

HEALTHY LIVING



10

*feel-good things
to do this September*

No. 1 SEEK OUT SPROUTS TO SAVOR

Brussels sprouts are in prime season now. Like other cruciferous vegetables, these tiny cabbages pack a nutritional wallop that includes impressive stores of vitamin C and fiber. They're also rich in the phytonutrient sulforaphane, which has been shown to help protect against DNA damage. Bring out the vegetable's nutty flavor by cutting the sprouts in half and roasting them with a little olive oil.

TEXT BY *Sally Wadyka*

No. 2

BE BIG HEARTED, BE DISCIPLINED

A Harvard University study found that doing a good deed boosts will-power. "It's a self-fulfilling prophecy," says psychologist Kurt Gray, the study's author. "You see yourself as a hero, and then you become more heroic." But is there a practical application? Repeatedly helping others in small ways, such as donating spare change, may give you the discipline to stay on a diet.

No. 3

CHOOSE A WINNING CEREAL

"Buy one that is whole grain, has at least four grams of fiber per serving, and little to no added sugar," says Jana Klauer, a doctor and nutrition expert in New York City. Or make your own: Microwave cooked quinoa or barley, and add skim milk or yogurt, nuts, and fruit.



No. 4

STAND UP FOR A STRONG CORE

"A lot of activities are done standing," says Mary Tedesco, Martha's personal trainer, so it pays to strengthen your core from an upright position. To do a vertical sit-up, stand with your left hand on your hip. Reach your right arm up, and then bring that elbow down while bringing your right knee up so they meet at waist height. Repeat 25 times, and then switch sides.



No. 5

FIND A NEW HOME FOR VITAMINS

Storing supplements in damp environments, such as the bathroom and kitchen, can weaken them. "Vitamin C and the B vitamins are the most sensitive to humidity," says Lisa Mauer, professor of food science at Purdue University. "Once moisture gets in, the vitamin can degrade and won't be as potent." Better storage spots: a dresser drawer or a hall closet.

No. 6

MAKE A BETTER LUNCH FOR ALL

Don't stop at preparing a healthy midday meal for your family. Help kids across the country eat well too by logging on to slowfoodusa.org/timeforlunch. You'll find ways to organize fund-raisers, connect schools with local farms, and contact legislators.

No. 7

CLEAR THE CUPBOARDS

Sort through your cabinets, fridge, and pantry and discard anything that is stale or expired. Take cans and unopened food you might not use to your community's food bank or other donation site. Then use all that extra room to organize what's left over.

No. 8

GO FOR TASTIER, NOT SALTIER

Instead of reaching for the saltshaker, experiment with herbs, spices, lemon juice, infused olive oils, and flavorful vinegars. Keep low-sodium basics—such as canned tomatoes and chicken broth—on hand, too. "If you don't have a low-salt version, dilute it with water," says Mary Ryan, a dietitian in Seattle. You'll cut sodium without sacrificing flavor.

No. 9

BLAZE A BETTER TRAIL

As you hike and admire the fall foliage, take your pace down a notch, says John Ibach, director of outdoor recreation at Red Mountain Resort & Spa, in Ivins, Utah. "When you're walking on uneven surfaces, you need to pay attention," he says. Even at a slower speed you'll still get a great workout. Variations in grade and trail surface challenge muscles and balance and help you burn more calories than you would on a flat surface.



No. 10

SNOOZE FOR A SHARPER MEMORY

Finally, a good reason to add sleeping in and napping to your to-do list: Dreaming may help your brain retain new information, according to a recent study. "The sleeping brain goes through different states, each of which facilitates a different type of memory processing," says Robert Stickgold, a cognitive neuroscientist at Harvard University. So pull up the covers.
