

IMPORTANT NOTICE:
Our Thanksgiving Holiday Schedule!

Please be advised that we will be closed from November 23rd to November 25th. We'll be back to serve you with smiling faces on Monday, November 27th!



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ROCK STAR RICK SPRINGFIELD'S FOUNTAIN OF YOUTH

The Power of Fitness and Good Nutrition at Any Age

He's how old? Rick Springfield continues to shock the world with just how incredible he looks at the age of 73! The '80s rock star and "Jessie's Girl" singer has recently released a new album, "Automatic," and has shown that he still keeps up with his healthy lifestyle. So, what's Springfield's secret to a toned body at his age?

The musician revealed the not-so-secret key to his excellent health: daily exercise and a nutritious diet. Springfield recently explained, "I work out every day. I just got a trainer and have been working with him. Basically, I watch what I eat, and I try and stay active." Sounds simple, right?

Springfield was a proud vegan in the past but has now shifted to a pescatarian diet. Despite feeling healthy, many people around him stated that the

singer looked unhealthy and too thin. "A friend of mine came up to me and said, 'Are you okay?' I got so thin. So I had to put fish back in [for protein]."

He also made it clear that he is in no way a home cook, but his wife is the one who keeps him well-fed! Springfield shared that he is extremely grateful for his wife, Barbara Porter, who loves cooking and always comes up with the best recipes for him.

Apparently, the singer was never that great in the kitchen! He said, "When I was a bachelor, I'd make a big pot of brown rice, chop up an onion and put that in the rice with a can of tuna. I'd have that, a baked potato and salad, and live off that for a month. Barbara comes up with these incredible things. She loves cooking."



While Springfield may have a personal trainer and talented spouse, we can all still learn from his dedication to his body and health. Ultimately, a healthy diet and exercise routine is the simplest (but not the easiest) way to our best health!



I Convinced My Husband to Try Ballroom Dancing – With Magical Results!

DO YOU WANT TO GO NEXT?

I finally did it: After 20 years of begging, I convinced my husband, Rich, to come to a dance class with me. I still can't believe he caved. The first night, we pulled up to Fred Astaire Dance Studios, I had to pinch myself to make sure the building was real.

I've loved dancing for as long as I can remember – but Rich, not so much. When I was a little girl back in the Philippines, I was in a dance troupe and even entered the Little Miss Philippines contest (part of the popular "Eat Bulaga!" variety show). I danced for the talent portion of my audition, and I made it all the way to the final when I was 8 years old.

I wanted to take ballet and gymnastics in the Philippines, too, but I was so little back then that my mom worried I would hurt myself (or be trampled by the other kids). Luckily, I grew up! I tried country line dancing while I was a broke college student, then joined a competitive Bollywood dance team. After that, I experimented with aerial acrobatics, dance yoga, and silks.

I even got both of my kids into dancing. Katie and Matthew competed in hip-hop, ballet, jazz, lyrical, contemporary, and Broadway/theater dance, and Matthew also did tap. Matthew eventually quit dancing for baseball, but Katie is still involved in the sport as an assistant dance director at Maximum Performance Dance.

Rich was the last holdout in the family. He was convinced that dancing couldn't be fun – until I dragged him to Fred Astaire, where he finally tried ballroom dancing!

At first, we were a little awkward on the dance floor (I kept getting in trouble for trying to lead him when I was supposed to follow), but eventually, we got the hang of it. Now, a few months later, Rich goes to ballroom classes even more often than I do. He dances at Fred Astaire twice a week and really enjoys it. Since he's a scientist, it probably helps that I told him dancing is good for his brain.

According to recent research, dancing can change the structure and function of your brain for the better! It can literally grow your hippocampus and increase your amount of gray matter, leading to better memory and focus. It also improves neuroplasticity – your brain's ability to change, adapt, and recover from damage.

Of course, dancing is great for your body, too. Harvard Health says dancing "builds muscle and bone, reduces fat, increases aerobic capacity, lowers blood pressure, and improves the ratio of 'good' to 'bad' cholesterol." On top of all those health benefits, dancing also puts me in a better mood.

When it's my turn to name something I'm thankful for this Thanksgiving, I plan to say I'm thankful for dance. I'm grateful Rich finally caved and that I've had the opportunity to explore such a fun art form. Dance has enriched my life in ways I never predicted, and this holiday season, I want to give that same gift to you.

Simply scan the QR code on this page to visit our Facebook community, where you'll find a post about my gratitude for dance. Comment on that post and share the reasons why dancing holds a special place in your heart to win a free package of Fred Astaire dance classes! The lucky winner will be announced in January 2024, so don't wait! Visit our Facebook page, comment on our dance post, and let your gratitude for dance shine through!



To your great smiles and better health,

Walk Your Way to Better Digestion

We all know the after-lunch slump leaves us counting the minutes to our next nap. But research shows that sleeping or lying down after eating isn't the best for health (no matter how good it feels). When you do this, you're not allowing your body the time it needs to digest your food properly, and you may experience various digestive issues, such as acid reflux and heartburn. *So, is walking the best activity to do after eating?*



The answer is yes! Walking is a light movement that can help your food move through your stomach and intestines, making digestion smoother. Not only can walking help improve your digestion after eating, but this simple exercise can also bring many other benefits. Just a few include:

- Regulating blood sugar levels
- Boosting your mood
- Managing blood pressure
- Improving sleep quality
- Reducing the risk of heart disease

Of course, regular exercise improves your overall health significantly, even if it's just a quick walk around the neighborhood!

