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Exclusive

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HOW THE
TV STAR STAYS
CENTERED

Your Heart Health Handbook



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Salmon Supper**

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Live Better Now

We Love This

Cool Beans!

A hearty bowl of soup can help you shake a winter chill—but why shouldn't it warm your heart, too? Women's Bean Project is a Denver-based job training program that hires unemployed and impoverished women to manufacture soup mixes, snacks and sweets. In the process they learn interpersonal and life skills that will help them build a better future. Support the cause—and your colon—with fiber-rich Toni's 10 Bean Soup (\$5.95), and see what else is cookin' at womensbeanproject.com.



Fast Facts

First Candy, Then Cardio

Enjoy your Valentine's Day treats with zero guilt. You can burn off the calories from these sweets with less than 30 minutes of exercise, so indulge away.



Conversation hearts

60 calories per 12 pieces=15 minutes lifting weights

Hershey's Kisses

90 calories per 4 pieces=8 minutes jumping rope



Russell Stover Milk Chocolate Truffles

80 calories per 1 piece=15 minutes of yoga



Dove Dark Chocolate Hearts

110 calories per 3 pieces=15 minutes on stationary bike at moderate speed



Chocolate-covered strawberries

120 calories per 1 piece=20 minutes walking at leisurely pace



Crunching Numbers

\$2,500

The average amount saved on annual medical costs per year by heart disease patients who took up exercise, according to the American Heart Association. **The magic formula?** Moderate activity like walking for 30 minutes five days a week, or vigorous activity like swimming or aerobics for 25 minutes three days a week. **Let's move!**

Shelf Help

Bring Back the Fun

Deep sighs, a never-ending to-do list, a perma-frown—if you have any of these symptoms, you may be suffering from what Rebecca Scritchfield, RD, calls “fun famine.” In her new book, *Body Kindness*, the well-being coach explains how our task-oriented days can crowd out joy, leading to stress, emotional eating and illness. “Believe that fun matters, and make it happen in your own way, when you can,” she writes. Try her suggestions:

- List activities that you enjoy so much you tend to lose track of time when you're doing them—baking, playing cards, coloring or chatting with one particular friend. Can you slot in an hour for that activity in the next few days?
- Imagine this week has eight days—what would you do with the extra one? Now consider: How could you fit that activity into your regular week? Could you cancel or delegate a task, or take a shortcut? You might be surprised how much fun you can have!



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