports nutritionist..

Lindsey Treadway, a certified personal trainer and owner of Burn Boot Camp in Ashburn, Virginia, added that tricky commutes and hectic schedules can also deter people from committing to a gym membership. Luckily, you don't need to sign up for the gym to make strides in your fitness. “I taught equipment-free bootcamps for eight years, and I can tell you without a doubt that the gym is not the only place to lose weight, tone up and get stronger,” Dale said. Looking for a different method? Below are expert tips for improving your fitness — no gym required.



### 1. Create a plan

First, determine which workouts grab your interest. Do you want to establish a weightlifting routine, take up jogging or play a sport? Once you know what gets you fired up, consider where and when you can exercise, whether or not you need equipment and what resources are available to you, Dale advised. Squaring away the details will help you better set yourself up for success, whether that involves clearing a space in your living room for jump squats or devising a backup plan in case bad weather prevents you from exercising outdoors, Dale added.

### 2. Schedule your workouts

A consistent exercise routine is key to seeing results. Your workouts should serve as “an important and required part of your day,” like brushing your teeth or showing up to work on time, Treadway emphasized. “Pencil your workouts into your daily calendar and visualize what you want to achieve,” she said.

### **3. Embrace at-home workouts**

You don't need to exercise in a spacious mirror-paneled room to score a solid workout. Five to 10 feet of clutter-free space — enough to lunge, jump, dance or do downward dog without hitting your head on the coffee table — should do the trick. If you're new to strength exercises, Dale recommended sticking with body-weight workouts at home.

"You can work on perfecting your squats, lunges, push-ups, planks and crunches without any equipment and with just a few videos on YouTube," she said. To keep your workouts varied and exciting, consider investing in some basic equipment, Dale said, like a resistance band, flat bench, non-slip exercise mat, jump rope or pair of dumbbells.

"If you are a bit more advanced and want to challenge yourself, you can begin to add basic weight training [exercises]," she said, including bench presses, back squats, weighted step-ups and bent-over rows and plyometrics (jumping movements) to add intensity.

### **4. Switch up your commute**

Changing your commute can make a huge impact on your overall health. If you can carve out the extra time, try biking to the office a few days a week or walking 20 minutes to a different public transportation stop.

You can also seize small opportunities to be more active throughout the workday, like walking during a phone call or parking farther away from the office. Treadway's favorite tip? Take the stairs instead of the elevator — a quick way to burn a few more calories and also strengthen your bones and tone your muscles," she explained.

### **5. Take advantage of outdoor workouts**

The best part of exercising outside isn't the Vitamin D — it's the fact that there are infinite possibilities for your sweat session. You can run on a wooded trail, hike to a killer viewpoint, power-walk through the neighborhood, play beach volleyball, do yoga at a park or join a sports team, just to name a few.

Treadway underscored the fact that you don't need a machine to help you get fit. "Go to the playground and use the monkey bars for pull-ups, or find a bench and do step-ups — better yet, find a long hill and do sprints," she suggested.

### **6. Sign up for a class**

Just because you don't have a gym membership doesn't mean you can't participate in regular or occasional workout classes. Group classes can help keep you motivated and accountable, while also taking the stress out of structuring your own workouts, Dale said.

She recommended looking for an outdoor boot-camp, circuit program or conditioning class that includes a combination of cardio, weightlifting and core or flexibility training. "These classes take group fitness out of the gym and into the natural environment, while still providing the supervision and professional guidance you'd get from an instructor inside the gym," she explained.

### **7. Don't neglect nutrition**

Regular exercise — no matter how challenging — will only take you so far. Treadway and Dale both stressed the importance of supplementing your workouts with proper nutrition and smart eating habits. "Exercise is extremely important in building muscle [and] endurance, changing your shape and burning calories, but what will really make the difference you are hoping for is a healthy diet," Treadway said.

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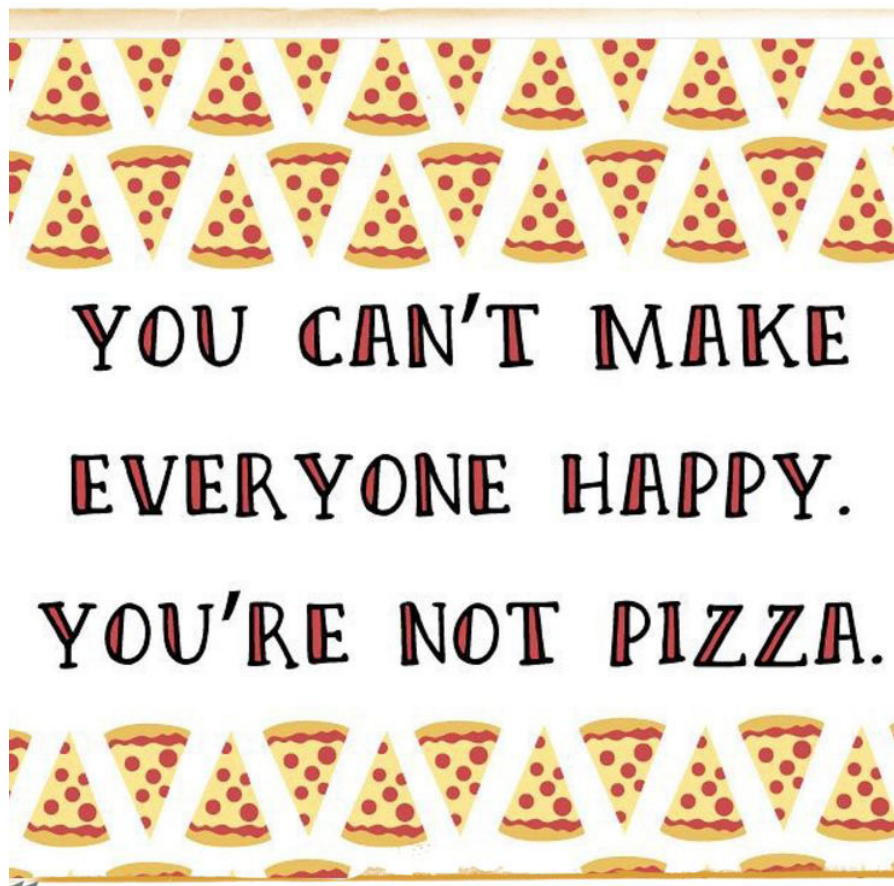
Try to cut back on sugary, fatty and processed foods when you can, and aim to fuel yourself with balanced portions of protein, whole grains and veggies and fruits. If you feel overwhelmed, Dale recommended consulting a nutritionist to help you clean up your diet and plan healthy meals.

### **8. Regularly re-evaluate your exercise routine**

If you're not making progress, you may need to change things up. Dale said there are four key components of a good fitness plan: frequency, duration, intensity and type.

"Focus on changing one of those things for the better this month — either exercise more days per week, exercise for a longer period of time, exercise with more intensity or add weights or try a new type of exercise each week of the month," she suggested.

