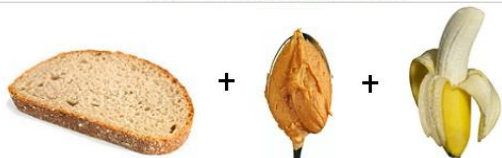


Winter Cravings?



Oatmeal with banana and almonds



Whole wheat toast with peanut butter and banana slices



Mozzarella light with (a) tomato(es) and basil



Plain non-fat yogurt with berries and passionfruit



Celery sticks and baby carrots with hummus

Try these healthy snack combos!

This Month's Winner is...

**JACKIE
OGIER!!!**

Congratulations!

2014 January 2014 Newsletter



Creating Community
Changing Lives

Your New Year's Mindful Resolution Checklist:

- * A Bad Habit I'm Going To Break:
- * A New Skill I'd Like To Learn:
- * A Person I'd Like To Be More Like:
- * A Good Deed I'm Going To Do:
- * A Place I'd Like To Visit:
- * I'm Going To Be Better At:
- * A Compliment I'm Going To Give To Someone:
- * A Compliment I'm Going To Give Myself:
- * A Book I'd Like To Read:
- * A Letter I'm Going To Write:
- * A New Food I'm Going To Try:

7 Things That Are Secretly Stressing You Out

Your Phone: We know it seems anxiety-inducing to be apart from your cell, but being attached to it can be *more* stressful. A recent study from Kent State University found that college students who spent more time on their cellphones were more anxious. We know you can't exactly banish it altogether, but try to keep it on silent when you want to relax, says stress expert Sandra Thebaud, Ph.D., founder of StessIntel. That means muting it when you're at the gym, at dinner, and especially when you sleep.

Social Media: A study from the University of Edinburgh found that people with more Facebook friends were more stressed than others. And the researchers say it might have to do with trying to appease all your online friends—from your great aunt to your college roommate—at the same time. So if you find yourself overthinking every post and share, it may be time to log off for a while.

Skimping On Sleep: You know that stress can cause you to miss out on ZZZs, but it can work the other way around, too. Research shows that when you treat sleep disorders you automatically improve quality of life, which lifts a lot of depression and stress, says Thebaud. Her advice: Don't wait until it becomes a major problem. "If you haven't slept well for longer than two weeks, you need to address it."

Your Messy Room: Seriously, put the laundry away. A survey earlier this year found that only a quarter of women would consider their bedroom relaxing. And if you can't chill there, where can you? Use these tips to bliss out your bedroom and find some calm under all that clutter.

Your Diet: There's a reason people aren't exactly full of sunshine when they're on a juice cleanse. Stress often comes from trying to deny yourself completely, says Thebaud. If you're really worried about straying from your healthy-eating goals, Thebaud suggests making a plan ahead of time and sticking to it (like that you'll only have one cookie at the holiday party). That way treating yourself (in moderation) will be part of the plan—not something to feel guilty about.

Your Nighttime Browsing: Think you'll check Twitter just one more time before bed? Don't do it.

Researchers from the University of Texas-Pan American found that people who surfed the web within two hours of going to bed had higher stress levels than those who didn't. So you might want to check your laptop at the bedroom door from now on.

That Whole 'Having It All' Conversation: The next time someone brings this up at brunch, feel free to change the subject. "It gives people the idea that it's possible to 'have it all,' and do it all," says Thebaud—but it's not. But instead of living in constant FOMO, she suggests looking around you and realizing that no one's got this down to a science. The idea of being perfect should be replaced with the idea of doing the best you can, says Thebaud.

<http://www.womenshealthmag.com/health/reduce-stress>

Spanish Tortilla - 6 servings | Active Time: 40 minutes | Total Time: 40 minutes From Eating Well: http://www.eatingwell.com/recipes/spanish_tortilla.html

Don't confuse this with the flour or corn tortillas you use to make wraps. A Spanish tortilla is a potato-and-egg omelet found on numerous menus throughout Spain. Traditionally these are cooked in heaps of olive oil. Our version uses less oil, so it's lower in calories, and if you use precooked diced potatoes, it's faster too.

