Hybee D 22



GET RIPPED MORE THAN JUST A SIX-PACK PAGE 52

ACHIEVE YOUR 2018 RESOLUTIONS PAGE 40



PAGE 70

JANUARY 2018 \$4.95 FREE IN-STORE



JANUARY ISSUE

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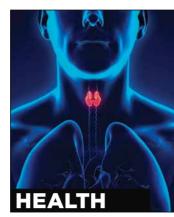


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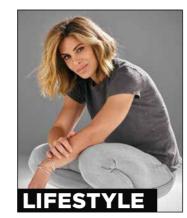
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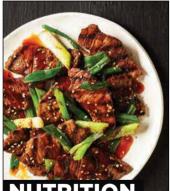
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NEW YOU Celebrate a clean slate and get lean in 2018.

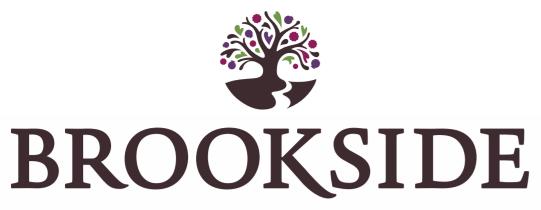
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HEALTHIER NEW YEAR

7



DARK CHOCOLATE

Taste the many sides of BROOKSIDE. Exotic fruit flavors inside, smooth dark chocolate outside. There's something for all your sides.



BROOKSIDE for all your SIDES.

VOL. 2 ISSUE 1 JANUARY





select varieties 5 to 7 oz. 2/\$7.00

JOHN GRIESENBROCK VICE PRESIDENT

PRODUCE/HEALTHMARKET HY-VEE, INC.

As the vice president of produce, John Griesenbrock is more than familiar with the phrase "an apple a day keeps the doctor away." John, along with more than 200 Hy-Vee dietitians, is excited to help consumers of all ages find great deals and answer questions about living a healthier lifestyle in the new year.



A new year is a new beginning. If you think it's time to exercise more or make changes to your diet, now is the perfect time. In fact, you've already taken a step in the right direction by picking up this issue of Hy-Vee Balance. When making a commitment to live healthier, it's important to enjoy the work it takes instead of turning it into a chore or trying to live up to a self-imposed expectation. When I start to talk myself out of going to the gym, I remember to focus on activities I enjoy, like swimming, walking, rowing or playing tennis with a friend.

Goals are easier to achieve when you have inspiration. I want to set a good example for my kids when it comes to living a healthy lifestyle so they'll be inspired to do the same. I do so by using healthier ingredients and discussing the right vitamins and supplements to use. My hope is that you find inspiration in Hy-Vee Balance on every page.

Change can be daunting, but don't be afraid to tackle whatever's holding you back. I reduced my coffee intake and now drink two glasses of water before going to work to stay hydrated. If you, too, find yourself caving to caffeine cravings, turn to page 11 and learn about alternatives. Looking for the skinny on that new diet? Check out "Food for Thought" on page 78 for a recap of some of America's top-trending diets.

No matter your goals or resolutions for the new year, do what's right for you, and have fun doing it!

We asked our editorial contributors: What is your favorite sport to watch in the Winter Olympics?

NUTRITION

Kimberly Proctor, RD, LD Hy-Vee Dietitian, Cedar Rapids, IA #6 My favorite winter sport to watch is figure skating!

NUTRITION

Kelly Weiss, RD, LD Hy-Vee Dietitian, Cottage Grove, MN Figure skating, because it is a beautiful sport to watch. The speed and accuracy of the skaters while looking perfectly graceful is amazing.

- Retail Dietetics NUTRITION Figure skating!

NUTRITION

FITNESS

Daira Driftmier,

Julie McMillin, RD, LD

Assistant Vice President,

Bobsledding for two reasons: It's a team effort of

hard work and precision at a fast pace. And I grew

up in Jamaica...lowa. The Jamaican Bobsled team

caught national and our little town's attention!

Ski Jumping. You don't want to watch,

but at the same time you can't look away.

Deana Preble, RDN, CD PHARMACY Hy-Vee Dietitian, Madison, WI My favorite Winter Olympic sport to Angie Nelson, watch is hockey. It's so exciting Group Vice President, and fast paced! Retail Pharmacy

HEALTH

Teck Khoo, MD Endocrinology, Diabetes & Metabolism Specialist Mercy Medical Center, Des Moines Figure skating!