Source: <http://bit.ly/2ElhZZd>



# This Week's Exercise

## V-SIT WITH SINGLE ARM CHEST FLY



**LET'S GET STARTED!**

Reps: 10, each arm

1. Begin sitting with your heels planted about two feet from your butt, holding the weights at chest level with a slight bend in your elbows. Lean back a few inches, pulling your abs toward your spine.
2. Keeping the left arm still, open your right arm to the side, making sure the weight doesn't go beyond your shoulder.
3. Bring your right arm back to center to complete one rep.
4. Complete 10 reps with the right arm, then switch sides. In this variation, the abs work extra to maintain stability as you pull the dumbbell away from your center.

Source: <http://bit.ly/2G91u14>

*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*

## MIXED BERRY PIE



## Ingredients

4 tablespoons raw sugar  
1 1/2 tablespoons cornstarch  
pinch of salt  
1 1/4 cups fresh strawberries,  
stemmed and sliced  
1 1/4 cups fresh raspberries  
1 1/4 cups fresh blackberries  
1 teaspoon fresh lemon juice  
plus 1/4 teaspoon lemon zest  
refrigerated pie crust\*  
1 egg, beaten

\*once cut each crust will weigh  
about 3/4 ounce.

## Directions

1. Preheat the oven to 375°F.
2. In a large bowl, whisk the sugar, cornstarch and salt. Toss in berries and gently mix to coat.
3. Add lemon juice and lemon zest, then divide evenly into 4 (6 oz) ramekins.
4. Cut the pie crust into 4 circles about 4 inches round. Roll to elongate slightly.
5. Cut a heart out of the center and place the crust over the fruit in the ramekins. Brush with egg wash.
6. Place the ramekins on a rimmed baking sheet and place in the center of the oven.
7. Bake until the berries are hot and bubbling and the crust is golden, about 40 minutes.

## Nutrition Information

Yield: 4 Servings  
Serving Size: 1 pie

Amount Per Serving:  
Freestyle Points: 6  
Points +: 5  
Calories: 206  
Total Fat: 7g  
Saturated Fat: 2.5g  
Cholesterol: 50mg  
Sodium: 128mg  
Carbohydrates: 36g  
Fiber: 6g  
Sugar: 15.5g  
Protein: 3.4g

Recipe source:

<http://bit.ly/2HB8J6S>



# Wellness Wednesday

## Two Questions to Ask Yourself the Next Time You're Stressed

You have a job interview coming up. Or perhaps a presentation you've been preparing for. Maybe you need to have a difficult conversation with someone. Whatever it is, you're terribly stressed about it.

In the emotional chaos in your mind, you can barely focus on what you need to do to prepare. In your better moments you wonder how you'll cope with potential disaster. In your not-so-good moments, you want to cancel, call in sick, or put it off indefinitely. Avoidance is the perfect strategy in moments when we face threats to our survival. The faster and further we run away, the greater the chances we won't be eaten alive.



But when the threat is more imaginary than real — a heightened fear of failure and its devastating aftermath — we need to question our perceptions and interpretations. Otherwise, we'll continue to run away from the very experiences that lead to our growth and resilience.

### Question #1: What Am I Fearing?

It's almost magical how writing down your fears makes them vanish right before your eyes. This is because you think you fear a very real and highly probable danger. But as you write down your fear, you begin to realize that your mind's been playing tricks on you. The outcome is often quite unlikely, and certainly not as deadly. And even if it can potentially happen, it's rarely the type that requires escape. In the minimal likelihood that it's both certain and dangerous, you definitely need to change course. But to have that as your sole modus operandi is a sad way to live life, given that you blind yourself to the far greater likelihood of success.

So while you're at it, it may also help you to think of how you'll feel and what you'll do when you achieve your goals. Won't it be better to use the "what if" mindset to your advantage?

### Question #2: What Will I Do to Succeed?

Can is a powerful verb. No wonder Henry Ford famously said, "If you think you can, or you think you can't, you're right". This is because can is a measure of competence, and when you doubt your abilities, "What can I do to succeed?" will bring up nothing but frustration and hopelessness. Will, on the other hand, is about action. It assumes that you have what it takes, and primes you to be creative in coming up with options, while empowering you with the autonomy to choose between them. Reminding yourself of incidents in the past when you overcame challenges, reflecting on the strengths and strategies that helped you do so, and getting creative

Needless to say, advice is easy to give, difficult to follow. It's because the one offering advice (me) is rarely caught in the emotional mumbo-jumbo of a panic-stricken brain. But what can help YOU is to write out your fears so you can untangle the ever-growing mental knot and lay it out in coherent form.

What are you fearing? If it's an upcoming presentation, what's the worst that could happen? If the answer is getting fired, never finding a job again and ending up on the streets, how likely is that to happen? If it feels unlikely, transfer your energy to excitement about your success. If it feels likely though, ask yourself what you will do to prevent it. Who can you approach? What strategies can you use? What personal strengths can you call upon?

One final word as you begin to act upon these pathways. Acting "as if" is a great way to overcome the internal roadblocks to success. You believe your preparation is not going well? Continue preparing "as if" it's going brilliantly, and you hush the inner voice that's eager to remind you of your flaws and failures.

Faking it until you become it has real scientific basis, because it bypasses the emotional brain. When you fake it, you convince your emotional brain that all is safe, even if the potential danger is still present. And given that the danger is rarely real, it's not a bad thing after all!

Article source: <http://bit.ly/2tDjIhF>





# This Week's Exercise

## STABILITY BALL



### LET'S GET STARTED!

*While a standard office chair is known for giving you bad posture, thanks to slouching which can decrease core strength, stability balls work to automatically correct your posture due to the constant balancing your body is doing. You'll tone your core, relieve back pain, increase your circulation and so much more with this method.*

*According to a study conducted at State University of New York Buffalo, people who sat on stability balls burned 4.1 times more calories an hour than those who remained in an office chair. That's 160 additional calories burned each week and 640 more each month.*

*Be mindful that your ball is properly inflated, however, or else you'll put yourself at risk for poor spinal alignment.*

Source: <http://bit.ly/2I01LIW>

*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*



## BREAKFAST PIZZA

### Ingredients

1 cup (5 oz) all purpose or white whole wheat flour\*  
1 1/2 teaspoons baking powder  
1/2 teaspoon kosher salt  
1 cup non-fat Greek yogurt (not regular), drained if theres any liquid  
handful baby spinach  
2 ounces (1/2 cup) shredded mozzarella cheese  
8 cherry tomatoes, sliced  
4 large eggs  
2 strips cooked center cut bacon, chopped

### Directions

1. Preheat the oven to 450F. Place a silicone liner on a large baking sheet or spray with oil if using parchment.
2. In a medium bowl combine the flour, baking powder and salt and whisk.
3. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
4. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until its tacky, but not sticky, about 20 turns (it should not leave dough on hands when you pull away).
5. Divide into 4 equal balls about 3-3/8 oz each.
6. Sprinkle a work surface and rolling pin with a little flour roll the dough out into thin ovals 7 to 8 inches in diameter and place on the prepared baking sheet.
7. Top with spinach, mozzarella and tomatoes, leaving the center open for the egg. Gently break egg in center of each dough and finish with bacon.
8. Bake 10 to 12 minutes, until the crust is golden and the egg is set. Season with salt and pepper.

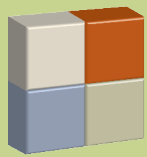
\*For gluten free, suggested use is Cup 4 Cup flour.

