

Summer 2023

# Denise Austin's *Fit Over 50*

## Summer Sizzle

**Fitness!  
Food!  
Fashion!**

## HEART MATTERS

How to live your best heart-healthy life!

## BEAUTY BEAT

Protect your hair from the sun's harsh UV rays

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**DENISE AUSTIN'S**

# *Fit Over 50*

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**“Fitness is not  
a fad—it’s a lifestyle!  
You can do this!”**

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# Denise Austin's Fit Over 50

## SUMMER SIZZLE!

Summer 2023, Volume 12

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Clockwise from top right: Denise takes in the summer sun; the Austin family (l-r: Denise, Katie, Kelly and Jeff) celebrates Katie's engagement in Laguna Beach, California; Denise prepares to catch some waves; in the kitchen with Katie.



# SUMMER SIZZLE

It's summertime—my favorite season, and the time to let your best self shine through! Whether you're taking a summer vacation or getting ready to hit the beach or pool, getting fit and eating healthy summer foods will give you energy and stamina...so you can dance all night and try out a new sport, like pickleball! I want *your* season to sizzle!

This summer, Jeff is taking me to Spain to celebrate our 40th wedding anniversary! I can't wait to try new foods, get in our steps as we sightsee and create memories with my hunny bunny. I'm doing my Interval Training Workout on page 14 to get energized and ready for all the walking we will be doing! It's a quick, easy, supereffective low-impact workout for anyone wanting to build sleek, sexy muscles for the summer. You will see results in no time!

This issue has everything you need to look and feel your best for summer weddings, reunions, get-togethers and barbecues! My Fab Abs workout on page 24 will help tone and tighten your tummy, so get ready to show off in your swimsuits, party dresses and sundresses! And the fun summer fashions on page 86 offer styles that flatter all body types—I feature cover-ups, too, to help everyone

feel confident this summer! You'll feel amazing and sexy for all the events you have on the calendar. It's never too late in life to dress up, go out and connect with family and friends—talking and laughing is so good for the soul.

One of my favorite parts of summer is also dining alfresco! Fresh air and sunshine can make outdoor meals feel special, and my summer produce suggestions (page 44), grilling tips (page 34) and yummy Mediterranean-inspired recipes (page 46) make throwing an outdoor gathering simple and tasty. A summer ritual of mine is to enjoy a piece of fresh, seasonal fruit every morning—peaches, cherries and apricots are my go-tos!

This summer, let's truly enjoy all that life offers, because *you* are worth it. Be confident and happy in who you are, and live and love life in all ways, because *you* are a ray of sunshine! Make this summer sizzle!

*Denise Austin*

xoxo,  
Denise

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# *Red Hot SUMMER*

*With the right plan, you can get the beach body you've always wanted*

**W**e're in the midst of summer, and there's no better time than now to challenge yourself to get a rockin' beach body! But getting fit is not just about looking good; it's also about feeling good. Knowing you are improving your well-being with each workout, managing your weight to help prevent related health concerns, eating a wholesome diet that fuels your energy and metabolism—all these things add up to a stronger you.

There are many easy actions you can take to make sure you stick to your fitness goal. For example, lay out your workout clothes the night before so they're one of the first things you see in the morning. Once you put them on, don't take them off until you sweat! Or, find a workout buddy to hold you accountable. "Every Sunday, I pull out my calendar and call my friends to set up

exercise dates for the week," Denise says. "I love that I can stay in shape and stay in touch with friends."

Denise also suggests hanging a calendar on the refrigerator or above your computer (any place that's in your line of sight a lot) and putting a sticker or a special mark on the days you work out and eat well. Seeing evidence of your hard work will inspire you to keep it up!

That said, the best inspiration for getting and staying motivated is starting to see amazing changes in your body, your energy level, how well you sleep and how well your clothes fit. When you feel great, you feel rewarded and are more apt to stay on the right path. When eating right and working out become a part of your daily routine, living a healthy lifestyle will start getting easier and easier.

Ready to get moving? Let's go!





**BONUS!**



Scan here to work  
out and get fit  
with Denise!

# STRETCH It Out

*Denise's A.M./P.M. Stretch will leave your muscles feeling relaxed*

In order to sail through the day with energy, you have to prime your body, and stretching is a perfect way to do that. "I love the way I feel after a good five minutes of stretching," Denise says. "Not only does it help improve flexibility and posture, it also helps reduce tightness in the muscles." Likewise, stretching before bed is also great for relaxing your tired muscles after a busy day.

Denise's A.M./P.M. Stretch features gentle moves that open up various parts of the body, including the back, chest and the arms, as well as the legs, hips and tushy, too. And they only take five short minutes to do. So whether you want a quick wake-me-up or a way to help you wind down so that you sleep better at night, these exercises are for you. Give them a try today!

## 1. SPINE STRETCH

This back extension improves spinal mobility and eases stiffness. Stand tall, feet together. Lift your arms out to your sides, then up toward the ceiling, with your palms together. Look up and arch your back slightly, squeezing your buttocks and looking behind you if you can. Hold this pose for 10 seconds, return to center, shake it out a little and try again.



## 2. THIGH STRETCH

This move stretches both the hamstrings (the backs of your thighs) and the quadriceps (the fronts of your thighs). Stand up nice and tall, with your arms at your sides. Bend your right knee as shown and bring it toward your chest. Hold for 15 seconds, then return to center and repeat with your left knee. Then bend your right leg behind you, placing the top of your foot on a bed, couch or chair. Lower yourself by bending your left knee. Feel the stretch in the front of your thigh and hip flexors. Hold for 15 seconds, return to center and repeat on the other side.





### 3. DOWNWARD-FACING DOG

This move stretches your whole body and limbers you up! Kneel on all fours, knees directly below hips, hands slightly in front of shoulders. Keeping your palms planted on the floor, lift your hips and buttocks up toward the ceiling until your legs are straight. Your body should form an inverted “V.” Now, try to gently press your heels down, feeling the stretch in your calves. Hold for 3 deep breaths. Return to the kneeling position, then repeat twice.

### 4. BACK EXTENSION

This move strengthens the back and ab muscles that support the vertebrae and can help prevent pain and injuries. Lie face down with hands under shoulders, palms down, fingers pointed forward. Exhale and tighten buttocks as you lift head, shoulders and chest off the floor, dropping hips and lengthening forward. Don't use arm muscles to push yourself up; focus on rear instead. Hold for 3 deep breaths, then lower to starting position.

### 5. DYNAMIC SUNRISE/ SUNDOWN STRETCH

This stretch improves back flexibility and stretches the glutes. Sit on the edge of the bed, couch or chair. Bend your right knee so that your right ankle rests on your left thigh. Stretch your arms out to the side and slowly hinge forward from the hips, keeping your back flat and your tummy tight. You should feel the stretch through your buttocks and lower back. Hold for 15 seconds. Switch legs and repeat.



### 6. SPLIT STRETCH

This move stimulates circulation as it stretches the waist, back and legs. Kneel on all fours, with knees directly below hips and hands beneath shoulders. Keeping fingertips on the ground, bring the left leg out straight in front of you while the right knee remains bent behind you. Slowly point left toes up toward the ceiling. Hold for 15 seconds. Return to the kneeling position, switch legs and repeat.

## DENISE'S DO'S!

Pick a time of day that you're going to exercise and stick with it. This way it becomes part of your schedule and makes you feel more committed. It's like an oath to yourself that you won't want to break. “Without some planning, your day can easily get away from you,” Denise says. “That's why I get up early enough to squeeze in a good stretching session and a workout in the morning. Then it's done and I feel great all day!”



# TAKE Heart!

*Add cardio to your daily workouts to do your heart a world of good*

**C**ardio workouts—walking, jogging, biking, dancing, etc.—are vital to heart health. Not only does regular cardio help lower blood pressure and cholesterol but it also helps to improve circulation. When you move regularly, your heart has improved blood flow in the small vessels that surround it, and this can help to prevent blockages and fatty deposits.

Scheduling in more daily cardio can also decrease your risk of diabetes and help you achieve a healthier weight.

The following three-minute workout is a great way to keep your heart rate up while also blasting fat. Do this every day for the next few weeks and you're guaranteed to see results you'll love, inside and out. So grab your weights and prepare to shrink those fat cells!



## 1. BICEP CURL

Stand, feet together, knees slightly bent. With an underhand grip, hold a weight in each hand in front of your thighs. Exhale as you raise the weights toward your upper arms and shoulders, bending arms at the elbows. Try not to arch your back as you lift the weights, and keep your elbows close to your body throughout the movement. At the same time, add in some cha-cha steps to get your heart rate up and burn more fat!



## 2. TRICEP PRESS

Do 6 bicep curls as you cha-cha, stepping forward and back with your right foot, swiveling your hips as you do so. Then work in tricep presses, taking deeper steps at the same time. After each bicep curl, press your arms straight behind you, squeezing your tricep muscles at the top of the movement. Do 10 to 12 reps. Then switch to the other side, stepping forward and back with your left foot. Do another 10 to 12 reps.



### 3. LATERAL LIFTS

Without pausing, take a wide step to the right with your right foot, raising weights to shoulder level and bringing your left foot to meet the right. Then take a wide step to the left with your left foot, lowering arms to your sides, bringing your right foot to meet the left. Do 10 reps.



### 4. SHOULDER PRESS

Raise the weights above your head in a controlled motion as you exhale, tapping your right foot to the side as you do so. Return the weights to shoulder height as you inhale, bringing feet back together. Repeat, tapping your left foot to the side. Alternate feet for 20 reps.



### 5. SINGLE-ARM SWING

Place one weight down and stand, feet shoulder-width apart. Keep left arm bent, hand on left hip. Hold the other weight in your right hand in an overhand grip. Extend your right arm straight in front of you at shoulder height, then bring it down between your legs while moving into a squat position. As you stand up, swing your right arm back to shoulder height. Do 10 reps, then switch hands; repeat on other side for 10 reps.



### 6. WAISTLINE TWIST

Start in standing position with feet together. Hold a weight with one hand on either end. Lift your arms up and over your head, moving them to one side of your body and around to the other side in a circular motion. As you do so, twist from the waist and slightly bend your knees to move into a “baby squat” position as your arms come down. Repeat, swinging your arms to the other side. Alternate sides for 10 reps.

# INTERVAL TRAINING

# Workout

*These low-impact exercises will help you tone while staying gentle on your joints*

Interval training is a great way to work out. If you don't know what it is exactly, it's simply a type of exercise that alternates between higher intensity and rest periods. There are many benefits to interval training. For one, you can burn a lot of calories in a short amount of time—the short bursts of higher intensity raise your heart rate and will in turn cause you to burn more calories in a shorter amount of time. One study even found that HIIT (or high-intensity interval training) can reduce blood pressure as much as traditional, continual endurance training in adults with high blood pressure.

Meanwhile, with low-intensity interval training (LIIT, the “gentler cousin” of HIIT)—which are low-impact exercises that are performed in intervals followed by a slower-paced recovery period—you still get all the benefits of working out, including increasing your aerobic ability, boosting your metabolism and

burning calories and fat, without the feeling of getting burnt out. Because you exert less energy with LIIT, you are also less likely to hurt yourself or put excessive amounts of stress on your joints. You won't experience as much muscle soreness afterward either.

Always talk to your physician before adopting any new exercise plan. When you're ready, check out these three LIIT workouts from Denise. You'll see results in no time!

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“The more you sweat, the more you'll get!”

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# WORKOUT #1:

# Cardio Booty

*Firm up your rear end with Denise's foolproof, low-intensity targeted exercise*



### 1. TABLETOP REACH

Start on your hands and knees. Pull core in tight. Reach out your left hand and right leg as far as you can. Then pull your left elbow and right knee toward each other and reach back out. Do 10 reps, then switch sides and repeat, resting between sets.



### 2. SIDE LEG LIFT

Stand, feet together, then lift one leg straight out to the side; focus on tightening the outer muscles of your thigh and buttocks. Hold on to a chair if needed. Do 10 reps, then switch sides and repeat, resting between sets.



### 3. REVERSE LEG LIFT

Stand, feet together, then lift one leg straight back; focus on tightening the muscles in the back of your thigh and buttocks. Hold on to a counter or chair, if needed. Do 10 reps, then switch sides and repeat, resting between sets.



### 4. INNER LEG LIFT

Stand, feet together, then lift one leg straight across to the opposite side; focus on tightening the inner muscles of your thigh and buttocks. Hold on to a counter or chair if needed. Do 10 reps, then switch sides and repeat, resting between sets.





### 5. SQUAT TO CALF RAISE

Stand, feet shoulder-width apart, then push hips back to squat; arms should be stretched out in front. Hold for 2 counts, then lift heels and straighten legs to move into a calf raise while pushing arms straight back. Do 10 reps, then rest.



### 6. SIDE CLAMSHELL

Lie on side, head resting on one arm, legs bent slightly. Keeping feet pinned together, lift top knee. Your legs should look like a clamshell. Do 10 reps, then switch sides and repeat, resting between sets.



### 7. DONKEY KICKS

Start on your hands and knees. Keeping knee bent at a 90-degree angle and foot flexed, push one foot up toward the ceiling, then bring knee back down, keeping buttocks tight. Do 10 reps, then switch sides and repeat, resting between sets.



### 8. LOW-IMPACT HIGH KNEES

March in place, bringing your knees up as high as possible. This targets your lower abs and gets your heart rate up! Do this for 10 seconds, then rest and repeat for another 10 seconds.



### 9. HIP BRIDGE

Lie on your back on the floor, knees bent. Pushing through your heels, lift your hips up toward the ceiling. Lift as high as you can and squeeze your buttocks. Hold for 2 counts and release. Do 10 reps, then rest.



### 10. STRAIGHT LEG PULSES

Start with your forearms and knees on the floor. Straighten one leg straight back and up while squeezing your buttocks and keeping your core tight. Pulse the leg up for 10 reps, then switch sides and repeat, resting between sets.

# WORKOUT #2: Arms & Abs

*Say goodbye to flabby bat wings and that extra belly pooch!*



### 1. BACK FLY

Stand, feet shoulder width apart, holding a light weight in each hand. Bend forward at the waist and pull arms up and out to the side. Imagine you are squeezing a pencil between your shoulder blades. Do 10 reps, then rest.



### 2. STANDING TWIST

Stand, feet shoulder width apart, with hands behind your head. Lift your right leg up, reaching your left elbow toward your right knee. Do 20 reps, switching legs on each rep, then rest.