Ingredients

- * 3 tsp. extra-virgin olive oil, divided
- * 1 small onion, thinly sliced
- * 1 cup precooked diced red potatoes, (see Tip)
- * 1 tbsp. chopped fresh thyme
- * 1/2 tsp. smoked paprika
- * 6 large eggs
- * 4 large egg whites
- * 1/2 cup shredded Manchego, or Jack cheese
- * 3 cups baby spinach, roughly chopped
- * 1/2 tsp. salt
- * 1/2 tsp. freshly ground pepper



Preparation Heat 2 teaspoons oil in a medium nonstick skillet over medium heat. Add onion and cook, stirring, until translucent, 3 to 4 minutes. Add potatoes, thyme and paprika and cook for 2 minutes more. Lightly whisk eggs and egg whites in a large bowl. Gently stir the potato mixture into the eggs along with cheese, spinach, salt and pepper until combined. Wipe the pan clean; add the remaining 1 teaspoon oil and heat over medium heat. Pour in the egg mixture, cover and cook until the edges are set and the bottom is browned, 4 to 5 minutes (it will still be moist in the center). To flip the tortilla, run a spatula gently around the edges to loosen them. Invert a large plate over the pan and turn out the tortilla onto it. Slide the tortilla back into the pan and continue cooking until completely set in the middle, 3 to 6 minutes. Serve warm or cold.

Nutrition: Per serving: 178 Calories; 9 g Fat; 3 g Sat; 4 g Mono; 217 mg Cholesterol; 10 g Carbohydrates; 12 g Protein; 2 g Fiber; 433 mg Sodium; 210 mg Potassium

Tips & Notes: Make Ahead Tip: Store airtight in the refrigerator for up to 1 day. **Tip:** Look for precooked diced potatoes in the refrigerated section of most supermarket produce depts.

6 Full-Body Stretching Exercises

No flexibility in your schedule? Rest assured, this stretching routine is quick and its benefits are many.

The Routine - When you can barely squeeze a workout into your day, taking time to focus on flexibility may feel like, well, a stretch. But stretching is an important part of fitness: It can improve your range of motion, increase circulation, and calm your mind—which may help fend off injuries and illness, as well as bring on a better night's sleep. To limber up, try the following quick head-to-toe routine. Do the complete series once daily. Deepen each stretch with every exhalation, and stop if you feel any strain or pain.

Move 1: The Runner's Stretch

- (A) Step your right foot forward and lower into a lunge, placing your fingertips on the floor or on two firm cushions if your hands don't reach.
(B) Breathe in, then, in one motion, exhale as you straighten your right leg. Slowly return to the lunge position. Repeat four times. Switch sides.

Move 2: The Standing Side Stretch

- (A) Clasp your hands together, with your fingers interlaced and pointer fingers extended. Inhale as you reach upward.
(B) Breathe out as you bend your upper body to the right. Take five slow breaths. Slowly return to the center. Repeat on the left side.

Move 3: The Forward Hang

- (A) Interlace your fingers behind your back. (If your hands don't touch, hold on to a dish towel.) Breathe in and straighten your arms to expand your chest.
(B) Exhale and bend at your waist, letting your hands stretch toward your head. Hold for five deep breaths.

Move 4: The Low Lunge Arch

- (A) Bring your arms in front of your right leg and hook your thumbs together, palms facing the floor.
(B) Breathe in as you sweep your arms overhead, stretching as far back as is comfortable. Take five deep breaths. Switch sides.

Move 5: The Seated Back Twist

- (A) Bend your right knee and step your right foot over your left leg. Put your right hand on the floor, fingers pointing outward, for support. Bend your left elbow and turn to the right, placing the back of your arm against your right knee. Inhale as you sit tall.
(B) Breathe out as you twist, pressing your arm into your leg and looking over your right shoulder. Hold for five breaths, then slowly return to the center. Switch sides.

Move 6: The Bound Angle

- (A) Bend your knees and bring the soles of your feet together, letting your knees drop toward the ground. Hold your shins as you inhale and stretch your chest upward.
(B) Exhale as you hinge forward from your hips without rounding your back and place your palms on the ground. Hold for five slow breaths.

<http://www.realsimple.com/health/fitness-exercise/stretching-yoga/stretching-exercises-0010000098867/index.html>