### Nutrition Information

Yield: 4 servings  
Serving Size: 1 pizza

Amount Per Serving:  
Freestyle Points: 5  
Points +: 7  
Calories: 271  
Total Fat: 9g  
Saturated Fat: 4g Cholesterol: 198.5mg  
Sodium: 568mg  
Carbohydrates: 27g  
Fiber: 1.5g  
Sugar: 2.5g  
Protein: 20.5g

Recipe source:  
<http://bit.ly/2oCvL5m>



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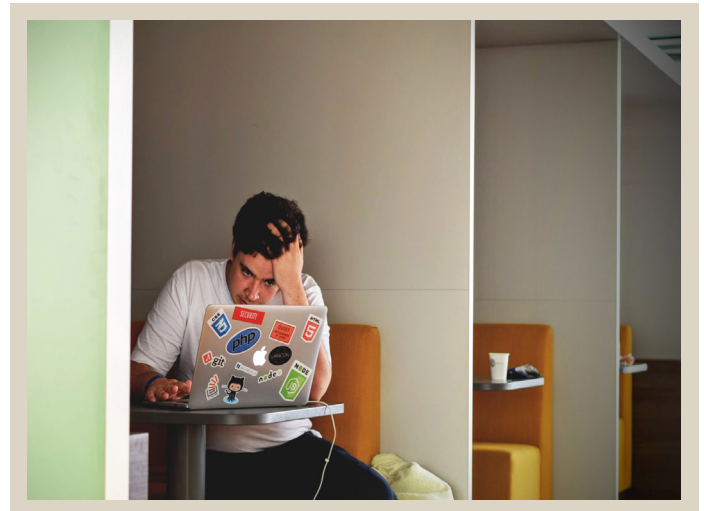


# Wellness Wednesday

## 13 Things You Do Every Day That Could Be Hurting Your Health

You strive to eat healthy and make working out a priority. But achieving a state of wellness is more than just swapping a salad for a cheeseburger and hitting your daily 30 minutes on the elliptical. It's also about looking at the things that you are doing on a daily basis and evaluating whether or not they are good for you.

Your everyday behaviors may be holding you back and you don't even know it. Below are some habits that can have a negative impact on your health, plus expert advice on what to do instead:



### 1. Skipping your daily sunscreen application

Regular use of SPF 15 or a higher sunscreen level can reduce your risk of developing squamous cell carcinoma by 40 percent and melanoma by 50 percent. But many Americans don't make wearing it a priority. And don't just reach for your SPF for a day at the beach. The sun's rays can still be damaging in winter months, even when the temperatures are not hot. Also altitude matters. The higher you are, the more UV penetrates the delicate epidermal barrier of your skin so don't forget to lather up while skiing or hiking as well.

"The ultraviolet rays of the sun are everywhere. They penetrate through your car windshield, your home window, through rain or clouds," said Lily Talakoub, a dermatologist at McLean Dermatology and Skincare Center. "You need protection when skiing, ice skating, hiking in cold climates, sitting under an umbrella, or walking in the woods."

### 2. Sitting all day

According to one 2013 survey, 86 percent of Americans spend the majority of their days sitting. Commuting to work, eating meals, being stationed at a desk chair during the workday, and plopping on the couch to watch television at night can add up to around 13 hours of daily inactivity.

"Countless studies have shown that sedentary behavior for extended periods can have significant negative impacts on physical and mental health, including increased risk of cancer, diabetes, blood clots and decreased mental focus and productivity," said Carrie Schmitz, the senior manager of human factors & ergonomics research at Ergotron.

You don't have to panic and sign up for a marathon to get active, though. Working small maneuvers into your day, like standing during TV commercial breaks or parking your car far away from an entrance, can make a huge difference in making your lifestyle less sedentary.

### **3. Skimping on sleep**

Insufficient sleep leads to a variety of ailments such as hypertension, tissue-damaging inflammation, diabetes, depression, heart disease, and obesity. Forgoing an adequate night's rest can also decrease your brain's ability to function, thus resulting in poor performance at work and impaired reaction time behind the wheel.

Experts recommend practicing a relaxing bedtime ritual like taking a bath, cutting down on caffeine and alcohol in the hours leading up to bedtime and investing in a comfortable mattress and pillows. Another trick is to stick to a consistent sleep schedule — even on the weekends. “Regular sleep cycles establish a routine for your brain and body to recharge and heal,” said Pat Perryman, dean of nursing at Carrington College.

### **4. Reaching for a mug of coffee first thing in the morning**

Studies have shown that caffeine can help to jump-start your metabolism, reduce your risk of developing diabetes and may even ward off early death. But that doesn't mean that a giant cup of joe should be the first thing that you reach for in the wee hours of the morning.

Eliza Savage, a nutritionist with Middleberg Nutrition, said that when you sleep, you are naturally fasting from food and water. And during this time, you can become dehydrated, especially in the winter months when the heat is cranking and the air is very dry. “Getting up and reaching for the coffee maker first thing only worsens dehydration,” Savage explained. She recommended kicking off your day with several glasses of water first thing before making your way over to your coffee maker.

### **5. Overbooking yourself**

In today's productivity-obsessed society, it's human nature to take on as many tasks as possible. But, according to Brianna Bedigian, a yoga instructor in North Carolina and the author of *Healing Footstep to Footstep*, continuous responsibility and bouncing from one obligation to the next is a toxic habit that leads to burnout.

“The state of busyness is an epidemic,” Bedigian said. “If your day-to-day feeling is somewhere between frazzled, busy, overwhelmed, angry, anxious and on edge, you are setting yourself up for chronic stress.” One way you can begin to stop overbooking yourself is to start politely turning down invitations that you don't realistically have the time to accept. This means practicing the art of saying, “no.” Bedigian encourages her clients to turn down one request of their time per week and then to build up from there.

### **6. Paging “Dr. Google”**

The internet can be a bad source of information and the catalyst for worry when you use it to diagnose your own medical condition, according to Adam Ramin, medical director of Urology Cancer Specialists in Los Angeles. “Because of patients' increasing reliability on medical websites and web-based forums to diagnose themselves or attempt to confirm what they think they are afflicted with, curable conditions may be missed and treatments delayed,” Ramin explained.

“In addition to the potential physical ramifications, the emotional impact of incorrectly virtually diagnosing oneself can be equally as severe, as patients have a tendency to assume that a minor symptom is associated with the most serious condition,” he added.

### **7. Not eating mindfully**

Cramming in a sandwich while simultaneously drafting up a work email may seem like a win in the multitasking department, however, mindlessly eating can lead to an array of digestive issues. “You need to be relaxed in order to properly digest your food. If you eat quickly and in a stressed state, it's likely to negatively impact your digestion,” said Jennie Miremadi, an integrative clinical nutritionist in Los Angeles.

She added that munching mindlessly can cause overeating, which can lead to weight gain and digestive stress. Taking the time to slow down while eating and properly chew your food can have the opposite effect. In recent years, mindful eating has been linked to helping with weight loss, better nutrient absorption, overeating prevention, blood sugar regulation, emotional eating management and overall well-being.



## 8. Improper texting posture

Who knew that a tiny smartphone could be the source of so much pain? "Our necks are not designed to be in the forward, head leaning position," said David Shapiro, chief wellness officer at Complete Spine Solutions. He added that when people text a lot; it stresses the structures in their neck discs, ligaments and bones. It can also cause spinal arthritis and pain.