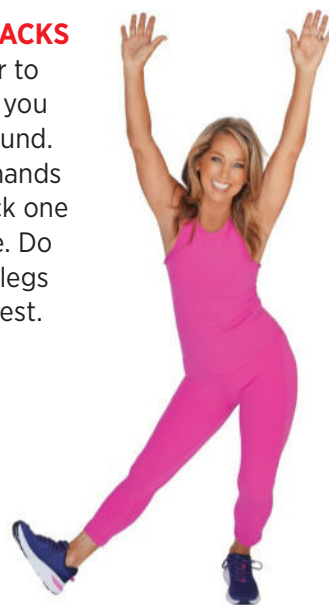
### 3. BICEP CURL

Stand, feet shoulder width apart, holding light to medium weights. Start with the weights down by your sides, then slowly curl the weights up to your shoulders. Squeeze at the top and then release. Do 10 reps, then rest.



### 4. LOW-IMPACT JACKS

This move is similar to a jumping jack but you don't leave the ground. As you raise your hands over your head, kick one foot out to the side. Do 20 reps, switching legs on each rep, then rest.





### 5. REACH CRUNCH

Lie on your back on the floor, knees bent. Using your ab muscles, lift your head and shoulders off the ground while sliding your hands up to your knees. Do 15 reps, then rest.



### 7. KNEE PLANK HOLD

Start with your forearms and knees on the floor; elbows should be aligned directly underneath the shoulders. Engage your core, dig your toes into the ground, and raise your knees up, keeping your forearms on the floor. Hold this position for up to 1 minute.

### 9. STANDING TOE TOUCHES

Stand, feet hip width apart, then lift one leg up in front of you to meet your opposite hand. Keep your leg straight and your core tight. Do 10 reps, then switch sides and repeat, resting between sets.



### 6. HEEL KICK

Stand, feet hip width apart, then kick one leg forward, digging your heel into the ground. Do 30 reps, switching legs on each rep, then rest.



### 8. STANDING SIDE CRUNCH

Stand, feet shoulder width apart, knees slightly bent. Put your hands behind your head and bend to one side, reaching your elbow toward the ground to meet your knee as you raise it up. Do 10 reps, then switch sides and repeat, resting between sets.



“There’s nothing more rewarding than taking care of yourself!”

# WORKOUT #3:

# Kickboxing

*Kickboxing is one of the greatest cardio workouts for full-body toning*



## 1. SQUAT HOLD & PUNCH

Stand, feet hip width apart, then lower into a squat. Hold your hands by your chin and alternate punching each hand to the front as fast as you can. Do as many reps as you can in 45 seconds, then rest for 15 seconds. Repeat 2 times.



## 2. SPEED BAG

Stand, feet hip width apart, holding your hands above your head. Quickly circle your hands as if you are punching a speed bag. Do this as fast as you can for 45 seconds, then rest for 15 seconds. Repeat 2 times.



### 3. FRONT KICK & PULL DOWN

Stand, feet hip width apart, arms above your head. Kick one leg out and pull your arms down toward your outstretched leg. Alternate legs and do as many reps as you can in 45 seconds, then rest for 15 seconds. Repeat 2 times.



### 4. SQUAT TO SIDE PUNCH

Stand, feet shoulder width apart, then lower into a squat. As you stand up, pivot your right foot toward the back, twist your torso to the left and punch your right arm across your body. Alternate arms and legs, doing as many reps as you can in 45 seconds, then rest for 15 seconds. Repeat 2 times.



### 5. BACK KICK TO KNEE CRUNCH

Stand, feet shoulder width apart, then kick one leg back behind you, squeezing your buttocks. Tap your back foot on the floor, then pull that same leg up toward your chest and squeeze your abs. Alternate legs, doing as many reps as you can in 45 seconds, then rest for 15 seconds. Repeat 2 times.

## DENISE'S DO'S!

Denise finds that music is one key motivator for her when it comes to exercising, and she loves to blast her favorite upbeat tunes while she's breaking a sweat. ("Man! I Feel Like a Woman!" by Shania Twain and "Walking on Sunshine" by Katrina and the Waves are two songs that show up often on Denise's playlist!) Here's another tip: Upload new songs to your smartphone but only allow yourself to listen to them when you work out. It'll give you something to look forward to.



# Shape & SCULPT

*Here's why you should be incorporating balls and bands into your workout routine*

Denise feels strongly that the stability ball and resistance bands are vital fitness accessories for busy people. The research is clear: These are some of the most effective tools you can use to firm up and slim down.

The stability ball has been shown in study after study to outperform the floor, chair or weight benches as a workout aid. One Canadian study published in the *Journal of Strength and Conditioning Research* found that exercisers more effectively toned their muscles when completing sessions seated on a stability ball than when they were on an exercise bench or chair. The unstable nature of the ball required the exercisers to use more effort to perform each movement. Another study in the journal *Physical Therapy* showed that exercisers used more muscle fibers in their abs to perform a curl up on a ball versus on the floor. Other studies reveal similar results: The ball makes every type of routine more effective.

When you combine the stability ball with resistance bands, you are able to stretch and tone your muscles in any direction. This combination is good for your

appearance and your health. For example, to keep your spine in good shape, you must be moving in all directions—forward, backward, to the sides and in a twisting motion. Challenging your spine like this keeps it strong and flexible. The same is true for the rest of your body, too. Other types of resistance only allow you to move linearly, toning just the front and back of your muscles. The resistance band and stability ball

allow you to move your body in arcs and circles, toning the front, back and sides of your muscles. You'll use more muscle fibers, tone a larger area of each muscle and sculpt beautiful, firm curves throughout your body.

"When you first use your ball, you may feel a little

awkward. Don't let that deter you!" Denise says. "No matter how goofy you think you might look, trust that over time, you will get used to this new way of moving, and you, too, will come to enjoy the stability ball as much as I do."

In the following pages, Denise offers up three of her favorite targeting ball and band exercises. Do these regularly and you'll reap the benefits in no time!

---

**"You can get in shape at any age! Every little bit counts."**

---



**BONUS!**



**Don't have a ball and band? Denise has you covered with her Shape, Strengthen and Sculpt Kit. Scan here to order!**

# WORKOUT #1:

# Fab Abs

*Trim your waistline, flatten your belly  
and lose those love handles*



## 1. AB CRUNCH

Sit on the ball with your knees bent and feet firmly on the floor. Slide your torso until your upper and lower back are on the ball. Cross your arms over your chest. Lift your torso, contract your abs, and roll up. Imagine curling the bottom of your rib cage and your pelvic bone toward each other. Then slowly roll back down. Do 12 reps.



## 2. OBLIQUE TWIST

Sit on the ball with your knees bent, feet firmly on the floor. Walk your feet forward and slide your torso down until your upper and lower back press into the ball. Come into a crunch, then twist your torso, bringing your left shoulder toward your right knee. Inhale as you return to the starting position. Do 12 reps, then switch sides.





### 3. BICYCLE

Lie on your back with your knees bent and feet on the floor. Hold the ball above your chest. Lift your feet and bring your knees in toward your chest. Exhale as you extend your right leg. Inhale as you bring your right leg into your chest and simultaneously extend your left leg. Do 12 reps.



### 4. PLANK

Kneel with the ball about a foot in front of you. Place forearms on top of the ball with palms together and fingers interlaced. Exhale as you lift your knees and extend your legs, balancing on the balls of your feet and your forearms. Hold for up to 1 minute as you breathe normally.



### 5. LOWER TUMMY FIRMER

Lie on your back, arms at sides. Grasp the ball between your feet and extend your legs toward the ceiling. Curl your lower belly toward your upper belly, lifting the ball up and in, then lower. Do 12 reps.



### 6. ULTIMATE TUMMY TRIMMER

Lie on your back. Lift feet up and place the middle of the resistance band across your arches. Form a 90-degree angle between your legs and torso. Lift your upper body until your shoulder blades hover just above the floor. Slowly lower your legs, keeping your hands still, stretching the band. Inhale as you raise your legs to the starting position. Do 12 reps.

# WORKOUT #2:

# Sexy Arms

*No more underarm flab and sag with these simple moves*



## 1. ARM ROW

Secure the band under your left foot, grasping both ends in your right hand. Lean forward with your left palm on the ball. Raise your right elbow toward the ceiling, then lower. Do 12 reps.



## 2. LATERAL RAISE

Sit on the ball with the exercise band under your feet, holding one end of the band in each hand, arms by your hips. Exhale as you raise your arms out to the sides, with your palms facing down, until they are level with your shoulders. Inhale as you lower your arms to the starting position. Do 12 reps.



### 3. TRICEPS KICKBACK

Sit on the ball with the band under your feet, grasping the ends in each hand. Lean forward. Bring your elbows up toward the ceiling and your hands near your ribs. Then extend your arms straight back so they're parallel to the floor. Return to the starting position, bending only at the elbows. Do 12 reps.

### 4. OVERHEAD PRESS

Sit on the ball. Secure the middle of the resistance band under your feet. Grasp the ends of the band with your elbows bent and hands in front of your shoulders, palms facing forward. Exhale as you raise your hands above your head. Keep your shoulders relaxed and away from your ears as you do so. Inhale as you lower to the starting position. Do 12 reps.



### 5. BICEPS CURL

Sit on the ball with the resistance band under your feet. Grasp an end of the band in each hand, arms bent at a 90-degree angle. Exhale as you slowly bend your elbows and lift your hands toward your shoulders. Inhale as you slowly lower to the starting position. Do 12 reps.



### 6. FRENCH CURL

Sit on the ball with the middle of the resistance band secured under your feet. Grasp an end of the band in each hand. Extend your arms overhead, palms facing each other. Keep your abs engaged. Inhale as you bend your elbows and lower your hands behind your head. Exhale as you raise your hands back to the start position. Do 12 reps.

# WORKOUT #3:

# Lovely Legs

*Slim every inch of your thighs, and  
shrink your hips*



## 1. BACK-OF-THIGH TONER

Stand holding the ball, arms extended at chest level. Extend your right foot behind you and bend forward, placing the ball on the floor. Raise your right foot toward the ceiling, then lower toward the floor. Do 12 reps, then switch legs.



## 2. HAMSTRING CURL

Lie on the floor with your knees bent, feet on the ball, arms by your sides. Lift your hips and back off the floor so your shoulders support your weight. Bend knees to pull the ball toward your hips, then reverse. Do 12 reps.



### 3. OUTER THIGH TONER

Kneel with the ball to your left side. Lean into the ball and rest your left forearm on top for balance. Extend your right leg, lifting it up as high as you can, then lower it. Do 12 reps, then switch sides.



**BENEFITS**  
Firms the inner, outer, upper and back thighs, and lifts your buttocks to boot!



### 4. THIGH BLASTER

Sit on the ball, hands by your side for balance. Lift your right leg until it is parallel to the floor and hold for 15 seconds, then lower. Repeat on left side. Do 12 reps per side.



### 5. INNER THIGH SHAPER

Stand with the band under your left foot. Grasp an end of the band in each hand. Lift right leg slightly, bringing the inner edge of your foot against the band. Cross the band in front of you. Press your right foot into the band and bring it to the left. Return to the starting position. Do 12 reps, then switch legs.



### 6. LEG CIRCLES WITH BAND

Lie on the floor with your left leg extended and your right leg lifted toward the ceiling, with the band wrapped around the arch of your right foot. Hold both ends of the band in your right hand at chest level. Extend your left arm out to the side for balance. Slowly circle your right foot counter-clockwise, dipping down to the floor, making large circles. Then switch direction, circling clockwise. Switch legs and repeat.

# PUTTING IT ALL

*This sample week of age-reversing workouts mixes cardio*



“This is a sample workout plan for ‘daily doers,’” says Denise. If you are new to working out or coming back from time off, be sure to start slowly and work up gradually to a full routine. Follow this suggested weekly routine daily for 28 days along with a healthful diet and you will see results!

And remember: It’s always a good idea to consult your physician before starting any exercise plan—especially if you have never exercised before; you are overweight, a smoker or over age 60; and/or you have a chronic health condition such as cardiovascular disease, high blood pressure, kidney or liver disease, arthritis or osteoporosis.

MONDAY	TUESDAY	WEDNESDAY
<b>A.M. Stretch</b> (5 min.)	<b>A.M. Stretch</b> (5 min.)	<b>A.M. Stretch</b> (5 min.)
<b>Cardio Workout</b> (10 min.)	<b>Walk</b> (10 min.)	<b>Cardio Workout</b> (10 min.)
<b>LIIT</b> (30 min.)	<b>Ball &amp; Band</b> (30 min.)	<b>LIIT</b> (30 min.)
<b>P.M. Stretch</b> (5 min.)	<b>P.M. Stretch</b> (5 min.)	<b>P.M. Stretch</b> (5 min.)



# TOGETHER

Denise has even more exercises to help you get fit and feel great! Visit [DeniseAustin.com](http://DeniseAustin.com) to learn more.

*with strength training and flexibility exercises for amazing results!*

## THURSDAY

**A.M. Stretch**  
(5 min.)

**Walk**  
(10 min.)

**Ball & Band**  
(30 min.)

**P.M. Stretch**  
(5 min.)



## FRIDAY

**A.M. Stretch**  
(5 min.)

**Cardio Workout**  
(10 min.)

**LIIT**  
(30 min.)

**P.M. Stretch**  
(5 min.)

## SATURDAY

**A.M. Stretch**  
(5 min.)

**Walk**  
(10 min.)

**Ball & Band**  
(30 min.)

**P.M. Stretch**  
(5 min.)



## SUNDAY

**REST DAY**

**A.M. Stretch**  
(5 min.)

**P.M. Stretch**  
(5 min.)

# *Fresh for* **SUMMER**

*Pledge to eat healthier this summer—you'll feel better for it, inside and out!*

**F**ood can have a powerful effect on how you look and how you feel, as well as how your body ages. If you haven't already, it's time to stop yo-yo dieting and filling up on processed foods and start eating fresh...produce, that is! One reason why Denise loves summer is because of all the wonderful fruits and vegetables that are in season. From sweet, vitamin-packed tomatoes and raspberries loaded with antioxidants to fiber-filled strawberries and lutein-rich corn, summer offers a bevy of yummy—and nutritious—options.

"I love to eat, and by choosing whole foods I can fill up without feeling guilty," Denise says. "Plus, fresh fruits and veggies just taste good!" When you're well nourished, it's also easier to maintain a healthy weight. That's because you feel satisfied and aren't as tempted to munch on empty calories.

If you're not sure where to begin, don't fret—we've got you covered! On the following pages, you'll find some of Denise's favorite deliciously healthy recipes featuring summer fruits and veggies, suggestions for keeping produce fresh for longer, and more good-for-you eating pro tips.