Personal Trainer and FITNESS Hy-Vee KidsFit Director

Andrea Short, Health and Physical Activity Skills Coordinator, University of Iowa I used to snowboard a lot, but not in Iowa anymore! So I would say snowboarding, because it's very stunt-like and I like to see how it's progressed.

Hy-Vee Balance is a product of Hy-Vee, covering health and wellness issues; featuring Hy-Vee products, services and offers, and advertisements from suppliers of Hy-Vee.

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Hy-Vee Balance recipes are tested by test kitchen food technologists to guarantee that they are reliable, easy to follow and good tasting.





Kellogg's Special K Cereal: select varieties 16.9 or 18 oz. \$3.97



Kellogg's Special K Cereal: select varieties 10.8 to 13.1 oz. \$2.99



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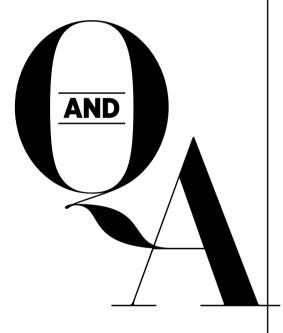
I AM STRONG

Feed your strength with the confident choice of **Special K**[®].



Julie McMillin, RD, LD

MEET THE HY-VEE DIETITIAN: Julie is a Registered Dietitian and the Assistant Vice President of Retail Dietetics for Hy-Vee. She loves a hot cup of coffee, but her New Year's resolution is to cut back.



Q: How can we improve our energy levels?

A: Start with a balanced diet full of fruits, veggies, whole grains and protein. Fruits and veggies help you load up on B vitamins, essential for energy production, while protein helps you hold on to that energy. Switching to whole grains will help keep blood sugars stable. Avoid refined sugars; they cause a fast spike in blood sugars and then a rapid decline, leaving you exhausted.

Q: Are there any supplements for improving energy?

A: Magnesium is required for over 300 reactions in your body, so even a slight deficiency can cause major fatigue. Additionally, as your exposure to the sun lessens in the winter, so does vitamin D absorption, which can cause you to feel drained. Open your blinds in the winter, sit by the window or even take a quick walk to the mailbox. If you are still fatigued, ask your Hy-Vee dietitian or pharmacist for help finding a supplement.

Q: What is a healthy amount of caffeine per day?

FULLY CHARGED

A: Most health experts will agree that up to 400 mg per day is safe for the average adult. However, expecting mothers and kids should limit their caffeine intake. An 8-oz. cup of coffee contains around 100 mg of caffeine, while a 12-oz. soda contains about 50 mg.

Q: What are some tips for a healthy intake of caffeine?

A: Most people consume their caffeine in beverages. Watch out for empty calories that may also come with your pick-me-up. Try a latte. The milk will add a protein boost to your coffee.

Q: Is there a good way to beat the afternoon slump?

A: Always start your day with a good breakfast. Heading into lunch too hungry will lead to overeating and an inevitable afternoon crash. Stay hydrated, and snack when needed.

Q: What impact can working out play on energy levels?

A: Exercise pumps blood to the frontal portion of your brain. This leads to a rush of energy that usually lasts up to two hours.

Q: How can we fuel up for a workout or recharge after a workout?

A: Eat whole foods instead of sugary treats, and eat more protein, which digests slowly and will help you feel full longer. Also fill up on whole grains with plenty of fiber, which will give you the prolonged energy your body needs.

Continues on page 11 >>



IT'S A MOUTHFUL

Odwalla Juice or Protein Shake: select varieties 15.2 fl. oz. 2/\$4.00





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ENERGY BOOSTERS

5

WATER plays a major role in your energy, as dehydration can lead to feelings of fatigue.

affects muscles and energyoften lacking in the winter, when you're less likely to be in outdoors.

FISH contains

omega-3

fatty acids that provide

the body with a boost

in energy and

help you focus

vitamin D, which

DAIRY MILK has

ALMONDS have

protein and magnesium; a handful is a smart choice for an afternoon snack.

3

2

CHIA SEEDS pack B vitamins, fiber and protein, all beneficial for maintaining energy.



FEELING DRAINED? THESE SNACK **BITES PACK A PUNCH OF ENERGY** AND ARE A GREAT PICK FOR ATHLETES, KIDS ON THE GO OR THOSE WHO TEND TO SKIP MEALS. LOOK FOR A **VARIETY OF FLAVORS** AT YOUR LOCAL HY-VEE.