Neel Anand, professor of orthopedic surgery and director of spine trauma at Cedars-Sinai Spine Center, recommends keeping your head, neck and shoulders in a neutral position when looking at your devices in order to avoid any issues. Anand also said you can work some neck stretches into your day and try cutting down on screen time. "These may seem like small safeguards but they can have huge payoff rewards for your spine in the long run," Anand said.

## 9. Your smartphone obsession

Imagine having to lock your cell phone away and being unable to access it for a solid 60 minutes. Does the thought of that make you uneasy? "I first noticed my own unhealthy relationship with my phone when I was forced to leave it in my locker at Soul Cycle," said Kim Anenberg Cavallo, a 51-year-old based in California, who used her tech dependency to launch an app called lilspace, which motivates people to put away their phones through charitable incentives.

Social media isn't helping, either. Research shows that excessive use of applications like Facebook is linked to anxiety and symptoms of depression. "Being obsessed with social media gives people a distorted view of the world and can have a huge impact on our mental health," explained Sal Raichbach, an addiction psychiatry doctor at Ambrosia Treatment Center. "Humans are naturally social creatures so it's not uncommon or wrong to have that longing for interaction," he continued. "The problem, however, arises when people rely on it for that interaction or become glued to constantly checking their newsfeed."

Raichbach recommended deleting social media apps or hiding them within folders on your phone. Cavallo also suggested charging your phone outside of your bedroom and making a point of doing something to ground you in the present moment each day like meditation, a yoga class or a phone-free lunch with a friend.

## 10. Bad toothbrush hygiene

Your daily dental cleansing tool may be a cesspool of germs, containing an array of harmful bacteria, including fecal matter, according to research. Combine that with the gunk that comes off of your teeth while brushing, and you could be filling your mouth with all sorts of germs. Chris Kammer, Spry expert, and founder of the American Academy for Oral Systemic Health stresses that practicing improper toothbrush hygiene can set you up for all sorts of consequences.

"One of the major mistakes people make is to leave their toothbrushes out in the open in the bathroom," he said. "Every toilet flush catapults an aerosol of bacterial unmentionables into the air that wind up on you and your toothbrush." Also, don't share a toothbrush. A variety of germs can be spread via a contaminated toothbrush, including bacteria as well as viruses like herpes simplex type one, according to Sanda Moldovan, a certified nutritionist, periodontist and author of the upcoming book *Heal Up!* Other care tips, per the American Dental Association, include replacing your toothbrush at least every three to four months (sooner if the bristles become frayed with use), giving your brush a good rinse every night, and if more than one toothbrush is stored in the same area, keeping them separated to prevent contamination.

## 11. Unknowingly ingesting added sugars in foods and drinks

The American Heart Association states that the maximum amount of sugar that adult males should consume per day is 37.5 grams (9 teaspoons). For women, that number is 25 grams (6 teaspoons). Yet, many of us are surging past those numbers. The average American ingests 82 grams (19.5 teaspoons) of sugar daily. Jeanette Kimszal, a registered dietitian nutritionist, noted that one of the worst health habits you can make is ignoring the sugar content of foods you are eating. Many of the excess sugar grams come from processed foods with added sugars, she said. In fact, Americans reportedly ingest 16 percent of their total daily calorie allotment from added sugar alone.

"I always advise clients to be aware of the amount of added sugar in 'healthy' foods like nut butters, granola, yogurt, and trail mix," Kimszal said, adding that some of these foods can have up to 20 or 40 grams of sugar per serving. And several food items alone, such as a 20oz bottle of a sports drink, contain almost double the amount of added sugar we should be getting daily. Kimszal recommended reading food labels closely and consuming more whole foods. And if a sweet tooth strikes, reach for plain foods like unsweetened Greek yogurt, and add a tiny bit of honey.

## 12. Overdoing it at the office

Working yourself into the ground may earn you the corner office but often at the expense of your wellbeing. "In our workaholic society, working long hours is not only encouraged and applauded, it's rewarded," said Nick Hatter, a London-based life coach and self-proclaimed recovering workaholic. "But when you work intensely for too long, your cortisol and adrenaline levels can stay dangerously high, which can lead to hypertension, weight gain, Irritable Bowel Syndrome (IBS), heart attack, burnout, fatigue, anxiety, depression, a nervous breakdown, decreased libido and decreased fertility."

Hatter, who once experienced burnout himself, recommended not checking emails first thing in the morning, setting limits on work time, taking proper lunch breaks and scheduling at least one fun or relaxing activity every week.

## 13. Staring at a screen all day and night

Screens from your iPhone and other devices emit a short wavelength high-energy glow, which can mess with your health in a variety of ways — particularly your eyes. Blue light exposure from electronics is one of the major contributing risk factors of macular degeneration, which causes severe vision loss, according to Alan Mendelsohn, an ophthalmologist in Florida. Exposure also causes digital eye strain, a condition that is characterized by eye fatigue, blurred vision, red and or dry eyes, eye discomfort and headaches.

"After focusing on one's screen and working intently, ideally, you should take a very short break at 20 minute intervals," Mendelsohn said. "This break can be as short as two to three minutes, however, you should not take this pause and pick up your cell phone or iPad to respond to emails, texts, etc. because you are only replacing work product on digital screens for personal communications on digital screens."



# This Week's Exercise

## SIDE "X" BALANCE REACH (FRONTAL PLANE)



- 1. Stand on the right leg and lean the entire body toward the right.*
- 2. Abduct the right shoulder toward the sky and abduct the left hip just a bit so it loses contact with the floor. The body makes half of an "X" shape.*
- 3. Touch down as needed with the left toes. Continue trying to balance on this side for up to two minutes and then change sides. Try to be as still as possible when leaning to one side to make half of an X shape.*

Source: <http://bit.ly/2BZK2BB>

*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*



## CORNED TURKEY AND CABBAGE DINNER

### Ingredients

#### TURKEY

1/2 teaspoon ground allspice  
1/2 teaspoon ground mustard  
1/2 teaspoon ground coriander  
1/4 teaspoon ground ginger  
1/4 teaspoon ground cinnamon  
1 tablespoon brown sugar  
1/2 teaspoon ground cloves  
1/2 teaspoon coarse ground black pepper  
1 bay leaf, crumbled very finely  
Olive oil spray  
1/2 turkey breast, boneless and skin on  
(1 of the 2 breast halves, about 3.5 pounds)

#### VEGETABLES

1 head cabbage, cut into 8 wedges  
4 carrots, peeled and cut into 1/2" coins  
1 pound yukon gold potatoes, cut into 1" chunks  
1 tablespoon canola oil  
1/2 teaspoon kosher salt  
1/4 teaspoon coarse ground black pepper

### Directions

1. Preheat the oven to 400 degrees.
2. Mix all the spices (including the brown sugar) together.
3. Pull the skin up from the meat and rub half of the spices onto the turkey.
4. Put the turkey skin side down onto your baking sheet and rub the rest of the spices onto the top of the turkey breast.
5. Put the turkey into the oven to cook while you prepare the vegetables (turkey will cook a total of about 35 minutes).
6. Toss the carrots and potatoes in the oil with the salt and pepper.
7. Add them to the baking sheet.
8. Add the cabbage wedges to the sheet and spray with a 1/2 second of olive oil spray.
9. Add the vegetables to the oven and continue cooking for another 30 minutes.
10. Remove when turkey is cooked through and vegetables have just started to brown.