**“A diet shouldn’t be a fad.  
It should fit seamlessly  
into your lifestyle!”**

**BONUS!**



Scan here for  
more nutrition tips  
from Denise!

**NUTRITION**



# Get GRILLING!

*Here's how to become a master of the grill for your next summer hang*

**W**hen most people think of backyard barbecues, hot dogs, hamburgers, steaks and chicken typically come to mind. But hear us out: We think that fruits and vegetables can be the stars of the grill, too! And not just the usual corn or zucchini, either (which are super tasty with a nice char). With all the fresh produce in season right now, options for grilling are endless—from eggplant, bell peppers and onions, to tomatoes, potatoes, asparagus, mushrooms and more.

Whether you're serving them on the side or making a meatless main, grilling fruits and veggies can be easy and quick. Here are some tips and tricks to get you started:

**Marinate your vegetables.** If you have time to spare, marinating the vegetables before throwing them on the grill will allow

them to absorb more of the seasonings and help them form a nice crust on the grill. You don't need to make an extra trip to the grocery store for special ingredients, either. Just use some olive oil, lemon juice and your favorite seasonings from your pantry to create a marinade. You can also add a few tablespoons of honey for a hint of sweetness. Place all the vegetables in a plastic bag and coat evenly with the marinade before placing the whole thing in the fridge. Soft veggies such as tomatoes and mushrooms need to sit for about 10 minutes, whereas firmer produce like potatoes and broccoli can sit overnight.

**If you're skipping the marinade...** then a sprinkle of salt, pepper and fresh herbs will work just fine in a time crunch. Don't forget to brush or toss your vegetables in a little olive oil before seasoning to keep them from sticking to the grill or burning.

## NUTRITION

**Time it right.** Grill for too little time and your veggies won't have that nice smoky flavor and may still be raw. But grill for too long and they could end up

either too soft or burned to a crisp. So how long does it take to grill vegetables at medium-high heat? Here's what the experts at Char-Broil and Weber say:

**CORN ON THE COB** (without husks): 5-7 minutes



**MUSHROOMS** 3-4 minutes per side for portobello; 2-4 minutes per side for regular mushroom varieties



**ONIONS** 10-12 minutes per side if quartered; 4-8 minutes if sliced

**BELL PEPPERS** 16-20 minutes if whole; 8-12 minutes if halved



**TOMATOES** 8-24 minutes for whole, depending on size; 2-5 minutes per side for sliced

**ASPARAGUS** 6-8 minutes

**EGGPLANT** 10-12 minutes (turning once)



When the vegetables feel tender and a fork can be inserted in them, they're done! Also look for grill marks and a lightly charred crust.



## Grilled Romaine Lettuce

This recipe (by way of *First for Women*) from *Cambria Style's* editor-in-chief LouAnn Berglund is a quick, easy and ridiculously tasty way to enjoy romaine lettuce, and it can be jazzed up any way you like—with lots of garlic, Parmesan, balsamic vinegar, chili oil, lemon juice...well, you get the picture! In this version, Berglund uses Parmesan. Try it today!

**TIME: 5 minutes**

**MAKES: 2 to 4 servings**

### INGREDIENTS

- 2 Tbsp. extra-virgin olive oil**
- 2 heads of romaine, washed, trimmed and cut lengthwise into quarters**
- Salt and pepper**
- Salad dressing of your choice (for brushing and serving)**
- ½ cup grated Parmesan**
- Salad toppings of your choice (optional)**

### INSTRUCTIONS

- 1.** Heat grill to medium. Brush olive oil over quartered lettuce heads and season with salt and pepper.
- 2.** Grill lettuce 15 to 20 seconds on each side, until lightly golden (not blackened).
- 3.** Remove from grill and brush with salad dressing, taking care to brush dressing in between leaves.
- 4.** Sprinkle with Parmesan and place back on grill that has been turned off, 1 to 2 minutes. Allow cheese to melt and lettuce to soften.
- 5.** Drizzle with more dressing, add salad toppings, if desired, and serve.

# 12 Produce-Saving HACKS

*Are you tired of tossing out food that has gone bad too soon? These tricks will help you keep fruits and veggies fresh for longer*

How many times have you started to make a salad for lunch only to discover that your lettuce is turning brown, or worse, is wilted? If the answer is countless times, you're not alone! Not only is it a huge bummer to throw away produce you've only had in the fridge for a few days, it also creates a lot of food waste—which is terrible for the environment—and is a big waste of money, too. Luckily, there are a few things you can do to help preserve your fruits and veggies for a little longer.

Start by being selective and buying the freshest produce you possibly can. For example, avoid buying romaine that's already starting to yellow; instead, choose a head with crisp, green leaves. According to *The New Food Lover's Companion* by Sharon Tyler Herbst and Ron Herbst, when buying root vegetables, cabbages, squash and onions, you should find ones that don't have any soft spots and are "heavy for their size." And for the most part, avoid washing produce before putting it in the fridge—just remember to wash it before you eat! Keep reading for more tips.

## 1. APPLES



These fruits naturally emit high levels of ethylene gas, which will ripen other ethylene-sensitive produce (think cabbage, leafy greens and broccoli) much faster. It's best to store apples away from other produce for the most part. Keep them in a plastic bag in the fridge.

**SHELF LIFE: 2+ WEEKS**

## 2. BASIL

Trim the stems and then keep the basil upright in a glass jar filled with water on the countertop. Place a plastic baggie loosely over the top to help protect the herb from drying out and to let ethylene gas escape.

**SHELF LIFE: 1 WEEK**



### 3. BROCCOLI AND CAULIFLOWER



Place these hardy vegetables, unwashed, in a sealed container in the refrigerator. Crowns will also keep well in plastic bags.

**SHELF LIFE: UP TO 2 WEEKS**

### 4. CARROTS

Cut off the green tops before placing the carrots, unwashed, in an airtight container or a zip-top plastic bag. Store them in the refrigerator and they'll last quite a while!

**SHELF LIFE: 2 TO 3 WEEKS**



### 5. GARLIC AND ONIONS

These bulbs are best stored in a cool, dark place at room temperature with low humidity. (Moisture causes them to spoil faster.) They should be kept loose or in an open container (never a plastic bag) to allow them to breathe, and away from potatoes.

**SHELF LIFE: 2+ WEEKS**



### 6. GINGER



This super-robust root should be placed in an airtight container in the refrigerator, where it will stay fresh for adding spice to stir-fries, soups and other yummy recipes for nearly a month.

**SHELF LIFE: 3+ WEEKS**

## 7. MANGOES



Unripe mangoes should be kept on the countertop, loose or in an open container. Once they're ripe, put them in the refrigerator, but store them away from ethylene emitters like apples.

**SHELF LIFE:** ANYWHERE FROM A FEW DAYS TO 2 WEEKS

## 9. LEMONS AND LIMES

Keep these citrus fruits at room temperature on the counter, loose or in an open container. After a week or two, move them to the refrigerator. Do not keep them in plastic bags or store them near apples or bananas.

**SHELF LIFE:** COUNTERTOP, 1 TO 2 WEEKS; FRIDGE, 2+ WEEKS



## 8. LEAFY GREENS

When you get home from the grocery store, line an airtight container or a zip-top plastic bag with paper towels before transferring your unwashed leafy greens (think lettuce or kale) into it. Add another paper towel over the top before you seal it up.

**SHELF LIFE:** 1 TO 2 WEEKS



## 10. ORANGES

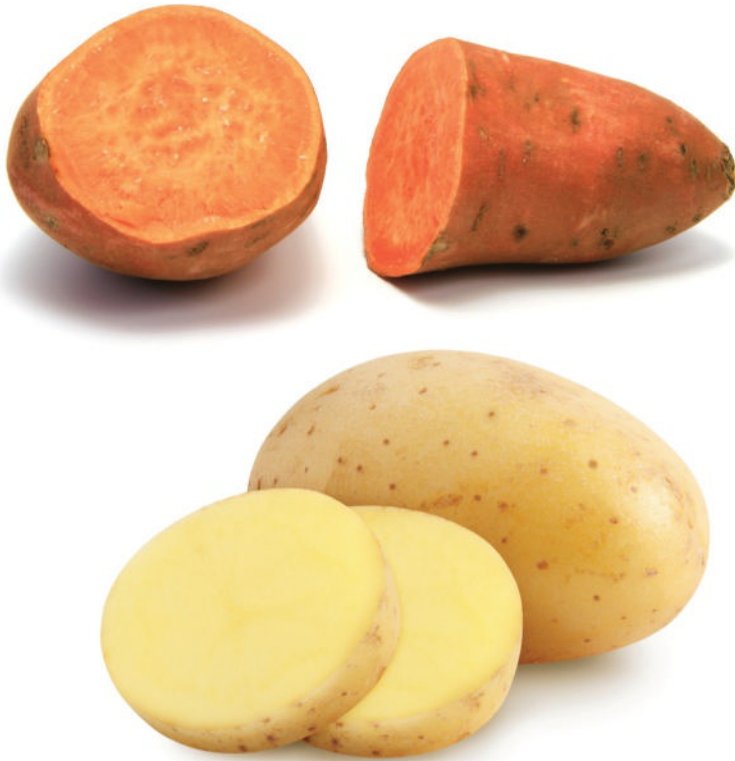


Oranges (and also grapefruit) can be stored loose or in an open container on the countertop for a week or two before being moved to the refrigerator, where they'll stay fresher for longer. The good news is that they're not sensitive to ethylene, so keeping them near other produce won't be a problem.

**SHELF LIFE:** COUNTERTOP, 1 TO 2 WEEKS; FRIDGE, 2+ WEEKS



## 11. POTATOES AND SWEET POTATOES



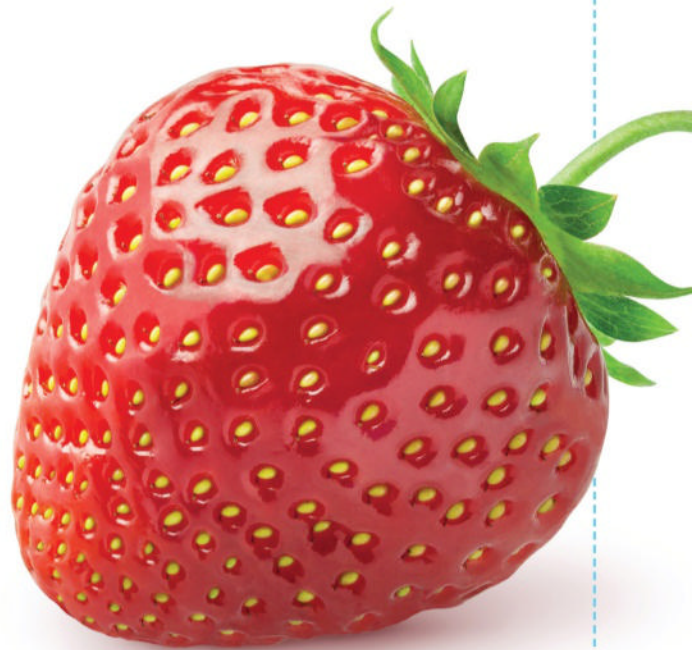
**Store these in a cool, dark place (such as a pantry with air conditioning) with relatively high humidity to keep them from sprouting or turning green too rapidly. And whatever you do, keep them away from ethylene-emitting bananas and onions!**

**SHELF LIFE:** POTATOES, 3+ WEEKS;  
SWEET POTATOES, 1 TO 2 WEEKS

## 12. STRAWBERRIES

Strawberries last longer if you give them a rinse in a water-and-vinegar bath. When you get home from the store, simply dunk the berries in a bowl filled with 1 part white vinegar and 3 parts water. Then drain and use a salad spinner to dry them as best you can. Line a container with paper towels, then place the lid on loosely before putting the berries in the fridge.

**SHELF LIFE: 1+ WEEK**



### DENISE'S DO'S!

Make healthy foods look more appetizing, and thus more satisfying. Instead of eating yogurt out of the container, put it in a bowl and alternate layers of yogurt and fruit. Or make fish and veggies more appealing by adding a garnish of lemon, mint or parsley. After all, we eat with our eyes first!



# Terrific TURMERIC

*This vibrant orange spice is packed with anti-inflammatory compounds*

**T**urmeric can be used in a number of ways—to give a savory earthiness to curries, to flavor roasted veggies, to add a touch of spice to your morning latte, and much more. The best part is that it's full of beneficial compounds that studies have shown can help relieve inflammation, support weight loss efforts and ease mood swings. Keep reading to learn more about this amazing spice. (Note: Always consult your physician before making any big changes to your diet.)

**BENEFIT #1:  
IT REDUCES  
DIABETES RISK**

According to research in the journal *Diabetes Care*, the curcuminoids (anti-inflammatory compounds) found in turmeric may help reduce the risk of Type 2 diabetes. The study found that curcuminoids improved the function of the cells that produce and release insulin (known as beta cells). Prediabetic study participants who consumed turmeric every day for nine months did not develop Type 2 diabetes.



**BENEFIT #2:  
IT AIDS IN WEIGHT LOSS  
EFFORTS**

A 2019 review of studies suggests that consuming turmeric daily can help you shed pounds quicker. The compound curcumin (found in turmeric) was shown to lower body mass index in participants with nonalcoholic fatty liver disease after eight weeks. Research published in the journal *Drug Research* (Stuttgart) found that participants who ingested turmeric daily lost more belly fat in eight weeks than those who did not.

## Golden Turmeric Tea

**INGREDIENTS**

- 1 cup oat milk
- 1 Tbsp. honey
- 1 tsp. turmeric
- ¼ tsp. ground ginger
- 1 cinnamon stick
- 1 black tea bag

**INSTRUCTIONS**

Bring all ingredients plus 1 cup water to a boil; reduce heat. Simmer 10 minutes; strain. Divide between two mugs. (Makes 2 servings.)

**BENEFIT #3:  
IT HELPS EASE  
MOOD SWINGS**

According to a study published in the journal *Phytotherapy Research*, the anti-inflammatory compounds found in turmeric can be a mood booster. In the small study, six weeks of daily curcumin consumption helped to reduce symptoms of major depressive disorders in patients.



# Fruits With BENEFITS

*More research is revealing how these summer fruits and veggies can improve our health*

**G**ood food can nourish you from the inside out, and more studies are emerging that show the many benefits that come from consuming a colorful range of fruits and vegetables. Summer

offers an abundance of great produce that can do wonders to help maintain health, including soothing stress and boosting happiness. Here are some of Denise's favorite in-season produce picks that also pack a healthful punch.

