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Reduce Reuse Recycle

Health Matters

Happy (And Healthy!) Holidays

by Ashley Borden, *Celebrity Trainer, Fitness & Lifestyle Expert (NAPSA)*-Start your holiday season off right with a balanced approach of healthy choices and a little guilt-free indulging, too. With a mix of high-intensity workouts and smart food choices, you'll feel motivated and invigorated come 2016!



Eating right and staying fit during the holidays can help you have a happier New Year.

Keep track of how many moves you get per minute and try to beat it the next time you do this workout. That's how you progress with your fitness!
Push-ups
Right leg reverse fly
Left leg reverse fly
Air squats or jump squats
Workout #2: 5 rounds of the following moves:
3x Push-ups
6x Right leg reverse fly
6x Left leg reverse fly
9x Jump squats
Consistent workouts are important, but are just one piece of the equation for a strong training program.

The Holiday Challenge
Time is of the essence during the holidays. It's normal for your schedule to be thrown off but that doesn't mean you should compromise your training. Take a family hike or take the dog out for a run to get your body moving.

You don't need to go totally off the rails during the holidays AND eat low-quality food. Just keep your "off day" food standards just as high as your "normal day" food choices. If it includes the words partially hydrogenated oil, throw it out and instead look for items that have minimal, whole food ingredients.

Having a few go-to workouts makes it easier to squeeze a workout in-even if you're on vacation or have a house full of visitors.

The Workout
Body weight exercises don't have to be fancy to be effective. All you need is the space of a yoga mat and your body. Here are three moves easily incorporated into two quick workouts:

1. Push-ups (on knees or on a bench for beginners/full extended body for advanced athletes)
 2. Single leg reverse flys (foot can be on the floor for stability for beginners)
 3. Air squats (beginner)/squat jumps (advanced).
- Workout #1:** 1 minute of each move, repeat 4x with a 30 second break between rounds.

Five Fantastic Training Hacks
1. Science has shown that High Intensity Interval Training (HIIT)-short bursts of intense exercise-causes the quickest body change and gives a terrific 36-hour post-workout calorie burn called the EPOC effect. Perfect for the holidays, when overindulgence can use the post-calorie burn!

2. Choose full-body exercises like bench press, squats, pull-ups, reverse lunges and deadlifts. For these, use weight that feels like a "7/8" on a scale of 1 to 10.

3. Schedule your training a minimum of a week in advance. Treat your training time as a non-negotiable hour for yourself. If you're feeling unmotivated, join an online challenge or ask a friend to complete 4 weeks of training 3x a week together.

4. Trade-off imbibing with choosing a good, hearty meal to start the night. A turkey sandwich with spinach and tomato on whole grain bread with avocado will keep blood sugar levels stable and you'll feel better the next morning!

5. Invest in a fitness tracking device. Knowledge is power, and knowing what kind of activity level you engage in will help you reach your goals and then adjust them accordingly.

Be Your Best You

(NAPSA)-The next time New Year's, your birthday or any other time when you tend to make resolutions rolls around, you won't have to make-and break-unreasonable promises to yourself if you tap into your best self.

For most people, living a healthy lifestyle means making permanent changes. While you can't expect overnight results, some small adjustments over time can help. Just remember to consult your doctor before starting any new diet or exercise regimen.

Create Healthy Habits
• Set small goals that are specific, measurable, attainable, realistic, timely/tangible (S.M.A.R.T.) and share them

with others to stay accountable.

• Choose good foods. Eat whole grains, a variety of colorful fruits and vegetables, and lean proteins. Use spices instead of salt.

• Stay hydrated, but don't drink your calories. Swap out sugar for an all-natural, zero-calorie sweetener such as Pure Via(r), made with a sweet extract of the stevia plant.

Stick to this plan for at least 21 days. That's the average length of time it takes to create a new habit.

For a conversion table on replacing sugar, a variety of sweet and savory recipes and more information, visit www.purevia.com.

GRAFTY IDEAS

Brighten Up The Long Winter Months With These Three Simple DIY Projects

(NAPSA)-The winter season is here and with it brings cooler temperatures and shorter days. For many of us, winter means spending less time outdoors and more time inside with family and entertaining friends. To make the winter months more enjoyable for everyone in your home, try these DIY projects that will add subtle character and help brighten up the gray days ahead:

Warm Decor: Your front door isn't the only place for a wreath during the winter months. Add a little bit of cheer and warmth to your home by hanging a winter-inspired wreath on your mantel, or in an unexpected place like above your couch or over a large, decorative mirror.

• **What You'll Need:** Krylon® Glitter Blast™ in Diamond Dust, Krylon® Glitter Blast™ Clear Sealer, a hot glue gun, a Styrofoam wreath, pinecones, dried cranberries and three faux cardinals.

• **What You'll Do:** First, coat the pinecones with Krylon® Glitter Blast™ in Diamond Dust. This spray paint creates a sparkling glitter finish that makes ordinary objects more festive. Wait 20 minutes for the paint to dry and then coat the pinecones with Krylon® Glitter Blast™ Clear Sealer. The sealer will help protect the pinecones and preserve the sparkle and hue of the paint. Once the sealer is dry, hot glue the pinecones, dried cranberries and faux cardinals to the Styrofoam wreath. Lastly, hang the wreath for all to admire.

Bring the Outdoors In: Adding natural touches throughout your home can bring tranquility and an earthy feel to your living space. From shells to antlers to florals, natural elements are subtle pieces that

can bring a casual comfort to your home. Try this enchanted forest arrangement to bring the essence of the outdoors into your home.

• **What You'll Need:** Krylon® Chalky Finish Paint in Misty Gray, tall glass vase and a bushel of branches.

• **What You'll Do:** First, spray the branches with Krylon® Chalky Finish Paint in Misty Gray to give them an ultra-matte distressed finish and earthy look. Once the branches dry, place them in the vase to create a forest inspired arrangement.

Light up the Room: Nothing is more comforting than a cozy fire and a warm wool blanket. Bring those toasty elements into your home with a set of DIY antiqued votive candle holders. They will create a beautiful and peaceful winter ambiance as the days become shorter and the longer nights set in.

• **What You'll Need:** Krylon® Sea Glass Finish paint in Ice, three glass votive candle holders (two small, one larger), newspaper and three LED candles.

• **What You'll Do:** First, cover the top of the candle holders with newspaper. Next, spray the outside of the candle holder with a light coating of Sea Glass Finish spray paint. Wait a few minutes for the paint to dry and then cover with a second coat of paint to achieve a smooth, powdery finish. This paint will give your glass items a beautiful, sophisticated look with a semi-translucent frosted finish that allows light to filter through. Once dry, place the LED candles in the votive holder for a warm holiday glow.

Learn More
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Graphic Search



Wednesday's Graphic
Pro Bowl January 31

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Good Luck

BOBBYE JUSTET found the National Hot Tea Month Graphic on page 6B (West Coast Real Estate - Right side of home 'Well-kept 3 bdrm' List #683) and has won a gift certificate to Big Dog Donuts & Deli.



Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper: Monday by 3:00 PM
Saturday's Graphic

CYAN MAGENTA YELLOW BLACK