### Nutrition Information

Yield: 8 servings  
Serving Size: 6 ounces  
cooked turkey and 1/8th of  
the vegetables

#### Amount Per Serving:

Freestyle Points: 2  
Points +: 7  
Calories: 276  
Total Fat: 10g  
Saturated Fat: 2.4g  
Cholesterol: 74mg  
Sodium: 256mg  
Carbohydrates: 19.7g  
Fiber: 3.8g  
Sugar: 5.6g  
Protein: 27.4g

Recipe source:  
<http://bit.ly/2pd3aDd>





# Wellness Wednesday

## Why Do Some People Need More Sleep Than Others?

Some people seemingly can't get enough z's. They might sleep for hours on end and still feel exhausted while others around them are waking up refreshed.

Getting extended hours of shut-eye seems like a gift rather than a curse, but there are some caveats. Sleeping in on a Saturday morning is an indulgence. Regularly sleeping 10 or more hours, however, may be an indication of something serious, especially if you're still in desperate need of a midday nap.

"Most adults need seven to eight and a half hours of sleep," Ronald Chervin, director of the Sleep Disorders Center at the University of Michigan, told HuffPost.

"But if someone is sleeping unusually large amounts and still feels unrefreshed, that would be a reason to see a sleep physician."

We asked the experts why some people hit the snooze button a little more regularly than others and what you can do if your unconscious hours are becoming a problem. Here's what you need to know:

### 1. Needing more sleep might be built into your DNA

Research suggests genetics may play a role in why some people need those extra hours. "Some are just predisposed to require more sleep. There's not much we can do individually about our genetics," Chervin said. "But we can do things about other factors that control how much we sleep, like regularity of bedtime and rise time."

Adolescents are also generally prone to sleep longer and have a harder time waking up.

"It's believed to be associated with a lengthening of inner circadian clocks, which normally control sleep, though habits play a role," Chervin continued. So if your parents ever gave you a hard time about sleeping in late as a teen, you weren't entirely at fault for those extra hours.

### 2. It might be a sign of a sleep disorder

You might be suffering from one of multiple sleep disorders, some of which result in a late start to your day. One is hypersomnia, or "sleep drunkenness," which is nicknamed for its side effect of disorientation. "A person with hypersomnia can't get out of bed and 10 hours is never enough. They can take two- or three-hour naps and still feel the need to sleep," said Emmanuel H. During, a neurologist and psychiatrist specializing in sleep medicine at Stanford University. "You can develop it at any age and we don't fully understand its cause."



A rare neurological disorder called Kleine-Levin syndrome, or “sleeping beauty syndrome,” can also induce an extreme need for sleep. “They can spend 15 or 20 hours in bed for days or weeks at a time and only get up to use the bathroom or eat,” Chervin said. Research suggests the syndrome affects only one in a million individuals.

### **3. Your mental health might be a culprit**

“Long sleep is one way that depression can manifest itself. A person can sleep more and feel sleepy throughout the day and rest 10 or 11 hours regularly,” During said.

Research shows there may be a link between depression and sleep disorders, frequently associated with cases of insomnia and hypersomnia. Certain medications used to treat conditions can also result in a general grogginess and longer sleep. It’s best to consult a doctor if you suspect a medication is the culprit.

### **4. An underlying medical condition might be to blame**

Traumatic brain injuries can result in long sleeping patterns, During said. One study found that people who recently suffered traumatic brain injuries often slept much more than healthy volunteers. Sleep is also strongly linked to recovery for trauma victims, with research showing that brain function improved with sufficient sleep.

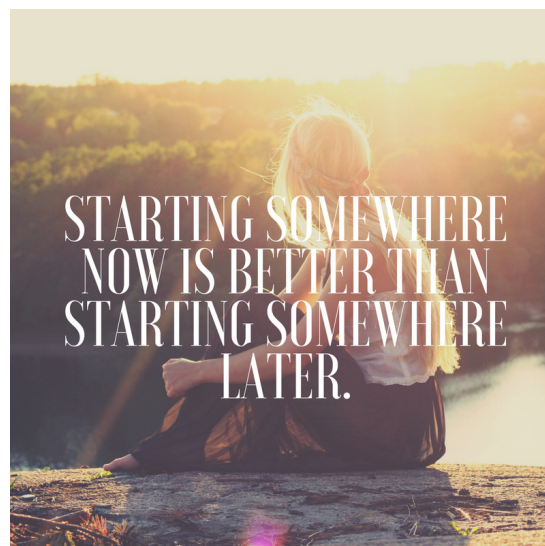
### **5. You’re severely lacking in sleep**

If you’re prone to pulling an all-nighter or two, it’s common to sleep longer when given the opportunity. Fortunately, this is more a consequence of habit rather than an indication of something deeper, as long as it’s not a natural pattern, During said. That said, compensating for sleep debt through sporadic naps or longer sleep does not always produce the desired effect.

People tend to view sleep as a fund so they try to sleep less one night and think they can make up for it with a long snooze later, Chervin said. “But you won’t always make up hours that you missed,” he added. Research shows that sleeping 10 hours when chronically deprived only initially boosted performance before a rapid drop, calling into question the effectiveness of catching those extra z’s.

Bottom line: If you feel consistently fatigued despite getting enough sleep, check in with a doctor, During said. But if you typically wake up feeling refreshed and ready to take the day on, sleeping more every once in a while won’t harm you. After all, you spend a third of your life asleep — what’s a few extra hours?

Article source: <https://bit.ly/2FSEbft>



# This Week's Exercise

## BACK EXTENSION PASS



### HOW TO DO IT:

1. Place the ball on the floor in front of you and lie face-down with your arms and legs extended into an 'X' shape.
2. The ball should be close to your right hand. Extend your spine, lift your chest and thighs off the floor, and roll the ball under your right hand.
3. Quickly roll the ball over to your left arm, catching it with your hand, and then pass it back to your right hand.
4. Go back and forth, keeping your torso as still as you can while maintaining your extension.
5. Do 20 reps.

Source: <https://bit.ly/2l8czUk>

*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*

## TUNA DEVILED EGGS



### Ingredients

8 large hard boiled eggs, halved \ (recipe here)  
2 (6 oz) cans albacore tuna, packed in water, drained  
1 tbsp red onion, minced  
1/3 cup light mayo (use compliant mayo for whole30)  
1 teaspoon red wine vinegar  
chopped fresh chives  
salt and pepper, to taste

### Directions

1. In a medium bowl combine the egg yolks with mayo and mash.
2. Add tuna, red onion and red wine vinegar.
3. Scoop heaping spoonfuls of the tuna salad into the 16 halved eggs. Garnish with chives.