## BLUEBERRIES



According to a *Neural Regeneration Research* study, snacking on these little blue guys can put a pep in your step and keep your energy going. The flavonoids in these superberries help prevent oxidative stress and give vascular health a boost, which in turn may improve blood flow to the brain.

## CHERRIES

Cherries get their pretty red hue from compounds called anthocyanins—but that's not the only thing anthocyanins are good for. They may also calm overactive pain nerves and ease inflammation. Research out of Michigan State University suggests that eating 20 cherries a day may relax tight muscles and boost flexibility in as little as one week, easing chronic aches and pains as effectively as aspirin and ibuprofen. Ripe cherries (look for the ones with a deep, rich red color) offer the biggest anthocyanin boost.



## CORN



Who doesn't love corn on the cob? It's a great way to include some healthy, whole, fresh summer food in your summertime barbecues, plus it's a terrific source of vitamin C, fiber and folate. It's also rich in lutein, which helps promote healthy eyesight. "I love to grill up some corn on the cob with a little salt and pepper, and slice the kernels onto a plate to make it easier to eat," Denise says. "You can use corn on the cob in salads, or add it to beans and salsa for a rich, hearty and healthy appetizer."

## MELON



Cantaloupe, honeydew, watermelon... Denise loves them all! Cantaloupe is a great source of vitamin C and beta-carotene, which is important for maintaining healthy eyes. Watermelon is also chock-full of great nutrients such as potassium, magnesium and vitamins A and C. Research from the American Chemical Society suggests that the vitamin C in cantaloupe helps soothe the adrenal glands, thereby slowing the release of the stress hormone cortisol. The vitamin C and beta-carotene in melons may also reduce oxidative stress in the body. "I almost always have some cut up melon on hand to snack on," Denise says.

## TOMATOES

Tomatoes are loaded with lycopene, a plant nutrient that has powerful antioxidant properties and boasts many health benefits, such as improving heart health and reducing the risk of certain types of cancer. Denise loves to throw tomatoes into salads, use them in open-faced sandwiches, or simply eat them on their own—sliced with a sprinkle of sea salt and cracked pepper.



## RASPBERRIES



Berries are an Austin household favorite. They are so good for you and taste delicious! Raspberries are a great source of vitamins C, B2 and B3, as well as fiber, folate and magnesium. But the best part? Raspberries are an excellent source of antioxidants—they have 50% more antioxidant potential than strawberries. "I use them in smoothies, add them to yogurt or ice cream or just eat them on their own," says Denise. Be sure to buy them in organic form if you can—commercial varieties may use lots of pesticides.

## PLUMS

Brain fog got you down? Try eating a plum—it just may improve your focus. According to a study in the journal *Ancient Science of Life*, feeding mice concentrated amounts of a plum extract improved the animals' learning and memory. Credit goes to the antioxidant activities in the extract. Pro tip: Grilling them cut side down for 5 minutes caramelizes their sugars and brings out some sweetness.



## SUMMER SQUASH



These summer veggies are light, refreshing and so easy to prepare. Denise likes to wash and pat them dry, cut them into circles or strips, toss them with a little olive oil and herbs, and grill them for a few minutes per side. This makes for a tasty side dish that offers up manganese, magnesium, vitamins A and C, fiber and folate. You can also spiralize them and use them in place of noodles in a cold summer salad.

## STRAWBERRIES

Strawberries are high in vitamin C, which has anti-inflammatory qualities that may reduce bumps and signs of inflammation on your skin. Also, this potent vitamin is essential for the production of collagen. It's possible, then, that upping your daily strawberry count will help improve the texture of your skin. To start, try snacking on a cup per day.



**“If you want to achieve your wellness goals, you have to believe that you’re worth it!”**

MY MEALS!



For easy, convenient Mediterranean meals (and more!), check out my new **Denise Austin Prepared Meals!** Scan here to get ready-to-eat meals delivered straight to your door.



# What Is the MEDITERRANEAN DIET?

*This healthy way of eating has been shown to promote weight loss, support heart health and lower the risk of certain chronic diseases*

**Y**ou've probably heard of the Mediterranean diet. News articles and books abound about this popular way of eating, which is inspired by the traditional dining habits of countries along the Mediterranean Sea, including Greece, Spain and southern Italy and France. Natural foods like fruits, vegetables, nuts, legumes, whole grains and olive oil are central to the cuisine in those areas. While there are no hard and fast rules for the diet, the focus is on whole foods and the restriction of processed foods that have added sugar and unhealthy fats.

Denise's favorite way of eating (most of the time!) is adhering to a Mediterranean diet. "I love that this way of eating focuses on heart-healthy, anti-inflammatory and nutrient-rich foods," she says.

It's truly no wonder that the Mediterranean diet has been named the No. 1 overall diet for the last six years in a row by *U.S. News & World Report*. Of course, consult your physician before making any drastic changes to your diet. When you're ready to begin, Denise has 24 Mediterranean diet-inspired recipes that the whole family is sure to love!

# Energizing BREAKFASTS

*Morning meals to give you the boost you need to get up and go, go, go!*



## Omelet With Asparagus & Mint

**TIME: 20 minutes | MAKES: 2 servings**

### INGREDIENTS

6½ oz. potatoes, cut into ¼-in. cubes

5½ oz. asparagus, trimmed

1 cup frozen peas

4 eggs

⅓ cup fresh mint leaves, coarsely chopped

1½ Tbsp. extra-virgin olive oil  
Sourdough bread, toasted, to serve

### INSTRUCTIONS

1. Cook potatoes in a small saucepan of boiling water for 3 minutes. Add asparagus and peas; cook 1 minute more or until asparagus is bright green and potatoes are tender. Drain. When cool enough to handle, cut the asparagus in half; thinly slice the stem ends crosswise.
2. Lightly whisk eggs in a medium bowl; stir in potatoes, mint, half the peas and chopped asparagus ends.
3. Heat half the oil in a small nonstick frying pan over high heat; cook half the egg mixture for 2 minutes, pulling in the egg with a spatula to help it cook quickly. Fold one side of the omelet over using the spatula; slide onto a warm plate. Repeat with remaining oil and egg mixture to make a second omelet. Season with salt and pepper.
4. Top omelets with remaining asparagus and peas; serve with toasted sourdough. Sprinkle with extra mint leaves, if desired.





## Overnight Chia Seed Oats

**TIME: 3 hours or overnight | MAKES: 1 serving**

### INGREDIENTS

- 1 cup rolled oats
- ½ cup chia seeds
- ¼ cup Greek yogurt
- 2 Tbsp. almond butter
- 1 Tbsp. maple syrup

- ½ banana, sliced
- 1¼ cup almond milk
- 1 pinch cinnamon

### INSTRUCTIONS

1. Add all ingredients to a large mason

jar or container and mix until evenly combined. Refrigerate overnight or at least 3 hours before eating.

2. Once the oats are set, top with a little more almond butter, banana slices and cinnamon. Enjoy!



## Four-Ingredient Smoothie

TIME: 5 minutes | MAKES: 1 serving

### INGREDIENTS

- 1 scoop protein powder of your choice
- 1 cup spinach
- 1 banana, frozen
- ½ cup almond milk

### INSTRUCTIONS

Add all ingredients to a blender and blend until smooth. This smoothie has endless options. Just mix and match with your favorite fruits and vegetables. Spinach or kale make a great base when it comes to your veggie,

as they have little flavor and tons of nutritional value. Choose pineapple or mango for a tropical taste, or an apple and maybe some fresh ginger for a spicy smoothie. It's a perfect way to start the day, and you'll also stay fuller for longer!

# Greek Yogurt With Fruit

TIME: 5 minutes | MAKES: 1 serving

## INGREDIENTS

1 cup Greek yogurt

½ cup fruit of your choice

Sprinkle of oats, granola, chia seeds  
or chopped walnuts, or a spoonful  
of almond butter

## INSTRUCTIONS

This is a super simple breakfast. In a small bowl, layer Greek yogurt with other ingredients and enjoy!

“This is such a simple  
combo that is also so  
satisfying while delivering  
the nutrients you need  
to stay energized!”

Denise says.



# Delicious, Nutritious **SNACKS**

*Keep cravings at bay and your energy up with these good-for-you munchies*



## Pan Con Tomate

**TIME: 15 minutes | MAKES: 2 servings**

### INGREDIENTS

- 1 lb. cherry tomatoes on the vine**
- ¼ cup extra-virgin olive oil**
- Salt and pepper to taste**
- 4 large slices sourdough bread**
- 1 clove garlic, halved**
- 2½ oz. goat cheese, crumbled (optional)**
- 2 Tbsp. fresh oregano leaves (optional)**

### INSTRUCTIONS

- 1.** Heat oven to 400°F. Line a baking sheet with parchment paper.
- 2.** Place tomatoes on the lined baking sheet, drizzle with 2 Tbsp. olive oil; season with salt and pepper. Roast for 10 minutes or until skins burst and tomatoes have softened.
- 3.** Drizzle bread with remaining oil. Cook on a heated indoor grill pan or outdoor grill for 1 minute per side or until lightly charred. Rub grilled bread slices with the cut side of the garlic.
- 4.** Squash warm tomatoes onto the toasted bread slices. Top with cheese and oregano, if desired.

## Butter Bean Hummus

**TIME: 10 minutes | MAKES: 3 cups**

### INGREDIENTS

- 1½ lbs. canned butter beans**
- ¼ cup tahini**
- ½ cup warm water**
- ½ cup plain Greek yogurt**
- 2 Tbsp. lemon juice**
- 2 cloves garlic, crushed**
- 3 tsp. ground cumin, plus more to taste**
- Salt and pepper to taste**
- Extra-virgin olive oil**

### INSTRUCTIONS

Drain and rinse butter beans. Blend or process beans with tahini, warm water, Greek yogurt, lemon juice, garlic and cumin until smooth; season with salt and pepper. Sprinkle with more ground cumin and drizzle with olive oil to serve.



### PRO TIP!

Double the ricotta mixture and refrigerate half in an airtight container for up to 2 days to spread on crackers, toast or sandwiches.



## Grilled Vegetable & Ricotta Bruschetta

TIME: 30 minutes | MAKES: 4 servings

### INGREDIENTS

- 2 tsp. balsamic vinegar
- 2 Tbsp. extra-virgin olive oil
- 2 medium zucchini, sliced thinly lengthwise
- 2 medium tomatoes, halved
- 4 large slices sourdough bread
- Olive oil cooking spray
- Salt and pepper to taste
- 1 cup ricotta cheese
- 1 Tbsp. finely chopped fresh basil
- 2 oz. arugula leaves
- 2 Tbsp. small fresh basil leaves

### INSTRUCTIONS

1. For the dressing, combine balsamic

vinegar and 1 Tbsp. oil in a small bowl.

2. Lightly spray the zucchini, tomatoes and bread with oil; season vegetables with salt and pepper. Cook the vegetables and bread, in batches, on a heated indoor grill pan, skillet or outdoor grill until vegetables are tender and the bread is lightly charred.
3. Place ricotta, chopped basil and remaining oil in a small bowl; stir to combine. Season with salt and pepper to taste.
4. Spread ricotta mixture over toasted bread slices; top with vegetables and arugula. Drizzle with dressing and sprinkle with basil leaves.

## Green Smoothie

TIME: 5 minutes | MAKES: 1 serving

### INGREDIENTS

- 1 cup kale (or spinach)
- 1 Tbsp. chopped almonds (or any other preferred nut)
- ¼ cup sliced English cucumber
- ¼ cup pineapple (2–3 chunks)
- 2 dates, pitted
- ½ cup unsweetened almond or coconut milk
- ½ cup plain Greek yogurt (or silken tofu)

### INSTRUCTIONS

Blend all ingredients in a blender until smooth. Green drinks can be a quick and easy way to add multiple sources of delicious nutrients into your day!



# Flavorful LUNCHES

*Tasty protein- and fiber-packed recipes to fuel your afternoon*

## Chicken Skewers With Peach Caprese Salad

**TIME: 25 minutes | MAKES: 4 servings**

### INGREDIENTS

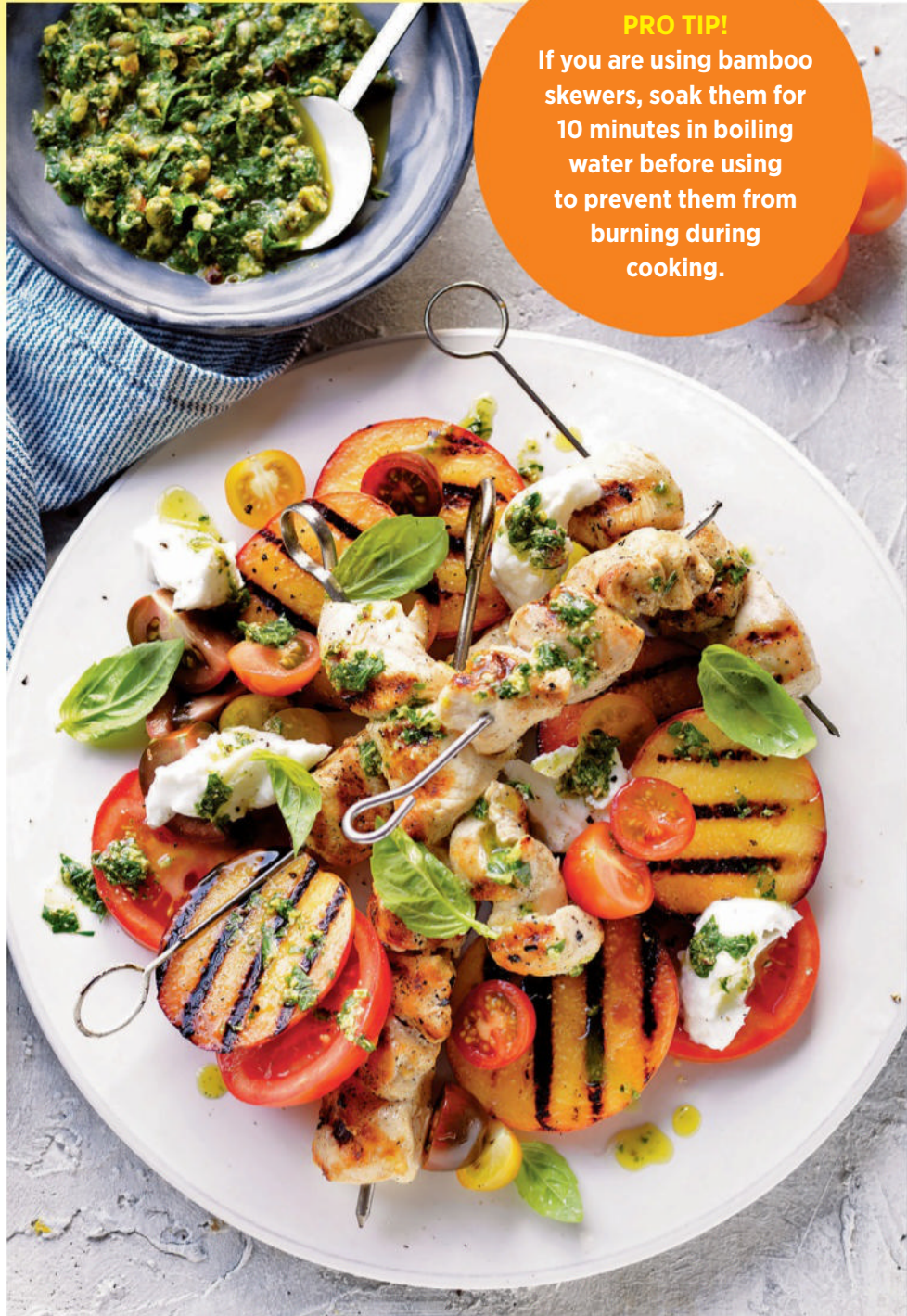
- 12½ oz. boneless, skinless chicken breasts, cut into 1-inch pieces
- 1½ Tbsp. extra-virgin olive oil
- 4 medium peaches, sliced
- 8 oz. fresh mozzarella, torn
- 2 medium tomatoes, sliced
- 12½ oz. mixed heirloom cherry tomatoes, halved, quartered if large
- ½ cup fresh small basil leaves
- 1 Tbsp. white wine vinegar

