

## Get Out There! {Our Top Tips for a Healthy, Active Winter}

The colder weather may make you want to huddle up and stay inside, but chilly temperatures can also offer interesting new workouts. Winter brings some exciting and beautiful ways to get outside and get moving, while burning more calories than you would in a climate-controlled gym. To motivate and hopefully inspire you, we've come up with five tips for having a fun and dynamic winter!

### ➡ 1. Make An Investment

Maybe the cold is weighing a little too heavily on your mind. It could be because you're not wearing the right clothes. Celebrity fitness trainer Lacey Stone recommends investing in a hat and hoodie to keep your head and chest warm, plus gloves. "Buy the right workout apparel. You don't want to stop just because of the elements."

### ➡ 2. Make The Season Work For You

Corin Safe, an Olympic weight lifting coach who works at a CrossFit gym in Chicago, grew up in Minnesota and is no stranger to extreme weather. During the winter, she goes snow-shoeing, sledding and ice skating with friends—all the activities that are pretty much impossible to do any other time of year. Her favorite activity, though, is a simple winter walk.

"I am a huge fan of going on a walk, no matter what the temperature is," says Safe. "Put on your boots and get out there. After 30 minutes, you'll feel awesome: walking reduces stress and promotes a sense of well-being."

### ➡ 3. Take Stock Of Your Exercise Routine

Safe also likes to ask her clients to take a step back and mentally reassess their fitness goals. "What do you want to get out of it? How committed are you?" she asks. "List the reasons you have for prioritizing exercise, and think about everything you've achieved in 2013. How are you going to keep it going or take it up a notch in 2014?"

### ➡ 4. Think Ahead

Taking stock of your exercise goals also means forecasting ahead to sunnier times. Ryan Ford, who owns the Parkour gyms APEX Movement in Colorado and California, encourages students to train with their spring and summer goals in mind.

"What are your goals for spring or summer? Whatever it may be, training with that forward-thinking mindset can make [exercise] a little less depressing and a little more exciting. There's no pressure now to perform or compete."



### ➡ 5. Get Back To Basics

Winter is also a great time to get back to square one.

"Identify what you need to improve on and get stronger," says Ford. "Now's the time to do that for the long-term." For Ford's beginning Parkour students, that means mastering their own body weight with exercises like pushups, pull-ups, squats with no weights, lunges and even hand-stands.

"We're all about training for useful fitness," Ford explains. "I really see no use for bicep curls or leg extensions unless you're a bodybuilder or you're rehabbing a specific body part from injury or imbalance." And that's good news for newbies who want to get a jump on their New Year's resolutions: instead of expensive gym memberships or special equipment, all you need is your body and the ability to count!

**Staying active throughout the year is a fantastic investment in one of your greatest treasures: your health.**



# Give the Gift of *Health* to the Kids in Your Life



Many things can influence a child, including friends, teachers and the things they see when they sit in front of the TV or computer. If you're a parent, you know that your behavior plays a big part in shaping your child's behavior. Read on for some great reminders:

- ▶ Be a role model. Eat healthy family meals together. Walk or ride bikes instead of watching TV or surfing the internet.
- ▶ Make healthy choices easy. Put nutritious food where it's easy to see. Keep balls and other sports gear handy.
- ▶ Focus on fun. Play in the park, or walk through the zoo or on a nature trail. Cook a healthy meal together.
- ▶ Limit screen time. Don't put a TV in your child's bedroom. Avoid snacks and meals in front of the TV.
- ▶ Check with caregivers or schools. Make sure they offer healthy foods, active playtime and limited TV or video games.
- ▶ Change a little at a time. If you drink whole milk, switch to 2% milk for a while, then try lower fat milks or even soy milk. If you drive everywhere, try walking to a nearby friend's house, then later try walking a little farther.

When it comes to food and physical activity, what you say and do around your children can have a lasting effect. Work together as a family to make healthy habits easy and fun!

## Recipe: *Pita Pizzas with Hummus*

**This recipe is quick and healthy, with a savory flavor from the hummus. It's even good unbaked!**

*Chickpeas, the main ingredient in hummus, are rich in fiber and protein. They also contain vitamins and minerals such as folic acid (chickpeas tend to be higher in folic acid than other beans), zinc, and magnesium.*

### Ingredients

1 cup hummus (We like red pepper hummus, but there are many varieties!)

4 whole wheat pitas

Cracked black pepper to taste

**Baked Toppings:** fresh thyme, sliced green olives, whole roasted garlic, sun-dried tomatoes, sliced roasted red peppers, sliced onions

**Fresh Toppings:** Sliced basil, sliced Roma tomatoes, peppers

### Directions

Spread the hummus over the pita, except for the edge. Sprinkle with cracked black pepper. Add the baked toppings (these toppings are not baked before they go on the pizza). Bake the pita pizzas at 350 F for 7 to 8 minutes. Then spread the fresh toppings on the pizza after it comes out of the oven.



### Nutritional Information per serving (Makes 4 servings)

194 calories | calories from fat: 25.7 g | 5.9 g protein  
29.7 g carbohydrates | 5.6 g fiber | 5.9 g fat | 281 mg sodium  
2.7 g sugar | 63 mg calcium