Sources: https://www.hsph.harvard.edu/news/multimedia-article/facts/ https://medlineplus.gov/vitamind.html https://ods.od.nih.gov/factsheets/VitaminD-HealthProfe

THE UNITED STATES POPULATION SPENDS INTERICANS DRINK ABOUT AN AVERAGE OF OUR SPENDS CLOSE OF OF OF OFFICIENCE AND OFFICIENCE A



HARRISON BARNES

• Forward, Dallas Mavericks

- 2015 NBA Champion
- Olympic Gold Medalist

EDIBLE ENERGY

Barnes largely credits his growth on the court to the alterations he's made in his diet. "Whether it's chicken and vegetables as opposed to chicken Parmesan with a ton of lasagna on the side," Barnes says. "Little things like that, I think, really do make a difference.'

Barnes added nutrient-dense wheatgrass shots to keep his energy up throughout the day.

like Harrison Barnes

UP AND AT 'EM

With 82 regular season games, Barnes' mornings tend to vary, but he prefers an 8 a.m. wake-up call to meet the demands of professional basketball. In the off-season, he starts off with early morning weight sessions before getting in light skills work on the court.

> In his first season with the Mays, Barnes led the team in points-per-game.

FROSTY FORWARD

Barnes finishes his morning workouts with an ice bath to boost physical recovery and devotions for mental focus. "Not every day goes as planned," Barnes says. "For me it just puts everything in perspective."

"A lot of people don't take their diet seriously," Barnes says. "Some players feel like, 'Look, l'm young. I can go to McDonald's and get whatever I want and can come out and score a lot of points because I'm high-energy.' But if you can do that when you're not eating well, imagine if you had a better diet. I think it's a bunch of those things tied together that really makes a difference."







select varieties 8.8 oz. 2/\$6.00

Ζ

IN ADDITION TO HELPING HIS TEAM WIN ON THE COURT, Barnes plays an active role in helping others through the Hy-Vee One Step program, and you can join him. Buy any branded One Step product, like water, potatoes or paper towels, and a portion of your proceeds will go toward planting trees, community gardens that feed local communities and clean water projects in Africa.





Nabisco 100 Calorie Packs: select varieties 4.86 oz. 2/\$5.00



Nabisco Fig Newtons: select varieties 10 oz. \$2.99



belVita Value Pack: select varieties 14.08 or 21.12 oz. \$5.99

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Bolthouse Farms Juice: select varieties 52 fl. oz. \$5.88



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Goldfish Made with Organic Wheat: select varieties 8 to 14.5 oz. 2/\$6.00

Total Time 25 minutes plus marinating time | Serves 4

1 lb. boneless beef sirloin steak 2 Tbsp. chili garlic sauce

1 Tbsp. Hy-Vee light soy sauce

- 1 Tbsp. hoisin sauce
- 1 Tbsp. minced fresh garlic
- 1½ tsp. grated fresh ginger
- 1½ tsp. packed Hy-Vee dark brown sugar Hy-Vee nonstick cooking spray
- 3 green onions, trimmed
- 1/2 to 3/4 cup Hy-Vee reduced-sodium
- beef broth
- 1½ tsp. Hy-Vee cornstarch
- 1 Tbsp. water
- 2 tsp. sesame oil
- 2 cups cooked Hy-Vee instant brown rice, optional
- Roasted white sesame seeds, for garnish

1. TRIM fat from steak. Thinly slice steak across the grain into bite-size strips. Whisk together chili garlic sauce, soy sauce, hoisin sauce, garlic, ginger and brown sugar in a medium bowl. Add steak strips; toss to coat. Cover and refrigerate 1 hour.

2. COAT a grill pan with cooking spray and heat over high heat. Add green onions and cook 1 minute or until tops begin to wilt. Remove to a cutting board. When cool enough to handle, cut into 1-in, pieces: set aside.

3. DRAIN steak strips; reserve marinade. Cook half of the steak strips in the grill pan over medium-high heat 1 minute per side or until grill marks form. Remove steak strips from pan and repeat with remaining strips. Set steak strips aside and keep warm.

4. PLACE reserved marinade and enough beef broth to make 1 cup in a saucepan. Bring to boiling; reduce heat. Simmer, uncovered, until liquid is reduced to 3/3 cup. Combine cornstarch and water: stir into reduced mixture until thickened and bubbly. Stir in sesame oil.