### FOR THE PISTACHIO-MINT PESTO

- ½ cup pistachios
- 1½ cups fresh mint leaves
- 1 cup fresh flat-leaf parsley leaves
- 1 clove garlic, crushed
- 2 tsp. lemon zest
- 2 tsp. lemon juice
- ½ cup extra-virgin olive oil

### INSTRUCTIONS

1. Make the Pistachio-Mint Pesto: Blend or process ingredients until smooth; season with salt and pepper to taste.
2. Combine chicken and 1 Tbsp. of the olive oil in a medium bowl; season with salt and pepper. Thread onto four skewers.
3. Cook chicken on a heated greased indoor grill pan or outdoor grill for 8 minutes. Add peaches to grill pan; cook for 2 minutes more or until chicken is cooked through and peaches are golden.
4. Layer grilled peaches with mozzarella, tomatoes and basil; drizzle with vinegar and remaining oil. Serve salad topped with chicken and pesto.



### PRO TIP!

If you are using bamboo skewers, soak them for 10 minutes in boiling water before using to prevent them from burning during cooking.

## Protein Summer Bowl

TIME: 40 minutes | MAKES: 1 serving

### INGREDIENTS

- ½ cup cooked quinoa, preferably still warm, or brown rice
- ¼ cup edamame
- ½ cup spinach
- ¼ cup hummus
- Small piece of cooked salmon, about half the size of your palm

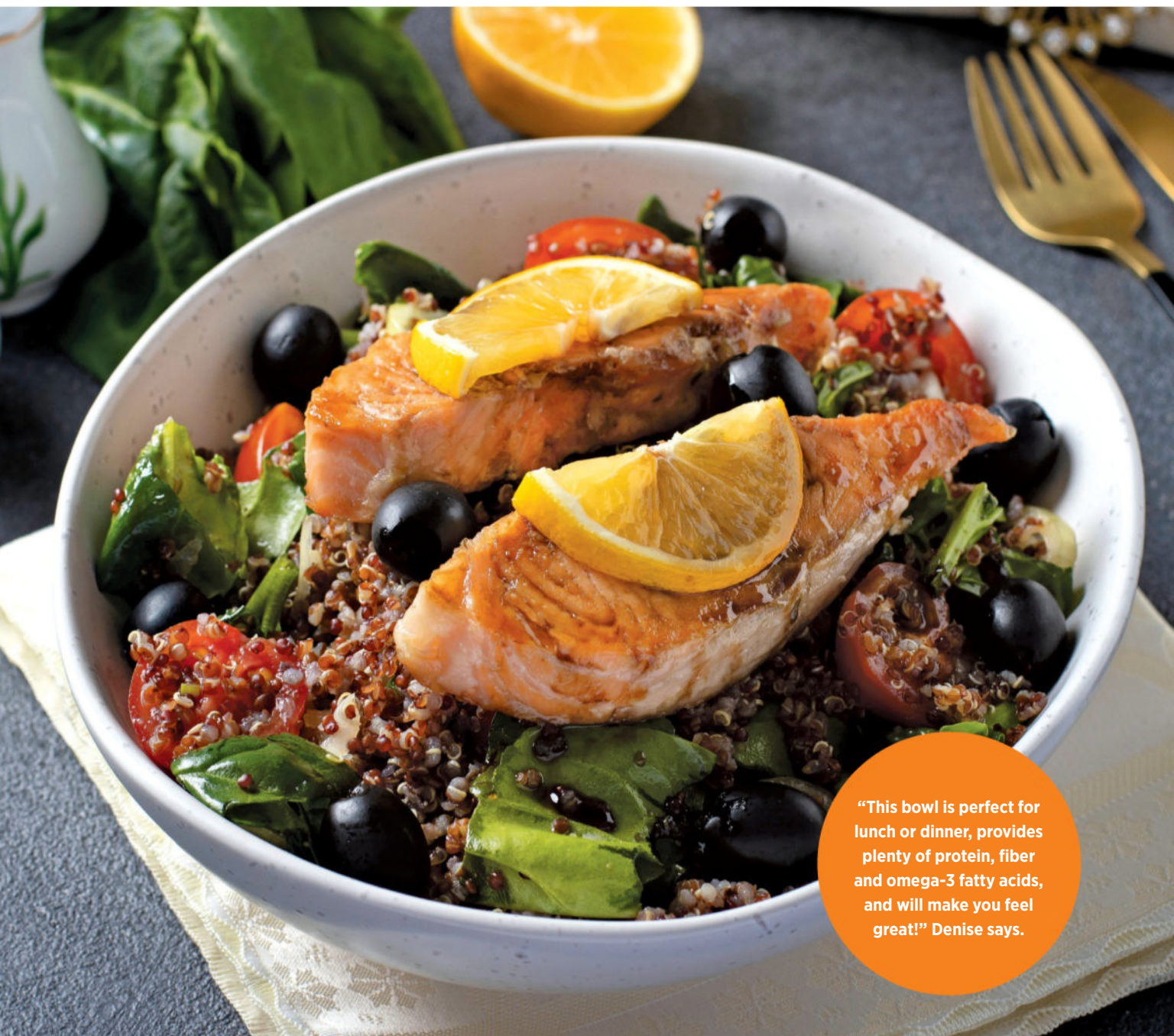
**Toppings (optional):** black olives, steamed summer squash, roasted tomatoes, roasted corn kernels and/or sunflower seeds

### INSTRUCTIONS

1. Place quinoa in the center of a large, shallow bowl. Add edamame,

spinach, hummus and salmon. Top with additional veggies and seeds if desired.

2. Drizzle a little of your favorite dressing over the entire bowl. “The combo of the creamy hummus, sturdy edamame and greens, and warm quinoa and salmon is amazing!” says Denise. “The little crunch from the sunflower seeds rounds it out.”



“This bowl is perfect for lunch or dinner, provides plenty of protein, fiber and omega-3 fatty acids, and will make you feel great!” Denise says.



## Green Barley Salad

TIME: 30 minutes | MAKES: 6 servings

### INGREDIENTS

- 1 cup pearl barley
- 3 cups water
- 1 cup frozen peas
- 1 cup frozen broad (fava) beans
- 4½ oz. green beans, trimmed, halved lengthwise
- 1 English cucumber, halved lengthwise, sliced thinly
- 1 bunch baby romaine lettuce, trimmed, torn
- 2 green onions, sliced thinly

- ½ cup fresh mint leaves
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. lemon juice
- 10½ oz. feta cheese
- Salt and pepper

### INSTRUCTIONS

1. Place barley and water in a medium saucepan, bring to a boil; reduce heat to low. Cook, covered, for 35 minutes or until tender. Drain; rinse under cold water until cool.

2. Meanwhile, cook peas, broad beans and green beans in a large saucepan of boiling water for 2 minutes or until just tender; drain. Refresh under cold running water; drain well. Remove the gray skins from broad beans.
3. Transfer barley and pea mixture to a large bowl; add cucumber, lettuce, green onions and mint. Drizzle with oil and juice; toss gently to combine.
4. Top salad with feta and season with salt and pepper.



# Gazpacho With Feta & Shrimp

**TIME: 20 minutes**

**MAKES: 6 servings**

## INGREDIENTS

- 8 medium tomatoes, chopped coarsely**
- 2 medium red bell peppers, chopped coarsely**
- 2 English cucumbers, peeled, chopped coarsely**
- 1 small onion, chopped coarsely**
- 3 cloves garlic, crushed**
- 5 oz. sourdough bread, chopped coarsely**
- 1¼ cups extra-virgin olive oil**
- ½ cup red wine vinegar**
- 1 cup water**
- Salt and pepper, to taste**
- 2 lbs. cooked medium shrimp**
- 4 additional slices sourdough bread, crusts removed**
- 5 oz. feta cheese, crumbled**
- 2 Tbsp. small fresh oregano leaves**

## INSTRUCTIONS

- 1.** Blend tomatoes, bell peppers, cucumbers, onion, garlic, chopped bread, 1 cup oil, vinegar and water for 3 minutes or until smooth. Season with salt and pepper to taste.
- 2.** Shell and devein shrimp, leaving the tails intact.
- 3.** Tear additional sourdough into coarse pieces. Heat 2 Tbsp. oil in a large frying pan over medium-high. Cook bread, stirring frequently, for 2 minutes or until croutons are golden.
- 4.** Ladle soup into serving bowls; top with croutons, feta cheese, shrimp and oregano leaves. Drizzle soup with remaining oil.



# Refreshing **MOCKTAILS**

*These breezy alcohol-free drinks are great for post-workout sipping*



## Coconut Mineral Spritz

**TIME: 5 minutes | MAKES: 2 servings**

### INGREDIENTS

2 cups unsweetened coconut water  
1 lime, juiced  
Pinch of pink salt  
Water or carbonated water to taste

### INSTRUCTIONS

In a pitcher, combine all ingredients and stir well. Divide mixture between two glasses, stir some more and add ice as desired.

“When you drink this, you will be helping your body to stay regular, since mineral water helps to alleviate constipation. You’ll be helping to keep your blood pressure at a healthy level, too. Plus, it tastes delicious!” says Denise.

## Spiced Cherry Mocktail

**TIME: 5 minutes | MAKES: 4 servings**

### INGREDIENTS

7 spiced cherry tea bags  
4 cups hot or cold water  
Cloudy apple juice  
Fresh cherries  
Mint leaves

### INSTRUCTIONS

1. Brew tea bags in a large measuring cup or pitcher of water, 3 to 5 minutes, or 10 minutes to steep further. Leave to cool if tea was brewed in hot water.
2. Divide tea between four large glasses. Top each glass the rest of the way with cloudy apple juice.
3. Serve with crushed ice, 2 or 3 fresh cherries per glass, and a couple of sprigs of fresh mint leaves.

**DID YOU KNOW?**  
Steeping tea bags in cold water instead of hot water boosts the amount of antioxidants within the drink.





**DID YOU KNOW?**  
Polyphenols in honey have been shown to improve short-term memory.

## Grapefruit-Rosemary Sipper

TIME: 5 minutes | MAKES: 2 servings

### INGREDIENTS

- 2 cups fresh grapefruit juice
- 2 sprigs rosemary
- 2 Tbsp. honey
- 2 Tbsp. fresh lime juice
- Salt (optional)

### INSTRUCTIONS

In a pitcher, muddle all ingredients; add 1 cup ice cubes. Rim two glasses with salt, if desired. Divide drink between glasses.

## Citrus-Peach Sparkler

TIME: 5 minutes | MAKES: 2 servings

### INGREDIENTS

- 1 cup fresh grapefruit juice
- ¼ cup fresh orange juice
- 1 sprig rosemary
- ½ cup seltzer
- 1 Tbsp. peach nectar

### INSTRUCTIONS

In a cocktail shaker, muddle the first three ingredients until flavors blend. Strain into two champagne flutes. Top with seltzer, then peach nectar. Garnish as desired.



**DID YOU KNOW?**  
The folate in orange juice improves blood circulation to boost energy.

# Denise's Delicious DINNERS

*Summery, easy-to-prepare meals to help you wind down your day*



## One-Pan Roast Chicken & Veggies

**TIME: 30 minutes | MAKES: 4 servings**

### INGREDIENTS

- 1 lb. boneless, skinless chicken breasts
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- Salt and pepper to taste
- 1½ Tbsp. extra-virgin olive oil
- 1 small head of broccoli, cut into florets
- 1 bell pepper, cut into 1-in. pieces
- 1 red onion, cut into 1-in. pieces
- 1 Tbsp. minced parsley, chopped for garnish

### INSTRUCTIONS

1. Heat oven to 400°F. Line a large baking sheet with foil or parchment paper (this makes cleaning up simple!).
2. Place chicken breast in the middle of the pan and sprinkle with paprika, garlic powder, onion powder, salt and pepper, and ½ Tbsp. olive oil.
3. In a large bowl, combine cut veggies. Drizzle with the remaining oil. Season with salt and pepper and thoroughly toss to coat.
4. Arrange veggies around chicken in the sheet pan. Bake for 20 to 25 minutes, or until chicken reaches an internal temperature of 165°F and veggies are tender with a slight crunch. Allow chicken to sit for a few minutes before slicing. Garnish with parsley.

“This meal is loaded with so many good-for-you nutrients, and it’s versatile, too, so you can be creative!” says Denise. “Change up your seasonings—I love to use cumin and chili powder or Italian seasoning and Parmesan cheese. And substitute veggies as well. Anything goes!”