### Nutrition Information

Yield: 12 servings  
Yield: 4 servings  
Serving Size: 4 egg halves

Amount Per Serving:  
Freestyle Points: 2  
Points +: 4  
Calories: 264  
Total Fat: 16g  
Saturated Fat: 3.5g  
Cholesterol: 397mg  
Sodium: 472mg  
Carbohydrates: 3g  
Fiber: 0g  
Sugar: 1g  
Protein: 26.5g



Recipe source:

<https://bit.ly/2Gbbhei>



# Wellness Wednesday

## Eight Ways to Support Someone Dealing with a Health Crisis

When someone you love falls ill, gets in an accident or receives a scary health diagnosis, it's never easy. In fact, it may be the hardest thing you'll ever have to face. Unfortunately, it's also inevitable that we'll all deal with this kind of situation in life.

"You may feel shocked, scared, concerned or uncertain on behalf of your loved one," said Anne Moyer, an associate professor of psychology at Stony Brook University. Whatever you're feeling is okay. Any sort of health crisis signals a huge change in your life, and it's frightening, said Melodie Winawer, a neurologist and neuroscientist at Columbia University.



"The way you think things would have been, or should be, is suddenly de-railed," she said. "This sudden transformation is so difficult to process, on both sides." While there may not be a set formula for how to deal, there are some key points to keep in mind when providing support to a loved one.

### **Do say something**

"No matter what, it is better to say something than nothing," said Ron Blake, a sexual assault survivor who has experienced post-traumatic stress disorder. "Heck, even tell the person you aren't sure what to say, but you just want to say something and let them know you are there for them. Silence is crushing."

It's okay if you're not sure what to say, but do acknowledge the situation. Try authentic and empathetic statements, like "I'm not sure what to do to help, but I care about you," or "I'm feeling upset too, but want to do my best to help," Moyer suggested.

### **Don't: Make it about yourself.**

It's human nature to focus on yourself, Winawer said. But try to suppress that natural inclination when speaking to a loved one dealing with a diagnosis. Take yourself out of the equation, and offer the other person the opportunity to explain how they feel without being imposing. Say something like: "It's hard for me to even imagine how you're feeling. Do you want me to tell me about it?" or "I've never been in your position, but I'd love to try to understand what it's like," Winawer suggested.

### **Do: Take the "ask" off their plate.**

It might be natural to offer to help by saying, "Let me know if you need anything at all." However, that can put a person dealing with an illness in an awkward position of having to think of a way for you to assist them, said Nick Arquette, founder and CEO of Walk With Sally, a nonprofit that provides services to families impacted by cancer.

"When a friend or loved one is facing a serious health scare, one of the best ways to be truly supportive is to eliminate the burden of 'making the ask,'" he said. In other words, pitch in by taking an everyday task off their to-do list, like doing the laundry, making sure the bills are paid or having dinner ready for the family. Or simply offer to go for a walk in the fresh air, so that he or she can open up and vent if need be.

Christina Pandapas, who was diagnosed with stage 3 colorectal cancer at age 46, agreed that simple gestures often go a long way. "Meals for the family are tremendously helpful, so is offering to take their kids to events, school, or have them over for sleepovers," she said. "Anything you can do to provide some fun and normalcy will ease stress for the whole family." You can navigate around the "ask" by asking the person's spouse how you may be able to help. "Not everyone is comfortable reaching out when they could use some help."

### **Don't: Pretend to be a medical expert.**

Even if you are a doctor, or have dealt with a similar condition, keep in mind that everyone's experience is different. "Most people dealing with a serious illness have a medical team," Pandapas said. "They probably don't need armchair treatment recommendations based on your second cousin's brother's experience."

Nor do they want you overly optimistic, if well-intentioned, prognosis, stressed Rachel Soper Sanders, who suffers from chronic pain after a serious car accident. "Don't tell the person it will be okay, because in reality no one really knows if it will or not," Sanders said. Also, don't assume they're doing fine just because they look fine, she added. Many health conditions are invisible on the outside, so commenting on someone's appearance can feel dismissive or hurtful.

### **Do: Give encouragement.**

Although you might be wondering, try not to ask, "How are you doing?" as it can bring up an unwanted reminder, Pandapas said. "I was always doing just fine until someone asked me that question, then I'd be holding back tears," she said. Instead, offer words of encouragement instead like, "You are amazing," she suggested. If you do want to ask about their treatment or how they are feeling, try "What is the latest?"

### **Don't: Take it personally if your attempts to talk are rebuffed.**

Everyone will deal with their illness or condition differently. While most people will be relieved to talk about it, others may not be as willing to open up, Winawer noted. Either way is okay, and don't press people who don't seem ready to talk about it. One of the best things you can say is, "Just tell me if you want me to leave or stop asking—you can't offend me!" Winawer suggested. Also, try to be comfortable with silence: Don't try to fill blank space with chatter about yourself, she said. Sitting in silence may just be what the other person needs.

### **Do: Provide a sense of normalcy.**

"Understand that being there for someone with a serious health issue is a balancing act," Pandapas said. "They may need support, but they may also be so tired of being a patient." Spending time with them doing normal activities and having conversations that don't involve their condition can be a much-needed respite. Sanders, who wasn't able to leave her house due to her accident, said that her relationships and social life suffered. "It was so great to have someone simply hang out and spend time with me at home," she recalled.

### **Don't: Disappear.**

There's often a flurry of activity and assistance immediately following a diagnosis or accident, Winawer said. But many people begin to check out after the first couple of days or weeks, despite the fact that the person continues to deal with their disease or diagnosis. Stick around in the long run, and try to send a text every so often or another way to show you care, like a gift certificate for a massage or manicure.

Pandapas said her friends continued to show their support throughout her recovery, which was very meaningful to her. "They had an uncanny sense of timing. Just when I was tired and feeling down, a vase of flowers would appear on my doorstep, or one of them would send me a thoughtful text to check in," she said. "Perhaps most importantly, they celebrated my strength, which helped me maintain it."

# This Week's Exercise

## CLEAN AND PRESS



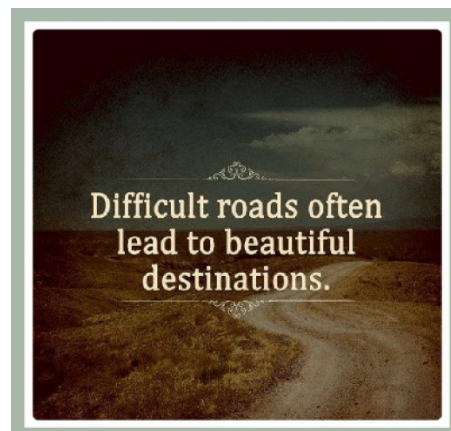
One of the best full-body exercises, the sandbag clean and press, requires strength, stability, explosiveness and accuracy. The instability of the sandbag reinforces the need for proper technique in order to complete each rep.

### HOW TO DO IT:

1. Hold the neutral-grip handles and begin with the sandbag against the shins. Your arms should not be in contact with your legs to make sure you hinge, not squat, into the movement.
2. With an explosive “jump,” catch the sandbag on your fists. Lock your legs, push through the heels, brace the core and drive the sandbag over your head.
3. Reverse the movement to return to the starting position.