5. SERVE steak strips and green onions with sauce over rice, if desired. Garnish with sesame seeds.

Per serving: 280 calories, 17 g fat, 6 g saturated fat, 0 g trans fat, 85 mg cholesterol, 460 mg sodium, 8 g carbohydrates, 0 g fiber, 5 g sugar, 24 g protein

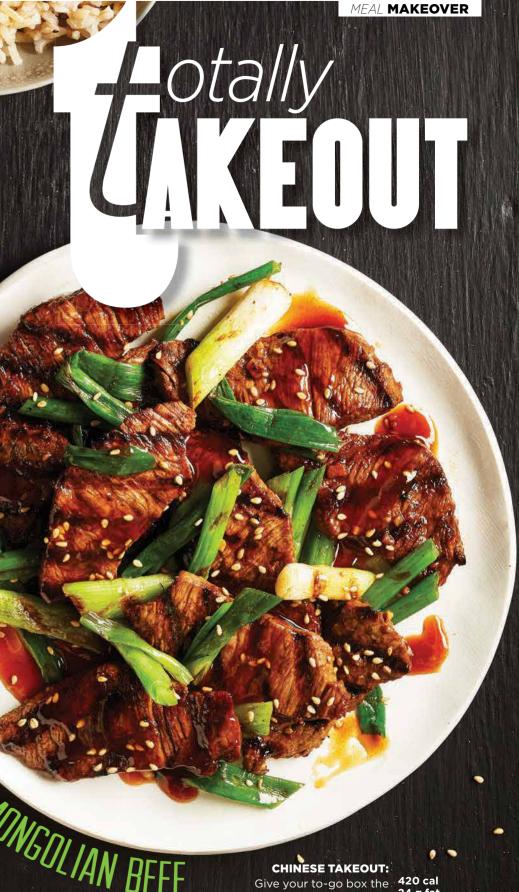


FARMS

Amazing Mango[®]

Bolthouse Farms Juice:

select varieties 32 fl. oz. \$3.99



shakedown. Compare the stats of this popular takeout with our recipe, *left.* **24 g fat 22 g carbs 31 g protein 1,870 mg sodium**



BE A QUITTER THIS YEAR AND KICK **CIGARETTES TO THE CURB! SIGN UP FOR HY-VEE'S QUIT FOR GOOD PROGRAM FOR** SUPPORT.

HuVee SMOKING CESSATION PROGRAM

Q. How can Hy-Vee customers enroll? The Quit for Good Α.

program takes place at Hy-Vee stores. Ask your local Hy-Vee pharmacist when the next class is offered near you.

What is the goal of the Hy-Vee Quit for **Good Program?**

C. Everett Koop, former A. U.S. surgeon general, made this declaration: "Smoking is the chief, single, avoidable cause of death in our society and the most important public health issue of our time." The goal of the Quit for Good program is to help participants fight the dangerous habit of smoking.

What services does the program offer? The program consists

A of a six-session class, provided by a Hv-Vee pharmacist, as well as access to a dietitian. Most importantly, it provides support participants can use to auit for good.

- Live longer
 - Decrease chance of illness
- Increase chances of a healthy pregnancy
- Lower cholesterol
- Improve vitals

()How much does the program cost?

The cost of the program is \$150 per participant. Some employers will pay for the enrollment fee or reimburse their employees. Participants' investment in the class can be recovered auickly once they no longer have the expense of cigarettes and other tobacco products.

Are products available at the **Hy-Vee Pharmacy** to help someone quit smoking?

Q.

Nicotine gum, patches A and even some prescription products can and may be used in conjunction with the Quit for Good program to help individuals quit.

- Save money
- Improve breath and appearance
- Restore vision
- Prevent heart disease
- Stop lung damage

START THE YEAR WITH BETTER* WATER



Filters 10x Faster**

*compared to tap water **vs. market-leading pitcher system

Natural Solutions for BEAUTY — from the Inside Out —



Burt's Bees Protein Powder: vanilla or chocolate 18 or 19 oz. \$29.99

Contraction of the second

Burt's Bees Lip Gloss, Lipstick, Lip Crayon or Lip Oil: select varieties \$6.99

Place the sole of your foot on top of a foam roller. Move foot back and forth, allowing the roller to massage the whole sole To increase pressure, slowly press your sole into the roller.

foam

roll

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workouts

Bookend

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C

oam Roller Moves

improve flexibility

and

l rehab re BODY BOOTCAMP

2 > CALVES

From a seated position, place a foam roller under your calves. Lift rear and gradually massage all sides of the calf muscles, using hands to move. To increase pressure, cross ankles and shift weight to either side.

3 ← GLUTES

Carefully sit on a foam roller with legs stretched out, bracing with both arms from behind. Slowly move up and down the muscle. To increase pressure, cross ankles and tilt to either side as you gradually massage all sides of the glutes.