## Baked Salmon With Tabbouleh & Tahini Sauce

TIME: 50 minutes | MAKES: 4 servings

### INGREDIENTS

- 1 piece skinless boneless salmon fillet (1½ lbs.)
- 1½ tsp. sumac
- 2 Tbsp. extra-virgin olive oil
- Lemon wedges, to serve

### FOR THE TABBOULEH

- ¼ cup small fresh mint leaves
- 1 cup small fresh flat-leaf parsley leaves
- 2 green onions, sliced thinly
- ½ cup coarse bulgur
- 1½ cups water
- 6½ oz. baby heirloom tomatoes, quartered
- 1 Tbsp. lemon juice

### FOR THE TAHINI SAUCE

- ½ cup plain Greek yogurt
- 1½ Tbsp. tahini
- 1 clove garlic, crushed
- 2 tsp. lemon juice

### INSTRUCTIONS

1. Make the Tabbouleh: Combine herbs and green onions in a large bowl; reserve half the mixture for serving. Bring bulgur and the water to a boil in a small saucepan; reduce heat to low. Cook for 20 minutes or until tender; drain. Transfer bulgur to a large bowl; add tomatoes and lemon juice. Toss gently to combine; season with salt

and pepper to taste.

2. Then make the Tahini Sauce: Whisk ingredients in a small bowl until combined; season with salt and pepper to taste.
3. Heat oven to 400°F. Line an 11-in. by 17-in. by 1-in. baking pan with parchment paper. Place salmon on the pan; sprinkle with 1 tsp. sumac. Drizzle with oil. Season with salt and pepper. Bake for 20 minutes or until salmon is almost cooked through.
4. Top baked salmon with the reserved herb mixture and remaining sumac; serve with Tabbouleh, Tahini Sauce and lemon wedges.

**PRO TIP!**

You can use any flaky white fish in this recipe. Black sea bass, flounder, red snapper, rainbow trout and tilapia are all good choices.

## Pan-Fried Fish With Tomato & Olive Salsa

TIME: 50 minutes | MAKES: 6 servings

### INGREDIENTS

- 2 lbs. fingerling potatoes, halved lengthwise
- 2 Tbsp. red wine vinegar
- $\frac{1}{4}$  cup extra-virgin olive oil
- 12½ oz. green beans, trimmed
- $\frac{1}{2}$  cup all-purpose flour
- 2 lbs. flaky white fish fillets, skin on
- Lemon wedges, to serve

### FOR THE TOMATO & OLIVE SALSA

- $\frac{1}{3}$  cup extra-virgin olive oil
- 2 cloves garlic, crushed
- 1 lb. grape tomatoes, halved
- 4½ oz. kalamata olives
- $\frac{1}{2}$  small red onion, finely chopped
- $\frac{1}{2}$  cup fresh flat-leaf parsley leaves

### 2 Tbsp. lemon juice

### INSTRUCTIONS

1. Make the Tomato & Olive Salsa: Heat 1 Tbsp. oil in a medium saucepan over medium; cook garlic, stirring, until fragrant. Stir in tomatoes and olives; cook until heated through. Remove from heat; stir in onion, parsley, remaining oil and lemon juice. Season with salt and pepper to taste.
2. Place potatoes in a large saucepan and cover with cold water; bring to a boil. Boil for 8 minutes or until tender; drain. Transfer to a large bowl; drizzle with vinegar and 1 Tbsp. oil. Cover to keep warm.
3. Meanwhile, cook green beans in a saucepan of boiling water for 3 minutes or until tender; drain. Refresh in a bowl of iced water; drain. Add to potatoes in bowl; toss gently to combine.
4. Season flour with salt and pepper; coat fish in seasoned flour and shake off excess. Heat remaining oil in a large frying pan over medium; cook fish, skin side down, in batches, for 1½ minutes or until skin crisps. Turn, cook for 1 minute more or until fish is just cooked through.
5. Divide potato and beans among plates; top with fish and salsa. Serve with lemon wedges.

# Linguine Primavera & Poached Eggs

TIME: 30 minutes | MAKES: 4 servings

## INGREDIENTS

1¼ lbs. fresh broad (fava) beans  
in the pod

3 oz. snow peas, trimmed

2 tsp. salt

1 lb. linguine

¼ cup extra-virgin olive oil

2 cloves garlic, sliced thinly

5½ oz. asparagus, trimmed, cut into  
2-in. lengths on the diagonal

4 eggs

1 tsp. lemon zest

2 Tbsp. lemon juice

¼ cup fresh chervil leaves

1 cup Parmesan, finely grated

Freshly ground pepper to taste

## INSTRUCTIONS

1. Boil broad beans in a large saucepan for 2 minutes or until just tender.

Remove beans with a slotted spoon.

Refresh under cold running water; drain well. Add snow peas to the same pan; cook for 30 seconds or until bright green. Remove snow peas with a slotted spoon. Refresh under cold running water; drain well. Remove gray skins from broad beans.

2. Return water to a boil; add salt. Cook pasta in boiling water until almost tender; drain, reserving ¼ cup of cooking water. Return pasta to pan.

3. Meanwhile, heat 1 Tbsp. oil in a large frying pan over medium-high; cook the garlic and asparagus, stirring, for 2 minutes or until tender. Stir in broad beans and snow peas. Remove from heat.

4. Half fill a large frying pan with water; bring to a boil. Break one egg into a

cup, then slide into the pan; repeat with remaining eggs. When all eggs are in the pan, return water to a boil.

Cover the pan, turning off heat; let stand for 4 minutes or until a light film of egg white sets over yolks.

Remove eggs, one at a time, using a slotted spoon; briefly place the spoon on a small paper towel-lined plate to blot up any poaching liquid.

5. Return vegetable mixture to medium-high, add remaining oil, pasta, reserved cooking water, and lemon zest and juice; toss until heated through. Season with salt and pepper to taste.

6. Divide linguine among four bowls or plates; top each with a poached egg, chervil and Parmesan. Season with freshly ground black pepper.



# Guilt-Free TREATS

*These sweet desserts are as tasty as they are good for you!*



## Honey-Baked Peaches & Grapes With Sweet Ricotta

TIME: 40 minutes | MAKES: 4 servings

### INGREDIENTS

- 4 large peaches, pitted, quartered
- 12½ oz. red grapes, halved, seeds removed
- 1 Tbsp. honey
- 4 sprigs fresh thyme, plus extra to serve
- ½ cups ricotta salata
- 2 Tbsp. sugar
- ½ tsp. orange zest, plus extra to serve

### INSTRUCTIONS

1. Heat oven to 400°F. Line an 11-in. by 17-in. by 1-in.

baking pan with parchment paper.

2. Place peaches and grapes on the lined pan; drizzle with honey and top with thyme. Bake for 25 minutes or until the peaches and grapes are tender and syrupy.
3. Meanwhile, process ricotta, sugar and zest until smooth.
4. Serve baked fruit and any cooking juices with ricotta mixture. Top with extra orange zest and fresh thyme.

## Dark Chocolate & Ricotta Mousse

TIME: 20 minutes, plus cooling | MAKES: 6 servings

### INGREDIENTS

- ¼ cup honey
- 1 Tbsp. Dutch-processed cocoa
- 2 Tbsp. water
- ½ tsp. pure vanilla extract
- 6½ oz. dark chocolate (70% cocoa), chopped coarsely
- 8 fresh dates, pitted
- ½ cup milk
- 2 cups ricotta cheese
- 2 Tbsp. pomegranate seeds
- 2 Tbsp. chopped pistachios

### INSTRUCTIONS

1. Stir honey, cocoa, water and vanilla in a small saucepan over medium; bring to a boil. Cool.
2. Place chocolate in a small heatproof bowl over a small saucepan of simmering water (don't let the water touch the base of the bowl); stir until melted and smooth.
3. Process dates and milk until dates are finely chopped. Add ricotta; process until smooth. Add melted chocolate; process until well combined.
4. Spoon mousse evenly into six ¾-cup serving glasses. Spoon cocoa syrup on mousse; top with pomegranate seeds and pistachios.







## Creamy Mango-Ginger Smoothie

TIME: 5 minutes | MAKES: 1 serving

### INGREDIENTS

- ½ cup plain Greek yogurt
- ¾ cup mango, cubed
- ¾ cup unsweetened almond milk
- 1 Tbsp. ginger, minced
- 2 tsp. chia seeds (or ground flaxseed)
- Sprinkle of turmeric (optional)

### INSTRUCTIONS

Blend all ingredients in a blender until smooth, and enjoy this perfect sweet treat that packs a nutritional boost!

“I love this zingy smoothie!”  
Denise says. “The yogurt has calcium and protein—so important for bone health. The mango offers antioxidants and fiber, and ginger is rich in anti-inflammatory compounds.”



## Honey & Vanilla Custard Pots

TIME: 40 minutes, plus refrigeration | MAKES: 4 servings

### INGREDIENTS

- ¼ cup honey
- 2 cups milk
- 1 vanilla bean, split lengthwise
- 2 Tbsp. cornstarch
- 1 tsp. pure vanilla extract
- 1 Tbsp. brown sugar
- 1 sheet filo pastry
- Olive oil spray
- 2 Tbsp. unsalted pistachios, finely chopped
- 1 Tbsp. honey, extra, warmed
- 4 medium fresh figs, quartered (or strawberries or raspberries)

### INSTRUCTIONS

1. Heat honey, milk and vanilla bean in a medium saucepan over medium; bring to a simmer.
2. Whisk cornstarch, vanilla and sugar in a medium heatproof bowl until combined. Gradually whisk warm milk mixture into custard mixture; return to pan. Bring to a boil, whisking constantly, until mixture boils and thickens. Discard vanilla bean.
3. Pour mixture into four 1-cup dishes. Refrigerate for 2 hours or until chilled and firm.
4. Meanwhile, heat the oven to 350°F. Line a baking sheet with parchment paper.
5. Place pastry sheet on the lined pan; spray with oil. Sprinkle two-thirds of the pistachios over pastry. Fold pastry in half crosswise; brush with extra honey, sprinkle with remaining pistachios. Bake for 8 minutes or until golden and crisp; cool. Break into pieces.
6. Serve custards topped with figs and filo crunch, drizzled with a little more honey, if desired.

# 7-Day MEAL PLAN

*A sample week of healthy at-home meals that help you look and feel your best!*

	MONDAY	TUESDAY	WEDNESDAY
<b>BREAKFAST</b>	 <p><b>Omelet With Asparagus &amp; Mint</b></p>	<p><b>Overnight Chia Seed Oats</b></p>	<p><b>Four-Ingredient Smoothie</b></p>
<b>SNACK</b>	<p><b>Butter Bean Hummus</b></p>	<p><b>Pan Con Tomato</b></p>	<p><b>Grilled Vegetable &amp; Ricotta Bruschetta</b></p>
<b>LUNCH</b>	<p><b>Chicken Skewers With Peach Caprese Salad</b></p>	<p><b>Protein Summer Bowl</b></p>	<p><b>Green Barley Salad</b></p>
<b>MOCKTAIL</b>	<p><b>Citrus-Peach Sparkler</b></p>	<p><b>Spiced Cherry Mocktail</b></p>	 <p><b>Grapefruit-Rosemary Sipper</b></p>
<b>DINNER</b>	<p><b>One-Pan Roast Chicken &amp; Veggies</b></p>	<p><b>Baked Salmon With Tabbouleh &amp; Tahini Sauce</b></p>	<p><b>Pan-Fried Fish With Tomato &amp; Olive Salsa</b></p>
<b>TREAT</b>	 <p><b>Honey-Baked Peaches &amp; Grapes With Sweet Ricotta</b></p>	<p><b>Dark Chocolate &amp; Ricotta Mousse</b></p>	<p><b>Creamy Mango-Ginger Smoothie</b></p>

Get more recipes like these in Denise Austin's online meal plan. Learn more at [DeniseAustin.com](http://DeniseAustin.com)!



THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Greek Yogurt With Fruit</b> 	<b>Omelet With Asparagus &amp; Mint</b> 	<b>Four-Ingredient Smoothie</b> 	<b>Overnight Chia Seed Oats</b> 
<b>Green Smoothie</b> 	<b>Pan Con Tomate</b> 	<b>Butter Bean Hummus</b> 	<b>Grilled Vegetable &amp; Ricotta Bruschetta</b> 
<b>Gazpacho With Feta &amp; Shrimp</b> 	<b>Chicken Skewers With Peach Caprese Salad</b> 	<b>Green Barley Salad</b> 	<b>Gazpacho With Feta &amp; Shrimp</b> 
<b>Coconut Mineral Spritz</b> 	<b>Grapefruit-Rosemary Sipper</b> 	<b>Citrus-Peach Sparkler</b> 	<b>Coconut Mineral Spritz</b> 
<b>Linguine Primavera &amp; Poached Eggs</b> 	<b>Baked Salmon With Tabbouleh &amp; Tahini Sauce</b> 	<b>Pan-Fried Fish With Tomato &amp; Olive Salsa</b> 	<b>One-Pan Roast Chicken &amp; Veggies</b> 
<b>Honey &amp; Vanilla Custard Pots</b> 	<b>Honey-Baked Peaches &amp; Grapes With Sweet Ricotta</b> 	<b>Creamy Mango-Ginger Smoothie</b> 	<b>Dark Chocolate &amp; Ricotta Mousse</b> 

# TAKE Heart!

*Here's how to live a heart-healthy lifestyle*

**“TAKING CARE OF YOUR HEART IS** so important, and educating people about how to make that happen is a passion of mine,” Denise says. “It’s one of the reasons why I have been volunteering with the American Heart Association for over 20 years!” Heart disease is the No. 1 killer for all of us—women and men. Studies show it has roughly 40% to do with your family history but 60% to do with your lifestyle...which is great news! It means we can control 60% of how our heart functions by embracing healthy habits.

You can help your heart stay strong with exercise, wholesome food choices and protective measures. And Denise is here to help! In addition to giving you heart-healthy workouts and recipes, this book will show you how to reduce your risk of heart disease, the link between good sleep and heart health, and ways to relieve tension.

If you have any heart-related concerns, talk to your physician before taking on any of the recommendations here. You are your own best champion, so let’s champion a healthier lifestyle together!



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**“Judge your success  
by the degree to which  
you’re enjoying health,  
peace and love.”**

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# Heart to HEART

## *How to recognize heart attacks—and reduce your risk of having one*

**O**ur hearts work hard for us: They keep blood pumping through our bodies and help us stay active throughout our lives. That's why it's so essential to take care of our hearts, even more so since heart disease is the leading cause of death in women in the United States. However, in a survey conducted by

the American Heart Association, only 44% of U.S. women recognize this risk.

The best way to be prepared—and potentially avoid problems later on—is to stay informed about risk factors, potential heart attack symptoms and how to support heart health. —*Lian Parsons-Thomason*

### **WHAT IS A HEART ATTACK?**

Heart attacks are most commonly caused by fatty buildups in the arteries, which carry blood to the heart. As plaque buildup narrows the arteries' passageways, it becomes more difficult for blood to flow. If plaque in the artery ruptures, a blood clot can form and can completely stop the blood flow. Seeking treatment as soon as possible is important to reduce heart damage and the risk of death.