The Post-Meal Walk: When and how long is best?

You gain the most digestive benefits if you walk right after eating. Waiting too long afterward may only minimally aid your digestive process. Be sure to get moving as soon after your meal as possible!

As for frequency, ideally, you should go for a stroll after every meal. However, to get started, try going for a walk after dinner. You can increase your number of walks as you get accustomed to the exercise.

Ten minutes is all you need to reap the benefits of walking after eating. While you can walk longer if you'd like, 10 minutes is doable even with a busy schedule. Plus, if you walk for 10 minutes after every meal, that's 30 minutes of exercise daily! Take your dog with you or stroll with your headphones, listening to your favorite podcast. How you walk is up to you, but no matter what, you're doing your mind and body a huge favor!

PODCAST WISDOM:

Lifelong Learning Potential

You're never too old to learn something new! There are plenty of debunked myths floating around about the brain's ability to absorb information as we age, but the truth is, learning in every phase of life is incredible for your mind.

We keep our cognitive skills sharp as we age when we continue learning new information and skills. So, what's the easiest way to passively learn something new? Tune in to one of these podcasts and continue with your day! Podcasts from experts can provide you with a plethora of compelling information to keep your brain strong.

'Ologies'

Witty and endlessly informative, "Ologies" is hosted by Alie Ward, a science correspondent with all the humor you need to keep coming back for more. Ward interviews experts

and "-ologists" and asks them not-so-average questions. The information and insight you receive is easily digestible and entertaining. With over 340 episodes at your disposal on most streaming platforms like Apple and Spotify, "Ologies" can keep you listening for a long time!

'You're Wrong About'

The first step to understanding the world around you is to consider the possibility that everything you know may not be true. That's where "You're Wrong About" comes in! Host and journalist Sarah Marshall dives into different historical figures and events falsely covered by the traditional media. From Sinead O'Connor to Bonnie and Clyde, Sarah meets with various experts to go through the cold hard facts and what you likely didn't know about these people. Start

listening to one of over 200 episodes and learn everything you never knew!

'Maintenance Phase'

With social media and so-called health gurus everywhere, it can be challenging to know what health advice is factual or safe. "Maintenance Phase" debunks all the diet fads, fitness myths, and trendy health gimmicks to keep you informed. With the help of hosts Michael Hobbes and Aubrey Gordon, you learn the actual science behind your body's health and discover what is true and what is simply trending.

With plenty of podcasts at your fingertips, these three are exceptionally entertaining and informative. Put your headphones on and clean up the house, or drive your daily commute with one of these podcasts to keep your brain in tip-top shape!



Coffee Conundrum: Could Your Morning Brew Harm Your Health?

Millions of Americans start their morning with a piping hot cup of coffee. There's nothing like the familiar smell, comforting warmth, and hit of caffeine to get you ready for the day. But could this common habit actually harm our bodies? For some people, consuming caffeine on an empty stomach could cause unpleasant side effects.

No definitive data suggests drinking coffee before breakfast will negatively impact you in the long term. Only limited research exists on the matter, and the results are inconclusive. However, some people anecdotally report feeling worse if they drink coffee on an empty stomach, and nutritionists and dietitians believe certain people may be more susceptible to adverse side effects.

People with digestive problems should be the most cautious about their morning cup of coffee. Coffee stimulates acid production in the stomach, particularly when it's otherwise empty. That's not a big deal for most people, but it can be for those with gastroesophageal reflux disease (GERD) or

who are prone to acid reflux or heartburn. Coffee before food may make symptoms worse.

Those with irritable bowel syndrome (IBS) might also beware. Scientists have long known that coffee stimulates our colon muscles and can help people have bowel movements. Some consider it a bonus, but IBS patients are already prone to diarrhea. Coffee causes increased cramping for some, and the effect can be more noticeable on an empty stomach.

Coffee can also affect us emotionally. The beverage gives some people jitters, particularly without food. Research indicates the effect is more pronounced in people with anxiety disorders, possibly because jitters mimic anxiety symptoms. Some studies suggest consuming coffee with food decreases the concentration of caffeine in our bodies and makes the effect less likely.

Ultimately, whether you should rethink drinking coffee on an empty stomach is up to you. People suffering from GERD, IBS, or anxiety should consider whether their liquid pick-me-up worsens their symptoms. The current research suggests that consuming coffee before food is probably fine for most other people, but it's always wise to listen to your body for cues. If you feel less than your best after your morning coffee, see whether a change in routine improves the situation.

TAKE A BREAK!



STUFFED PEPPER SOUP

Inspired by TasteOfHome.com

INGREDIENTS

- 2 lbs ground beef
- 1/4 cup packed brown sugar
- 6 cups water
- 2 tsp salt
- 1 28-oz can tomato sauce
- 2 tsp beef bouillon granules
- 1 28-oz can diced tomatoes, undrained
- 1 tsp black pepper
- 2 cups cooked long-grain rice
- 2 cups chopped green peppers
- Chopped fresh parsley (optional)

DIRECTIONS

1. In a Dutch oven over medium heat, cook beef until no longer pink, breaking it into crumbles; drain. Add beef back to the pot and stir in all ingredients except the cooked rice. Bring to a boil.
2. Reduce heat. Simmer uncovered until peppers are tender, about 30 minutes.
3. Add cooked rice and simmer, uncovered, for about 10 minutes. If desired, sprinkle with chopped fresh parsley.