

HEALTHY LIVING

10

*feel-good things
to do this January
and all year long*

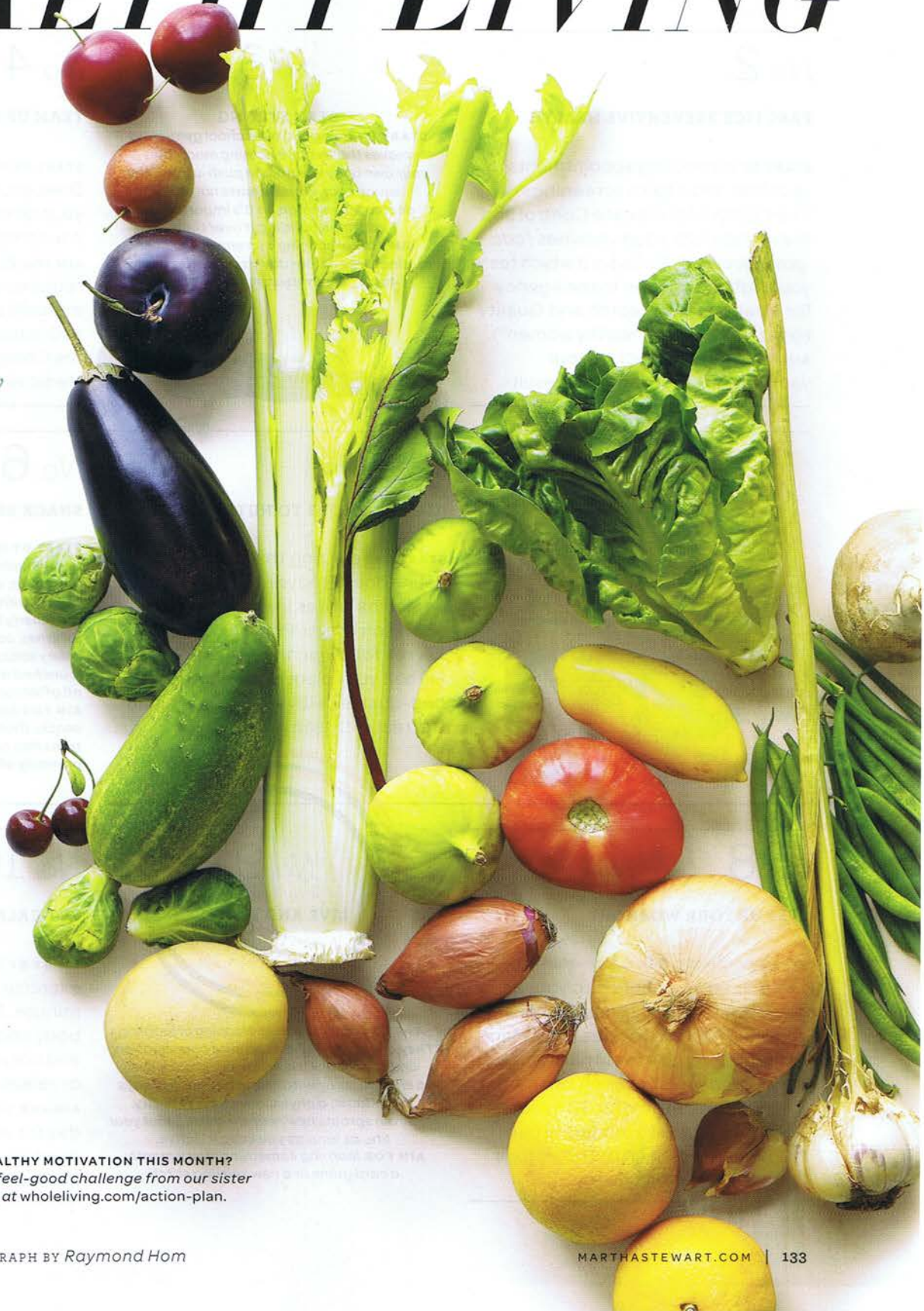
*Now is the perfect time to set
wellness goals. Check off items
on this to-do list, and you're
on your way to better health.*

No. 1

TOSS A COLORFUL SALAD

START BY adding one or two more vegetables to your usual mix and exchanging croutons for a small handful of dried fruit.

AIM FOR upgrading from pale-green lettuces (iceberg) to darker ones (arugula, baby spinach) and working as many colors into your salad as you can. "Colors in food indicate a complex and rich nutrient composition," says Kristine Clark, director of sports nutrition at Penn State University. For example, dark orange signifies a food that's rich in beta-carotene; purple produce is rich in the antioxidants resveratrol or anthocyanin.