### **WHAT ARE THE SYMPTOMS OF A HEART ATTACK?**

A common misconception is that heart attack symptoms are sudden and intense. However, the warning signs are just as likely to start slowly and even be fairly mild. The most familiar sign is chest pain or discomfort, but women may experience

other symptoms that are less typically associated with heart attacks, so don't hesitate to seek immediate medical help if you are experiencing any of the following:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or occurs intermittently
- Pain, pressure or discomfort in one or both of your arms, or in your back, neck, jaw or stomach

- Shortness of breath
- Nausea, vomiting, fainting, light-headedness, or breaking out into a cold sweat

### **WHAT ARE THE RISK FACTORS FOR HEART DISEASE?**

According to the Centers for Disease Control and Prevention, nearly half of all Americans have at least 1 in 3 key risk factors for heart disease: high blood pressure, high cholesterol and a smoking habit.

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**“A 20- to 30-minute walk three times a week may be just enough to save your life! Every step you take protects your heart.”**

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**“Respect your body.  
We each have only one.  
Say yes to life!”**

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You can take control of your heart health by considering the following factors:

- Blood pressure: High blood pressure is often underdiagnosed in women and can be challenging to manage.
- Your cholesterol.
- Your drinking and smoking habits.
- Your diet and exercise habits, along with your weight.
- Your mental health: Stress, anxiety and depression can all lead to a greater risk of heart disease.
- Your family history of heart disease.

Other heart disease risk factors related to reproductive health and pregnancy can include:

- Having your first period before the age of 11 and starting menopause before the age of 40.
- Polycystic ovary syndrome.
- Diabetes during pregnancy.
- Preterm delivery.
- The delivery of low- or high-birth-weight infant.
- High blood pressure during pregnancy: Pregnant women with high blood pressure have twice the risk of developing heart disease later in life. In the United States, high blood pressure also develops in about 13% of pregnancies.

### **WHAT SHOULD I DO AFTER A HEART ATTACK OCCURS?**

Taking care of your well-being after a heart attack is important to the



recovery process. Your medical care team will advise you on lifestyle changes you can make to improve your overall heart health and reduce the risk of future attacks.

You may also have the option to participate in a cardiac rehabilitation program, which typically includes physical activity, counseling to relieve stress and improve mental health, and a team of professionals to help you throughout the process.

### **HOW CAN I REDUCE MY RISK OF HEART ATTACK?**

There are many ways to lower your risk of heart disease and prevent heart attacks. Eating a well-balanced diet and getting regular exercise are

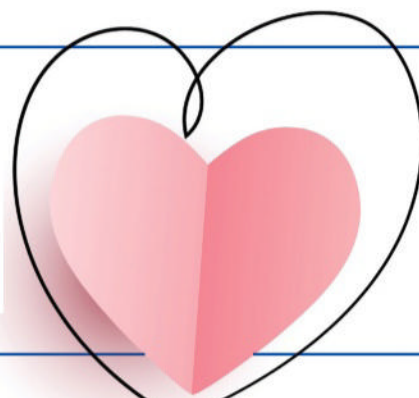
key: Fresh fruits and vegetables are your best friends, and a 20-minute walk around the block several times a week can do wonders.

If you smoke, strongly consider quitting. Cigarette smoking can damage the heart and blood vessels, increasing your risk for heart conditions such as atherosclerosis and heart attack. Also try decreasing the amount of alcohol you regularly consume. Drinking too much alcohol can raise your blood pressure and increase levels of triglycerides, a fatty substance in the blood that increases heart disease risk.

And of course, work with your doctor to make choices and changes best suited to you and your lifestyle.

## **DENISE'S DO'S!**

Learn your family history of heart disease. The more you know, the more you can take those healthy, preventive steps. Also, visit your doctor to get your cholesterol and blood pressure checked each year. To learn more about heart disease, visit the American Heart Association's website at [heart.org](http://heart.org).



# Quick Tension TAMERS

*Stressed out? These 5 calming tricks can help*

**S**tress: It's something we all experience that can have an adverse effect on our well-being, and we think everyone will agree that these past few years have given us many reasons to feel more of it! When that tension builds up too much, it can take not only a mental and emotional toll on you but a physical one as well.

According to a poll conducted for the American Psychological Association in 2022, 76% of adults surveyed reported that they had experienced at least one symptom in the prior month as a result of external stressors that were mostly out of their personal control. These symptoms included headache (38%), fatigue (35%), feeling nervous or anxious (34%) and feeling depressed or sad (33%). Seven in 10 adults (72%) surveyed had experienced additional symptoms in the prior month, including feeling overwhelmed (33%), experiencing changes in sleeping habits (32%) and/or worrying constantly (30%).

Luckily, there are many small actions you can take to help relieve tension. Denise likes to do the following calming rituals when she's stressed or anxious. Give one (or all) a try the next time you're feeling overtaxed.

**1 BREATHE.** "I am a big fan of deep breathing because it has so many benefits. It helps to regulate pain, improves your blood flow and removes toxins, increases your energy levels, and promotes healthy digestion," says Denise. This breathing shortcut can do wonders when tension creeps in: Simply take a few deep, long breaths, drawing the air into your abdomen, not the upper part of your chest. Feel your belly expand as you inhale, then release all that pent-up stress as you exhale. This helps to slow down your racing heart and relax your body. Within a minute you should feel the tension lessening.

**2 MOVE AROUND.** Working out can help reduce the physical effects of daily stress. Whether you go for a 20-minute run or do some yoga, your body will release mood-boosting hormones called endorphins that help chase away your worries. "Whenever I feel myself getting anxious, I try to force myself to take a break and get in some movement," Denise says.

**3 VISUALIZE A PEACEFUL, QUIET PLACE.** If you practice meditation, you know how much it can positively impact your

stress and tension levels. But sometimes you may not have the time or place to fully meditate. Instead, help to calm your mind and body by thinking of a place that is soothing to you. This could be your local park, a hammock on a beach from a recent vacation, or even your living room. Focus on that place and breathe in deeply, and your tension should melt away.

**4 STRAIGHTEN UP.** Good posture can actually help to minimize tension. "Whenever I feel anxious, I like to stand up straight and tall, drop my shoulders down, then take a deep breath," Denise says. "It's an easy, do-anywhere move that can really help."

**5 REMIND YOURSELF IT'S JUST A MOMENT.** You can get through it, it will pass, and chances are the situation is not as dire as it may seem at the time.

If you find yourself constantly feeling tense, anxious or stressed, you may want to reach out to a counselor for some talk therapy—it can do wonders. We all have good and bad days, and the more you care for yourself, the better you will feel!



# Better Sleep for a BETTER HEART

*Improve your heart health by  
getting more z's*

Getting a good night's sleep does more than give you the energy you need for the next day. It can also help reduce your risk of developing heart disease. The American Heart Association recently added getting healthy sleep to its list of behaviors essential to maintaining our cardiovascular health.

Many folks, however, are not getting the seven to nine hours of sleep recommended by the National Sleep Foundation. The organization's 2021 study found that 35% of adults are getting fewer than seven hours of sleep a night, and about 50% of all Americans admit to feeling drowsy during the day between three to seven hours a week.

Getting an ample amount of quality sleep gets even more difficult as we get older, explains Dr. Lee Surkin, a cardiologist specializing in sleep medicine and founder of the American Academy of Cardiovascular Sleep Medicine.

That means we don't achieve the other two stages of sleep: rapid eye movement (REM) and deep sleep. These two are especially important as they are integral to helping memory, processing emotion, recharging our batteries and regulating the immune system and metabolism.

*Fit Over 50* spoke to Dr. Surkin, who is also chief medical officer of Nexus Dental Systems and VirtuOx, Inc., about how to improve our sleeping habits. —Emily Tan

## QUALITY OVER QUANTITY

Even though experts strongly recommend getting seven to nine hours of sleep a night, it's not just about the number of hours you get—it's also about the *quality* of rest. So, how can you ensure that you're getting the z's you need when you go to bed?

First, try to make your room as dark, cool and quiet as possible. That means removing bright and distracting electronics—and yes, that includes your phone—from the bedroom. You'll also want to avoid eating a heavy meal or having too much nicotine, caffeine or alcohol before bedtime, as these things can disrupt your sleep. And try to keep to a consistent sleep schedule to the best of your ability. Getting your body accustomed to a specific bedtime and wake-up time will help your internal clock, or circadian rhythm, work with your body rather than against it.





## CONSIDER SLEEP APNEA AS A CAUSE



Sometimes there might be a bigger, underlying issue that is preventing you from sleeping well through the night. One of the major ones is sleep apnea.

Sleep apnea “usually happens when you’re starting to go into the deep stages of sleep,” Dr. Surkin says. “The muscles of your body are relaxing. Your batteries are recharging. Your airway muscles relax, and that increases the likelihood of the jaw and the tongue moving backward, obstructing the airway.”

When your airways are blocked, your brain goes into “survival mode” and sends adrenaline throughout your body, including your heart. Since your

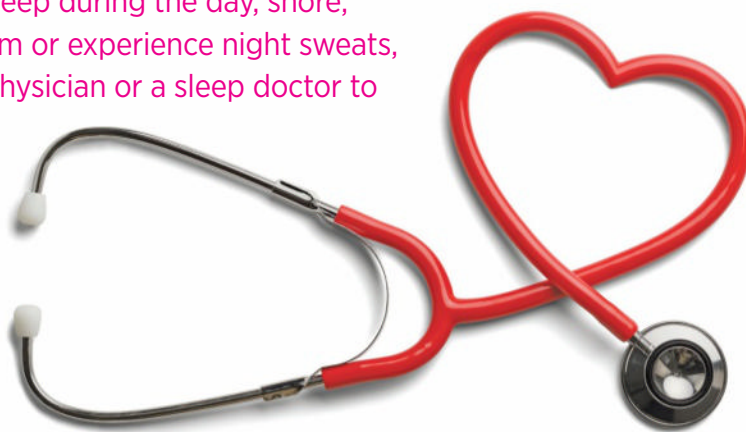
body was resting, your heartbeat had slowed down, but the adrenaline kicked it back into high gear. “So you have all these circulating stimulants, this adrenaline, that’s increasing your heart rate, increasing your blood pressure,” Dr. Surkin says. If this occurs multiple times every night, over the long term it can lead to a number of heart issues.

Sleep apnea currently affects 2% to 9% of the adult population, and the likelihood of developing it increases as we begin to age. “Our muscles atrophy, and those muscles include our airway muscles. You don’t have the same type of tone in those airway muscles when you’re asleep,” Dr. Surkin says.

## KEEP YOUR DOCTOR’S APPOINTMENTS UP TO DATE

Don’t miss your annual doctor’s appointments. It’s not just to ensure that you’re in the best health that you can be or that you’re following a heart-healthy diet. It’s also a chance to let your primary care physician know about anything that happens while you sleep.

“If you wake up feeling unrefreshed, sleep during the day, snore, wake up frequently to go to the bathroom or experience night sweats, you should seek out your primary care physician or a sleep doctor to get screened for sleep apnea. If you have insomnia, you should do the same,” says Dr. Surkin, who also advises against taking sleeping pills. “Sleeping pills are not good for your health.”







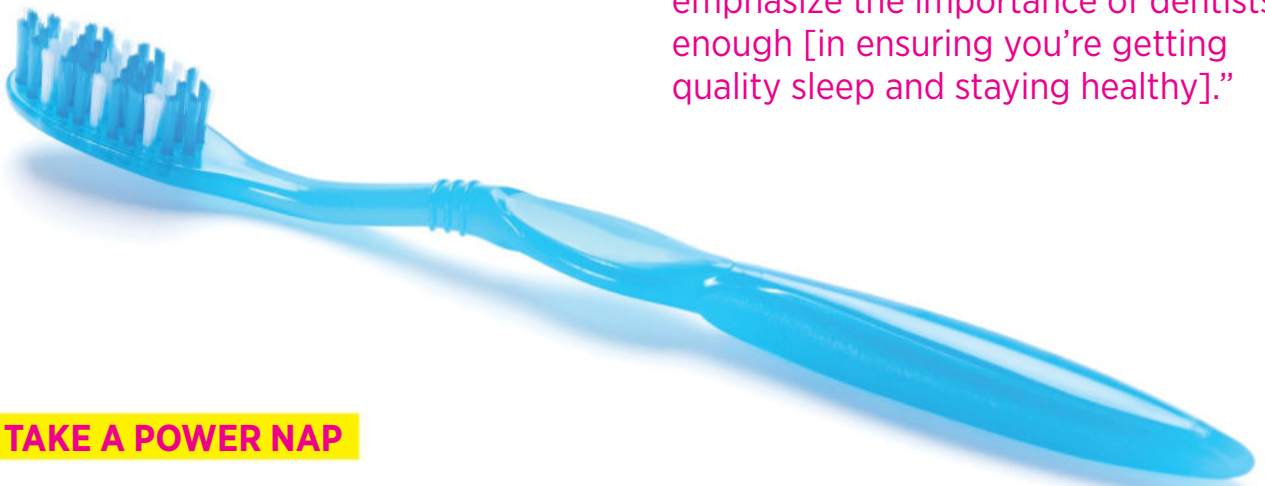


## DON'T FORGET ABOUT THE DENTIST

In 2017, the American Dental Association strongly advised dentists across the country to begin examining patients for signs of obstructive sleep apnea. Dr. Surkin points out the new recommendation because “people are more commonly, across the

United States, seen by their dentists than their own primary care provider.”

“Your dentist or hygienist should be asking questions about snoring and how you feel during the day,” Dr. Surkin adds. “The dentists work where sleep apnea occurs. I can’t emphasize the importance of dentists enough [in ensuring you’re getting quality sleep and staying healthy].”



## TAKE A POWER NAP

Naps can help supplement a night’s rest and can be healthy. However, Dr. Surkin explains, naps “should not exceed 45 minutes to an hour.” If the naps are longer than that, it can affect your body’s drive to fall asleep at bedtime. “You want the bulk of your sleep to be at night, and a refreshing power nap during the day has been shown to be beneficial,” he says.



# You Are What YOU EAT

*Did you know that food plays a role in your mood? Here's how and why*

**M**any of us are far too familiar with grabbing whatever food is on hand to eat while on the go. But a meal should be treated as more than just fuel. After all, what we eat is intimately linked to our physical and mental health. The emerging field of

nutritional psychiatry explores this link, and its research aims to support our overall well-being through food and lifestyle. Regularly incorporating some of this insight as you plan your meals could spark positive—and even delicious—results. —*Lian Parsons-Thomason*

## How and why does food impact our mood?

According to Healthline, one reason the food we eat affects our mood is that our gastrointestinal system is closely connected to our brains. The gut microbiome is responsible for sending chemical messages to our brains that help regulate sleep, pain, appetite, mood and emotion. Multiple studies have been conducted about this connection, and while there is still more to learn, the relationship is clear.

