

Healthy HEART

TRENDS IN HEALTH & WELLNESS

DECEMBER 2012



Give the Gift of Good Health with These Nifty Ideas.

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The holiday season can be a great time to kick-start healthy activity habits. And what could be more motivating than fun new stuff? Good for novices to veterans, here are active gift ideas to add to your own wish list or slip under the tree for someone you love.

- Gym clothes - We've come a long way from the old T-shirt and shorts combo. New lightweight, super absorbent and comfortable workout wear is good for any exerciser, beginner or experienced. If you aren't sure of their style, get gift cards. Lululemon has styles for him and her; Under Armour compression gear is excellent for cold weather training.
- Exercise ball - The days of slouching in your chair are over. Using an exercise ball at your desk in your home office or at work is an excellent way to maintain good posture with some core exercise. Add back support with this Fit-Chair add-on.
- Hydration kit - Drinking enough water during any workout is important. Especially for outdoor activity, you want easy to carry, accessible, and lightweight options.
 - CamelBak and hydration belts are two stylish and easy to wear hydration kits.
- Electronics - There are a plethora of training aids out there. Best options depend on your activities of choice.
 - Heart rate monitor - Whether you're a beginner or advanced, exercising at the proper intensity is the safest way to get the most of your workout. Monitors come in a variety of brands and styles, so do your research to find the best fit.

- Exercise trackers - The options range from pedometers to more complex watch-like monitors that use GPS to track your distance, activities and calories. The Nike+ series, for example, include a variety of training aids. An added bonus of exercise trackers is the real time feedback that estimates how much energy you have expended in a day.
- For those who enjoy swimming, Garmin Swim has an option to keep you motivated and help you improve your workout lap-by-lap.
- Home gym gear – Not everyone wants to go to a club to work out in public, but equipping your house with pricey cardio and weight machines may not be an option. Here are some economical ways to bring fitness home:
 - Kettle bells: Kettle bells come in a variety of weights and can be used in different ways to get a complete body workout. Add a workout guide for all levels.
 - Resistance bands: Excellent for upper and lower body exercises, resistance bands are simple to use – and you don't need much space. Check out these training guides if you are looking for robust at-home workouts.

Each of these gift ideas come in a variety of different styles and brands, so use this guide as a starting point to explore the range.

Before starting any physical activity routine, please check with your healthcare provider.

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Carrot Apple Soup

Makes 10 cups (2.5L) | Prep Time: 20mins | Cook Time: 45mins | Total Time: 1 hour 5mins

This easy soup matches sweet carrots and tangy apples. Serve with a sandwich or salad to keep you satisfied longer.

Ingredients

- 1 tbsp (15 mL) canola oil
- 6 carrots (about 1 1/4 lb/625 g), chopped
- 1 large onion, chopped
- 1 tbsp (15 mL) mild curry powder or paste
- 1 cup (250 mL) brown or green lentils
- 2 tsp (10 mL) dried thyme leaves
- 4 cloves garlic, minced
- 4 cups (1 L) water
- 2 cups (500 mL) sodium reduced vegetable broth
- 2 empire, golden delicious or cortland apples, cored and chopped
- Hot pepper sauce (optional)



Directions

1. In a soup pot, heat oil over medium heat and cook carrots, onion and curry powder for about 5 minutes or until onion softens.
2. Stir in lentils, thyme and garlic. Pour in water and broth; bring to a boil. Reduce heat; cover and let simmer for 20 minutes. Add chopped apples and simmer for about 20 minutes or until lentils and carrots are tender.
3. Puree soup in blender or food processor in batches until smooth and return to a clean pot. Heat through and stir in hot pepper sauce to taste if using.

Tip: This soup freezes well in an airtight container for up to 2 weeks.

Nutritional Info Per serving: 124 calories; 6g protein; 2g total fat; 0g saturated fat; 53g fibre; 128mg sodium

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