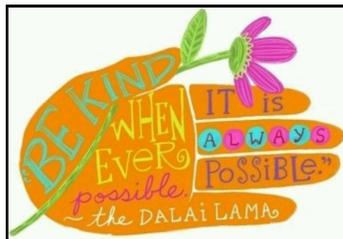




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## 10 FUN WAYS TO CELEBRATE RANDOM ACTS OF KINDNESS WEEK

February 10-16 is Random Acts of Kindness Week! Imagine what the world would be like if each person did one kind thing for someone else.



**Make a difference with these 10 simple ideas:**

**Compliment** the first three people you encounter.

**Write a hand-written note** to a family member, friend or coworker.

**Say good morning** to the person next to you on the elevator or stairs.

**Pick up litter.** Spend 10 minutes cleaning a park or your neighborhood.

**Place uplifting notes** in library books, on restroom mirrors, or on someone's computer screen.

**Spread positivity** on social media and via emails.

**Smile** at others while at work and while driving in your car.

**Leave a generous tip.**

**Send flowers** to a friend, family member or coworker.

**Set an alarm** to go off three times during this week. When the alarm sounds, stop what you're doing and call/text/email someone simply to tell them how awesome they are.

## 7 TIPS TO FEELING FULL AND CONSUMING FEWER CALORIES

Have you ever experienced a day when your stomach felt like a bottomless pit, regardless of what you ate? Here are some healthy "tricks" to help you feel full faster, which will prevent you from overeating and/or consuming too many calories.

**Eat More Fiber:** Fiber-rich foods take longer to digest so you feel full and satisfied for a longer period of time. Examples include: fruit, veges, whole grains, nuts, seeds and beans.



**Eat Water-Rich Foods:** Fruits and vegetables contain a lot of water, which helps to keep you more full.

**Eat Slowly:** It takes about 20 minutes for your body to release hormones to tell your brain you're full. Put your fork down, drink water and chew foods well before swallowing.

**Eat Protein with Every Meal:** Protein is the most satiating nutrient. Include a source with each meal and snack. Examples include hard-boiled eggs, nuts/all-natural nut butters, cheese, Greek or plain yogurt, meat/poultry, beans or lentils.

**Take Smaller Portions:** Studies show the larger the portion served, the more a person will eat. Start with small portions and eat slowly. You'll feel just as full and you'll eat less!

**Limit Your Choices:** People tend to eat more when options are plentiful, such as at buffets. Peruse all the options first and carefully decide and choose those foods that are a "must" have.

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**Think About Your Food:** Eat mindfully and without distractions. As you eat, think about the food, give thanks for it, and really taste and savor each bite. You'll be amazed at how much more you'll enjoy it!

**SIMPLE WAYS TO LOWER CHOLESTEROL**

High cholesterol numbers may be frustrating, but don't let them get the best of you. Thankfully, there are simple and easy modifications you can make to lower your cholesterol and improve your overall wellness. At each meal you eat, begin asking yourself, "What can I do?"

**Substitute healthy oils for butter:** try extra virgin olive oil or coconut oil—both shown to support your immune system, promote heart health, improve energy, and protect your body from disease.

**Order it grilled:** take a moment to peruse the menu for healthier choices—avoid fried, breaded, or heavily sauced foods. Go with baked, steamed, broiled or grilled items.

**Pack nuts for a snack:** about 1.5 oz. of nuts per day are part of a heart-healthy diet. They can keep you full and help you avoid snacking on unhealthy options.



**Add beans:** soluble fiber-rich beans bind with cholesterol and sweep it away. Add to salads, soups or mix with diced veggies topped with olive oil and vinegar.

**Limit marbled meats:** choose lean cuts and limit your intake to 5 oz. per sitting and no more than 2-3 times per week. Enjoy with a hearty portion of vegetables to balance out your meal.

**It's tea time:** research shows that antioxidants found in green tea help to lower cholesterol. Enjoy between 3 and 10 cups per day for maximum benefits.

**Get creative with movement:** exercise is the #1 HDL (healthy cholesterol) booster and total cholesterol reducer. Take the stairs, park further

**WINTER STEW**

There's nothing like a warm and healthy stew to nurture the body and heart through the winter. Here's a recipe that does the trick!



**Ingredients**

- 1 lb lean stewing beef or chicken breast\*
- 1 large sweet onion
- 3 tbsp coconut oil
- 2 cloves garlic
- 5-6 cups stock (vegetable or beef)
- 2 medium sweet potatoes
- 2 cups carrots
- 1 cup parsnip
- 1 cup celery
- 2 tsp paprika
- 1 cup whole button mushrooms
- 2 cups cauliflower
- 2 cups fresh long green beans
- 1 large can of zesty V8 juice
- 1 bay leaf
- 1 cup frozen peas
- Salt and pepper to taste

**Preparation**

1. Coarsely chop onion and garlic. Chop all vegetables into bite size pieces.
2. Sauté meat, onion and garlic in oil in a frying pan until slightly browned. Remove from heat. Meanwhile, fill your large oven-safe stew pot or roasting pan with all the chopped vegetables, except the frozen peas.
3. Add beef, onion, garlic, paprika stewed tomatoes, bay leaf, V8 juice and soup stock to the mix. Remember vegetables will add to the liquid as they cook. Cover and put into a 300 degree oven for about 4 hours. Stir once or twice.
4. Remove from oven and stir in frozen peas. Season to taste.
5. Once the stew is cooled, store in a freezer bags—about 3-4 servings in each bag. This is great for a quick meal at a later date. Enjoy!

**\*Vegetarian Version:** Replace beef with 1 can of well-rinsed bean of choice!

**Nutrition Facts:** 1 serving = 1 cup, 6g total fat, 2g saturated fat, 420mg sodium, 24g carbohydrate, 6g fiber, 12g protein