## What should I eat to improve my mood?

Eating right is important to maintaining your physical

health, as it nourishes your body and provides vital nutrients to keep you at your best. A meal built to boost your mood should include complex carbohydrates, lean protein and plenty of colorful fruits and vegetables. Sweet potatoes, oats, beans and quinoa are all examples of complex carbs that can increase the availability of serotonin in

your brain. Additionally, protein from fish, chicken, turkey and tofu have been linked to higher levels of dopamine and norepinephrine, both of which play a role in mood, motivation and concentration.

Including foods high in probiotics can also help keep that essential gut microbiome functioning—go for Greek







yogurt, kimchi, sauerkraut or kombucha.

And, of course, make sure you're drinking enough water to stay hydrated; even mild dehydration can negatively affect your mood and your cognitive functions.

Eating a well-balanced diet is not only about working toward this goal, it's also about not depriving yourself of enjoyment. Eat regularly, and eat enough throughout the day to keep you satiated and to maintain consistent blood sugar levels.

Sharing meals with friends and family can also help to foster connections as you enjoy the experience together, especially over a dish that is culturally significant or personally meaningful to you. Even if the meal is not as nutritionally dense as a kale salad with chicken breast, nourishing your soul over food with loved ones



is just as key to maintaining a good mood.

### What foods should I eat in moderation to take care of my mental health?

There are some foods that can leave you feeling tired or drained, or with uncomfortable sensations such as inflammation and bloating—none of which are conducive to a good mood. Note how you feel after consuming things like processed, sugar-sweetened beverages and prepackaged snacks. Foods that are high in trans fats can also negatively affect your emotions if consumed in excess.

Be careful of your caffeine intake as well—too much of



it can make some people feel jittery, wired or anxious, and consuming caffeine too late in the day is more likely to affect your ability to get a good night's sleep.

According to Healthline, alcohol intake is closely linked to mental health conditions and can exacerbate symptoms of depression, stress, anxiety and mood disorders, so try to limit consumption.

Eating mindfully and with intention can help you zero in on what is best for your body. Pay attention to how eating different foods makes you feel and cut back on those that impact you negatively. A well-balanced diet is about the long run, so enjoy the journey along the way.

## DENISE'S DO'S!

Practicing mindfulness can help you make better eating choices. For example, before you grab that bag of chips, check in with yourself: Are you actually hungry, or are you thirsty, bored or stressed? When you're eating, slow down so your brain can properly assess when you start feeling full. Focus on the flavor of the food, the smell, the texture—enjoy it! Finally, stop eating when you're full. Don't clean your plate if it leads to overeating.



# Sizzling SUMMER STYLES

## *Elevate your fashion game with these hot tips from Denise*

“One of my fashion mantras is that looking good is feeling good—and this is true for any age and body type! When you feel confident, you can accomplish anything, and sometimes that confidence comes from what you wear,” Denise says. “Whether it’s finding your own personal style, trying out new trends or upcycling your wardrobe and adding in some little updates, fashion should be fun!”

Here are some of Denise’s summer fashion secrets to help you find clothes that are flattering, comfortable and *très chic*!



“Summer means white jeans—one of my favorite summer styles!” Denise says. “White jeans or pants look polished, sexy and fun when you pair them with a simple top that is darker in color. Here, I take it up a notch with a shirt that slightly shows off my shoulders. Another tip on white jeans: Consider going up a size, as white jeans tend to look better when they are fitted but not too tight.”



"I love ruching—it's such a clever way to add interest to an outfit and camouflage any areas that need some work," Denise says. "This dress has ruching around the tummy area, which is perfect for anyone who wants a little extra coverage. Plus, the sexy spaghetti straps draw attention up and away from the midsection, showing off the sexy clavicle area us women all have!"



“It may be warm outside, but summer can also bring cold indoor AC,” Denise says. “I always like to take a little something to keep me warm if I need it, and I think a blazer is a perfect statement piece. I especially like pairing a blazer over a mindress—it not only takes it from day to evening but it makes the look more polished than a cardigan would. Plus, for those of us who are sensitive about our arms, it is a great way to look sexy while adding coverage. You can wear a blazer just over your shoulders, too.”





“It’s officially pool and beach season, so get those swimsuits out, ladies!” Denise says. If you’re self-conscious and want to disguise problem areas, opt for a one-piece swimsuit with a plunging neckline. One-pieces can be flattering on all body types since they create an elongating effect. You also get coverage in your tummy area while still showing off some skin.



“You don’t have to spend a lot of money to update your wardrobe,” Denise says. “Simply shop your closet for some fun accessories!”

A wide-brimmed hat (great for protecting your face from the sun’s UV rays, too!), some hoop earrings or a woven bag will draw attention for a fraction of replacing your clothes. Look for accessories you haven’t worn in a while and give them another whirl!



It's hot out, so you don't want to wear anything that's super formfitting or tight that may make you sweat and irritate your skin. To give off a carefree summer vibe, go for flowy clothing—like this patterned swim cover-up—when you're spending time outdoors. Fabrics such as a light cotton, chiffon, lace or crochet will keep you cool while still looking stylish.

# HAIR Essentials

*Keep your locks from getting fried this summer with these easy steps*

**W**e all know how important it is to slather on sunscreen to protect our skin from the sun's harsh ultraviolet (UV) rays. But did you know our hair needs the same kind of tender loving care, especially in the sweltering summer months? Summertime activities such as spending time outdoors

in the sun and swimming in chlorinated pools or salt water can do a number on our locks, leaving strands damaged, dry and brittle. The good news is there are a few simple steps you can take to protect your hair and keep it looking healthy and luscious—while still enjoying all things summer!

## THE SUN'S EFFECT ON OUR HAIR

According to the American Academy of Dermatology, like your skin, your hair can also experience UV damage from the sun, and if your hair is lighter in color, such as blond or gray, it could be even more susceptible. That's because light hair lacks melanin, a naturally protective pigment that guards against free radicals caused by UV light and their effects on the hair protein keratin. UV rays damage the proteins in hair, causing strands to become fried and frizzy.



## SWIMMING'S EFFECT ON OUR HAIR

It's necessary to add chlorine to swimming pools in order to kill bacteria such as salmonella and E. coli, as well as viruses and other germs, but the chemical can be terrible for your hair. That's because chlorine is known to dissolve the natural oils in our hair that protect and coat the hair shaft, which can lead to split ends and cuticle breakage.

If you have blond hair and spend a lot of time in the pool, you may also find your locks turning a shade of light green. That's a result of copper molecules in the water and chlorine binding to the protein in your hair shaft. Meanwhile, the salt in seawater can draw moisture out of your hair, leaving it dry.



LIFESTYLE



## CARING FOR YOUR HAIR

**But hey, you don't have to suffer from bad hair days this summer! Just follow these tips to keep your locks fresh and healthy.**

### **Wear a wide-brimmed hat.**

Not only will it cover your hair, it will also protect your scalp and ears from UV rays. If you can, avoid peak hours of sun exposure, from 10 a.m. to 2 p.m. If you must be out during those times, try to stay in the shade.

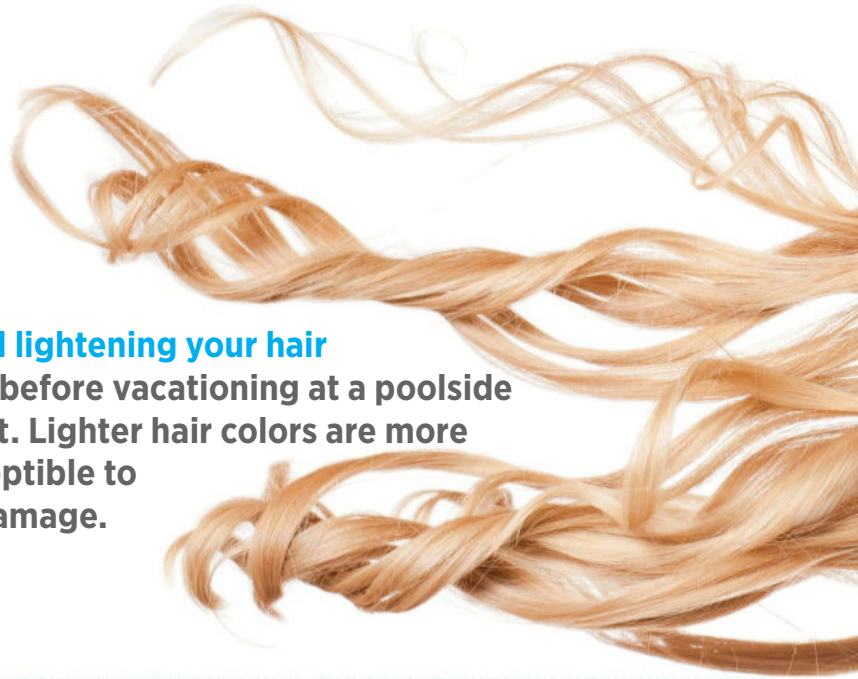


**USE SPF.** Find hair care products such as leave-in conditioners, sprays, gels or creams that have SPF. This will protect your hair from sun damage.



### **Avoid lightening your hair**

**right before vacationing at a poolside resort.** Lighter hair colors are more susceptible to UV damage.



**WEAR A SWIM CAP IN THE POOL.** If you're planning to spend a lot of time in the pool, wearing a swim cap can protect your hair from chlorine damage. If that's not comfortable for you, then apply a leave-in conditioner before you go in the water. This will prevent your hair from absorbing too many chemicals.

### **Rinse your hair right after swimming.**

Follow with a wash using a clarifying shampoo to clear away the chlorine or salt from your locks, then treat with a deep conditioner to restore moisture.



### **Put away the flat iron.**

Or at least give your hair a break from hot tools such as curling irons and blow dryers a few days a week, to help your strands retain much-needed moisture.

# Ask Denise

## How do I stop drinking soda?

This month's question comes from DeniseAustin.com member Silvia Marie, who asks: "How can I kick the soda drinking habit?" I'm so glad you asked!

We all love a little soda every once in a while, but it seems that we have been overdoing it. Soft drink cups just keep getting larger and larger! In fact, the U.S. represents the highest soda drinking per capita in the world. What is it doing to us? Two out of 3 adults and 1 in 3 children in the U.S. are overweight, and rising consumption of sugary drinks is a big contributing factor. By switching from soda to a healthier alternative,

you're making a huge change in your overall wellness and your waistline!

There are so many negative effects that soda has on our health. One can of cola has about 138 calories, which can add up to more than 150,000 calories per year if you consume three or more of them in a day. Drinking soda can add thousands of extra calories, sugar, sodium and caffeine—things you don't want too much of in your diet. Soda drinkers have an increased risk of obesity, diabetes, kidney stones, gout, tooth decay and osteoporosis. Soda drinking has also been linked to migraines. Children who drink soda

have a 60% increased risk of obesity and are 26% more likely to develop Type 2 diabetes.

You can kick the habit and set a healthy standard by upping your intake of water. We need it, but let's love it! Staying hydrated is essential to staying healthy. Because the body is made up mostly of water, it just makes great sense to replenish it with fresh H<sub>2</sub>O instead of sugary sodas or fruit juices.

Try sprucing up the taste of water with some of these alternatives:

- 1. Add a squeeze of citrus** such as lemon, lime, tangerine or my favorite—orange!
- 2. Try sparkling water.** It's OK to have a little bubbly water, but avoid anything with sugar substitutes, flavoring or too much sodium.
- 3. Throw some fresh fruit and herbs** into your water. It's so refreshing and yummy. Try peaches and basil together!
- 4. Drink green tea.** It's good for you and an excellent replacement for soda! Green tea is my favorite afternoon pick-me-up.

With so many healthy options and a little creativity, you can kick the soda habit. This small change can make a huge difference in your life. You are worth it!

### BONUS!



Scan here for  
more lifestyle tips  
and advice  
from Denise.



# DENISE'S DO'S!

Here's a quick recap of Denise's pro tips and fast facts from this issue!

## FITNESS DO'S

**Page 11:** Pick a time of day that you're going to exercise and stick with it. This way it becomes part of your schedule and makes you feel more committed. It's like an oath to yourself that you won't want to break. "Without some planning, your day can easily get away from you," Denise says. "That's why I get up early enough to squeeze in a good stretching session and a workout in the morning. Then it's done and I feel great all day!"

**Page 21:** Denise finds that music is one key motivator for her when it comes to exercising, and she loves to blast her favorite upbeat tunes while she's breaking a sweat. Here's another tip: Upload new songs to your smartphone but only allow yourself to listen to them when you work out. It'll give you something to look forward to.

### DID YOU KNOW?

HIIT can reduce blood pressure as much as traditional, continual endurance training in adults with high blood pressure.

## NUTRITION DO'S

**Page 41:** Make healthy foods look more appetizing, and thus more satisfying. Instead of eating yogurt out of the container, put it in a bowl and alternate layers of yogurt and fruit. Or make fish and veggies more appealing by adding a garnish of lemon, mint or parsley. After all, we eat with our eyes first!

### DID YOU KNOW?

According to research, the curcuminoids (anti-inflammatory compounds) in turmeric may help reduce the risk of Type 2 diabetes.

**Bonus!** Don't deprive yourself! Practice the 80/20 rule in your diet. Eat healthy 80% of the time, but allow yourself to indulge on occasion. Not depriving yourself of treats that you love will make it easier for you to stay on a healthy track long term—which is what is important. Consistency is key!

## LIFESTYLE DO'S

**Page 73:** Learn your family history of heart disease. The more you know, the more you can take those healthy, preventive steps. Also, visit your doctor to get your cholesterol and blood pressure checked each year. To learn more about heart disease, visit the American Heart Association's website at [heart.org](http://heart.org).

**Page 85:** Practicing mindfulness can help you make better eating choices. For example, before you grab that bag of chips, check in with yourself: Are you actually hungry, or are you thirsty, bored or stressed? When you're eating, slow down so your brain can properly assess when you start feeling full. Focus on the flavor of the food, the smell, the texture—enjoy it! Finally, stop eating when you're full. Don't clean your plate if it leads to overeating.

### DID YOU KNOW?

Nearly half of all Americans have at least 1 in 3 key risk factors for heart disease: high blood pressure, high cholesterol and a smoking habit.

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