LOOKING FOR MORE HEALTHY MOTIVATION THIS MONTH?
Sign up for a free daily feel-good challenge from our sister magazine Whole Living, at wholeliving.com/action-plan.

No. 2

PRACTICE PREVENTIVE HEALTH

START BY scheduling appointments for vaccines and health screenings. The Centers for Disease Control and Prevention lists adult vaccines (cdc.gov/vaccines). To find out which tests you might need, refer to the Agency for Healthcare Research and Quality (ahrq.gov; search "healthy women").
AIM FOR keeping track of your vaccination record and test results.

No. 3

STAY STRONG

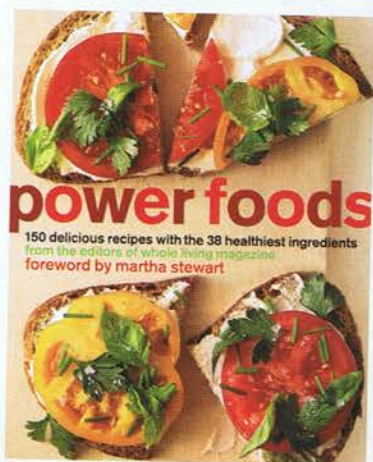
START BY doing two old-school gym-class moves that require nothing more than your own body weight: the push-up and the squat. Lean-muscle mass naturally decreases with age, so it's important to continue building it over time.
AIM FOR practicing a strength-training routine three or four days a week with moves to target all major muscle groups.



No. 4

TEAM UP WITH YOUR DOCTOR

START BY evaluating your relationship: Does your doctor take time to answer your questions? Listen to your concerns? Provide useful direction?
AIM FOR building a partnership. "This requires dialogue and time to reach mutually agreed-upon goals, not just a 10-minute visit," says Brent Bauer of the Complementary and Integrative Medicine Program at the Mayo Clinic.



No. 5

ADD DELICIOUS TO NUTRITIOUS

START BY realizing that "healthy eating doesn't have to be a challenge," as Martha writes in *Power Foods* (Clarkson Potter/Publishers; 2010).
AIM FOR following the cookbook's tips: Fill half your plate with vegetables, one-quarter with whole grains, and the rest with lean protein.

No. 6

SNACK SMARTER

START BY replacing one unhealthy snack a day (chips, cookies, candy) with a healthy one (cherry tomatoes, radishes, carrots, and celery sticks can be munched mindlessly all afternoon).
AIM FOR eliminating snacks that contain trans fats or are made primarily of sugar.

No. 7

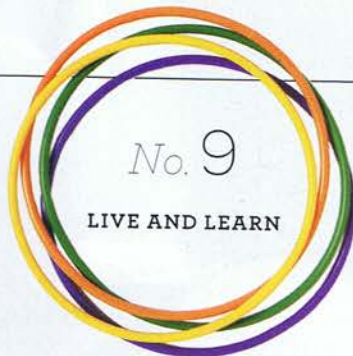
GET A FIBER FIX

START BY sneaking fiber into foods you already eat. Mary Ryan, a dietitian in Seattle, suggests mixing lentils (which have eight grams of fiber per half cup) into salads. More fiber may help lower your cholesterol and regulate blood sugar.
AIM FOR getting 25 to 30 grams of fiber daily.

No. 8

STEP UP YOUR WORKOUT

START BY mixing a few five-minute fast-paced segments into your usual run or walk. By adding interval training, you'll burn more calories, says Mary Tedesco, Martha's personal trainer.
AIM FOR toggling between two cardio machines at the gym for 30 minutes: Do five minutes at a moderate pace on one, and then hop on the other for a five-minute cardio blast.



No. 9

LIVE AND LEARN

START BY taking up Hula-Hooping or juggling. "They are activities that require coordination and concentration, so they're great ways to engage you mentally and physically," says Jana Klauer, a physician in New York City. The brain sprouts new neurons throughout your life, as long as you keep it active.
AIM FOR learning something every month: a card game or a new knitting stitch.

No. 10

PUT CALM ON YOUR CALENDAR

START BY trying a deep-breathing exercise, slowing to six breaths per minute. This can help train the body and brain to cope with anxiety and not increase blood pressure or release stress hormones.
AIM FOR setting aside 15 minutes every day for a stress-management practice, whether it's deep breathing, meditation, prayer, tai chi, or yoga.