Source: <http://bit.ly/2HPe9KH>

*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*





## WHOLE WHEAT IRISH SODA BREAD MUFFINS

### Ingredients

baking spray  
1 cup white whole wheat flour  
1 cup unbleached all-purpose flour  
1/2 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp kosher salt  
3 tbsp chilled butter  
1 cup 1% buttermilk  
3 tbsp honey or agave  
1 large egg, beaten  
3 oz raisins (about 2/3 cup)

### Directions

1. Preheat oven to 375°F. Spray muffin tin with baking spray.
2. In a large bowl combine all dry ingredients (flour, baking powder, baking soda, and salt). Using a pastry cutter or two knives, cut in butter until mixture resembles coarse crumbs.
3. In a small bowl, stir together buttermilk, honey (or agave) and egg until blended.
4. Add buttermilk mixture to dry ingredients and stir to combine. Stir in raisins.
5. Spoon batter into prepared pan.
6. Bake 20 to 25 minutes, or until toothpick inserted in center of one muffin comes out clean.
7. Remove tin and cool on a wire rack for about 5 minutes before removing muffins from tin; finish cooling on rack.
8. Serve warm or cool completely and store muffins in an airtight container or ziplock bags at room temperature.

### Nutrition Information

Yield: 12 servings  
Serving Size: 1 muffin

Amount Per Serving:  
Freestyle Points: 6  
Points +: 4  
Calories: 148  
Total Fat: 3.5g  
Saturated Fat: g  
Cholesterol: mg  
Sodium: mg  
Carbohydrates: 26g  
Fiber: 1.5g  
Sugar: g  
Protein: g

Recipe source:  
<http://bit.ly/2u4fcEz>





# Wellness Wednesday

## 13 Useful, Expert-Backed Tips for Dealing with Social Anxiety

The thought of attending an office happy hour, birthday party or backyard BBQ may sound like a blast to most people. However, these types of engagements can be a crippling concept for those with social anxiety.

It's a condition that affects approximately 15 million American adults. According to the Social Anxiety Association, "the fear of social situations that involve interaction with other people" is also the third largest mental health care problem in the world today. The good news is that the disorder can be managed so that it doesn't stand in the way of a fulfilling life. Here are some expert-backed tips on how to tackle social anxiety to make day-to-day events less overwhelming.



### 1. Go into a social setting armed with a strategy.

"As damaging as being 'too into your head' can be, some preparation and intent can be very beneficial," said Bill Koch, a Chicago-based clinical therapist who specializes in anxiety disorders. One such strategy is to identify places and people that will help you feel the most comfortable. "This can make the difference between a surprisingly pleasant evening and your worst nightmare come true. Having some plan can help instill a feeling of confidence and some much wanted control over a situation that feels out of control," Koch said.

Upon arriving at a party, for instance, he recommends immediately seeking out a calm area within the space. "If you know the place you are going will be hectic, make a plan to spend most of the time on the patio where you won't feel bombarded by a large crowd," he said.

Another tip is to start small and work your way up from there. Koch recommends kicking off the night by chatting with a few close friends in the kitchen before diving into the full party crowd. He also suggests surrounding yourself with people you know or with whom you're comfortable to act as a cushion. "Identifying a person you are comfortable with can be an 'in case of emergency' plan," he said. "If you are feeling overwhelmed, you can retreat to a familiar face where you feel more at ease and can calm down."

### 2. Give yourself a calming mantra and don't be afraid to use it.

Reciting a mantra can give you a sense of control in a stressful social situation, according to Koch. "Whenever you feel anxious, repeating a calming word or phrase can serve as a friendly reminder that anxiety is only a feeling created by thoughts," he said. Your mantra can range from a single word to a quickly uttered thought such as "easy, easy, easy," "no one cares," or "not a big deal."

### **3. Always have an escape route.**

"As dramatic as it may seem, many of my clients benefit from knowing they can leave a social commitment when and if they need to at any time," said Annie Wright, a Berkeley, California-based licensed psychotherapist. Choose to drive instead of carpooling with a friend who may want to stay later, load the Uber or Lyft app on your phone, or book your own hotel room at the conference so that you can get away. "Whatever it looks like, building a proverbial 'escape route' into your plans can paradoxically decrease social anxiety that may be more heightened if you feel trapped at the event," Wright said.

### **4. Burn off adrenaline in advance.**

In order to help you keep your cool, Wright recommends releasing as much stress as possible before arriving at a social engagement. "You can help your nervous system remain more regulated when you get there if you burn off an excess of adrenaline that may be in your body," she explained. Her favorite methods for pre-event de-stressing? Squeeze in a good, sweaty workout, have sex or embark upon a marathon housecleaning session to tire yourself out.

### **5. Become an all-star listener.**

"People love a good listener," said Lynn R. Zakeri, a licensed social worker in the greater Chicago area. And making a point to listen to someone else helps reduce the feeling that you have to carry the conversation. Zakeri suggests tuning into key words you hear from others and then repeating them.

"For example, someone mentions they are busy because their child is sick, so you simply state 'Yes, having a sick child can throw everything off' or even 'How is your child now?'" she said. Finding the "entertainer" in the room and gravitating toward that person is another good tactic. "An entertainer adores his or her entertainee and will even say they had such a good time with you! You laughed at the right places. You uh-huh'ed and nodded and empathized," Zakeri said.

### **6. Have a few go-to conversation topics.**

Arriving at a party with a few pre-planned stories can make it easier to converse with strangers. "You can even practice a 'Sorry I am late. Guess what happened when I left work today' type of entrance," Zakeri said. Agnes Wainman, a clinical psychologist at London Psychological Services in Ontario, Canada, noted that you can also try a few questions to get the ball rolling, such as "How do you like to spend your free time?" or "What was the last great book that you read?"

"Many people are starved to talk about themselves so they love these types of questions. It also leaves most of the talking to them," she said. Forrest Talley, formerly the co-training director at the University of California, Davis Children's Hospital's CAARE Diagnostic and Treatment Center, said when all else fails, tap into something that is popular at the moment like the Olympics, the Super Bowl or a recent movie. He also reminds patients that people love a good compliment. "Tell someone that you like a piece of jewelry or clothing they are wearing and ask what store they bought it from," he said.

### **7. Breathe through any anxiety that may pop up.**

Studies show that slow breathing can help prompt a sense of tranquility. "But sometimes we forget to breathe. It sounds silly, but when we are tense or anxious, our breath is the first thing to go," said Ilissa Nico, a psychotherapist in Green Village, New Jersey. To overcome this, Nico recommends grounding yourself by slowing your breathing and being in the present moment. "You can do this by inhaling for eight counts and exhaling for eight counts," she said. "This is a great exercise to practice anytime — it can be simultaneously calming and energizing."

### **8. Baby-step your way into social situations.**

To push through a bout of social anxiety, Nico suggests taking small risks. "Even though this can be difficult, sometimes the best way over is through," she explained. "Avoiding isolation and setting incremental goals can make all the difference. In time, it becomes easier to make bigger leaps into socialization."

Nico also recommends exposing yourself to things outside your comfort zone, one baby step at a time. Begin with “a small initial exposure ... like putting yourself in a situation that is time-limited or only mildly uncomfortable and building from there,” Nico said. For example, try committing to attend a party for an hour versus forcing yourself to stay the whole night. Or spend time in social settings with supportive, understanding people versus a giant group of complete strangers. “It can often feel very rewarding and can serve to build self-esteem when we set goals, even small ones, and reach them,” Nico said.

### **9. Pause to take in your surroundings.**

This can be a form of mindfulness and a great way to shift your own focus away from any uneasy feelings that are creeping up, according to Michael Hilgers, a licensed professional counselor in Austin, Texas.

“I usually encourage clients to run through their five senses when experiencing flair-ups of social anxiety. What do they smell, hear, see, feel and taste in that moment?” he said. “It’s a completely portable process and can help ground them in the present, which has an overall calming effect.”

### **10. Challenge your distorted thinking.**

Laurie Chackes, owner and clinical director of The Center for Mindfulness & CBT in St. Louis, Missouri, assigns her clients the task of writing down the specific thoughts that go through their heads before, during and after situations that trigger anxiety. Are they thinking “Everyone will judge me” or “They’ll think I sound stupid” or “I am so boring” or “No one will talk to me”?

For each thought, she then tells them to ask the following questions and write out the answers: “Is this 100 percent true all the time?” “What is the worst that could happen if this is true?” “How likely is this?” “How bad would it really be?” “Could I handle it?” “What is more likely to happen?”

Finally, Chackes tells her clients to “compile these answers into a few coping statements that you can read before you go into a social situation that is causing you anxiety.” Paul DePompo, a clinical psychologist and founder of the Cognitive Behavioral Therapy Institute of Southern California, adds that while it’s highly unlikely that someone else will actually aim one of these criticisms at you in public, the exercise of mentally addressing them ahead of time can be a calming practice.

### **11. Don’t overdo the alcohol.**

A study conducted by the University of North Carolina School of Medicine found that excessive drinking can actual rewire the brain, thus making an individual more susceptible to anxiety. So while it can be tempting to calm your nerves with a hearty dose of wine, reaching for that extra glass may not be the best coping mechanism. “Excess alcohol may seem like it will help you relax, but sometimes it can backfire and make you feel more anxious and nervous in your surroundings,” said Shilpi Agarwal, author of *The 10-Day Total Body Transformation: A Doctor’s Guide To Getting Leaner, Cleaner, and Happier in Just 10 Days*.

Agarwal tells those with social anxiety to practice moderation with any substance that can be mood altering. “Avoid alcohol, too much caffeine or sugary drinks,” she said. In their place, Agarwal recommends sparkling water with lime or a splash of juice or lemonade. Or if you’re at a daytime function, try a mug of herbal tea, which often has a calming effect. “If you can try to stick to just one drink, this is your best bet. Ask for a half pour first or really pace yourself so you don’t go overboard,” she said.

### **12. Resist the urge to avoid social situations.**

“Defeating social anxiety requires a daily commitment not to avoid uncomfortable social situations at work or in your daily activities,” said Brittain Mahaffey, a licensed clinical psychologist and research scientist at the Mind-Body Clinical Research Center at Stony Brook Medicine. Anytime you feel yourself withdrawing or being quiet, Mahaffey said you should challenge yourself to talk to and fully engage with other people. She also tells patients that they can benefit from gently pushing themselves to do little things that are embarrassing on a daily basis.



“For example, sometimes I will take socially anxious clients to the store and ask them to pay for a sizable grocery purchase using only coins or encourage them to use silly pick-up lines on online dating websites,” she said. You may feel foolish while doing these things, Mahaffey said, but it will get easier over time. “This strategy will also give you the opportunity to see that it won’t be the end of the world if you do embarrass yourself,” she explained.

### **13. Applaud your efforts.**

Those with social anxiety tend to be very hard on themselves and this type of criticism can be damaging, according to Crystal Lee, psychologist and owner of LA Concierge Psychologist. Instead of critiquing yourself, she suggests trying some self-compassion.

“Treat yourself as you would treat your best friend or family member,” she said. “Remember that all people struggle sometimes and you’re not alone in your experience. Try not to let the negative emotions sweep you away and stay mindfully present.” Wright also suggests focusing on the positive by reminding yourself of all the times that you have been successful in social situations.

“In advance of social situations that are causing you anxiety, recall all the other times you felt afraid of going to a social situation and yet had an OK, if not good time,” she said. “Tally up the evidence of how you’ve been able to cope and manage with your social anxiety before, and remind yourself that you’re capable of doing it again.”

Article source: <http://bit.ly/2Hn87S0>



# This Week's Exercise

## CIRCUIT THREE: PLANK WITH ALTERNATING SHOULDER AND KNEE TAP



LET'S GET STARTED!

*This plank variation works the entire body!*

- 1. Begin in a plank variation with your feet slightly wider than your hips.*
- 2. Bring your right hand to your left shoulder, then place that hand back on the mat. Bring your left hand to your right shoulder and return it to the mat.*
- 3. Bring your right knee and your left hand toward one another under your body; return to plank and switch sides so your left knee meets your right hand.*
- 4. This competes one rep. Do 10 reps total.*

Source: <http://bit.ly/2GML2XX>

*Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.*

# MEAL PREP BREAKFAST TACO SCRAMBLE



## Directions

1. In a large bowl beat the eggs, season with seasoning salt and add the cheese.
2. Preheat the oven to 425F. Spray a 9 x 12 or large oval casserole dish with oil.
3. Add the potatoes 1 tablespoon oil, 3/4 teaspoon salt, garlic powder and black pepper and toss.
4. Bake until tender, tossing every 15 minutes, about 45 minutes to 1 hour.
5. Meanwhile, brown turkey in a large skillet over medium heat, breaking up while it cooks. When no longer pink add the spices and mix well.
6. Add the onion, bell pepper, tomato sauce and water. Stir and cover, simmer on low for about 20 minutes.
7. Spray another skillet with nonstick spray, add the eggs, 1/4 teaspoon salt and scramble, cook until just set, about 2 to 3 minutes.
8. To serve place 3/4 cup turkey and 2/3 cup eggs in each plate or bowl, divide the potatoes and top each with 1 tablespoon of shredded cheese, scallions or cilantro and serve with salsa on the side.

## Ingredients

8 large eggs, beaten  
1/4 teaspoon adobo seasoning salt  
1/2 cup reduced fat Mexican blend shredded cheese (omit for whole30)  
1 lb 99% lean ground turkey  
2 tablespoons taco seasoning (or see below for homemade)  
1/2 small onion, minced  
2 tbsp bell pepper, minced  
4 oz can tomato sauce  
1/4 cup water  
1/4 cup chopped scallions or cilantro, for topping  
salsa, for serving

### For the potatoes:

12 (1 lb) baby gold or red potatoes, quartered  
4 teaspoons olive oil  
3/4 teaspoon salt  
1/2 teaspoon garlic powder  
fresh black pepper, to taste

### For homemade taco seasoning:

1 tsp garlic powder  
1 tsp cumin  
1 tsp kosher salt, or to taste  
1 tsp chili powder  
1 tsp paprika  
1/2 tsp oregano

## Nutrition Information

Yield: 4 servings  
Serving Size: 1/4

### Amount Per Serving:

Freestyle Points: 5  
Points +: 11  
Calories: 450  
Total Fat: 19g  
Saturated Fat: 6g  
Cholesterol: 435mg  
Sodium: 1145.5mg  
Carbohydrates: 24.5g  
Fiber: 4g  
Sugar: 3g  
Protein: 46g

Recipe source:

<http://bit.ly/2CHAffe>