4 → MIDSECTION/ UPPER BODY

From a seated position, place a foam roller horizontally under your lower back. Lift rear and gradually roll back and forth. To increase pressure, lean to eithe side. Cross non-weight bearing leg over the grounded leg

FOOT

5 < GROIN

Lie facedown with forearms bent and one leg at a right angle, on top of the foam roller. Gradually shift



> Bursting with flavor, this satisfying low-calorie citrus snack packs essential nutrients that benefit the body by boosting the immune system, fighting cancer, reducing risk of stroke and improving skin health.



Thinly slice off both ends. Cut off peel and white pith in strips.

SCOOP

Grab a spoon and eat right out of a grapefruit half, making sure to avoid the pith and membranes.

SQUEEZE

Juice a grapefruit for a lowcalorie beverage, around 70 calories per serving.

ty/ee BALANCE hy-vee.com 21

CARAMELIZED





- ⅓ cup Hy-Vee sweetened coconut flakes 2 large grapefruits, peeled and cut crosswise into ¹/₂-in.-thick slices
- 1/2 cup packed Hy-Vee dark brown sugar, divided 2 cups Hy-Vee Greek plain strained nonfat yogurt
- 2 Tbsp. Hy-Vee HealthMarket chia seeds
- 1 Tbsp. Hy-Vee honey plus additional for drizzling. if desired
- 1 Tbsp. finely chopped crystallized ginger, optional

1. PREHEAT oven to 325°F. Spread coconut on a rimmed baking pan. Bake 5 minutes or until toasted, stirring once.

2. PLACE half of the grapefruit slices in a large skillet. Sprinkle with ¼ cup brown sugar. Cook over medium heat 4 minutes or until browned, turning once. Remove grapefruit from skillet and cool. Repeat with remaining grapefruit slices.

3. COMBINE yogurt, chia seeds and honey in a small bowl. Place some of the grapefruit slices in the bottoms of four 8-oz. glasses. Top each with ¼ cup yogurt mixture. Repeat with remaining grapefruit and yogurt mixture. Serve topped with toasted coconut and, if desired, ginger. Drizzle with additional honey, if desired.

Per serving: 240 calories, 4 g fat, 2 g saturated fat, 0 g trans fat. 0 mg cholesterol. 55 mg sodium. 41 g carbohydrates, 4 g fiber, 35 g sugar, 14 g protein

Layering tangy citrus between pillows of Greek yogurt brings a ray of sunshine to a winter meal. While caramelizing the grapefruit, work slowly and watch carefully so it browns without burning. Refrigerate leftovers overnight and top with granola the next day for a breakfast treat.



Million IDaily Prince Million Light SOUR CREAN LIGHT | SOUR CREAM

DairyPure AND Light SOUR CREAM 12

> DairyPure Sour Cream: select varieties 16 oz. 2/\$5.00

30 minutes or less

Hyvee. BALANCE | January 2018 22

Grand Champion

Dip so delicious it's award-winning



select varieties 24 oz. \$2.99

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URMERIC

MEN'S

DITCH THE EYEBALL TEST AND SNAG THESE PRODUCTS AT HY-VEE TO SEE HOW YOUR FOOD MEASURES UP.

MEASURETIME

Menaunt IIM. Good Cook Measuring Cups 5-piece Set



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California Walnuts

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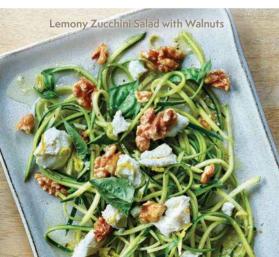


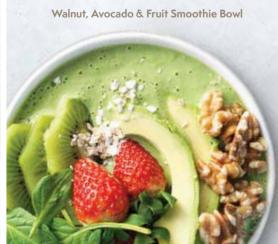


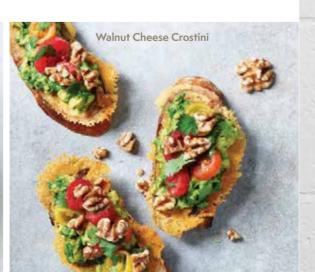
Salmon with Asian Walnut Slaw

Per one ounce serving.

Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.









JILLIAN MICHAELS HAPPY, HEALTHY NEW YOU AT THE CORE CALL WAITING SEA IT DO IT SNOW DAY FOODS THAT DETOXIFY OUT OF SYNC FOOD FOR THOUGHT THE GREAT SKATE







You likely know Jillian Michaels for her tough-love personal training methods on NBC's former hit television series The Biggest Loser, but what you might not know is that she's more real than any camera could ever capture, in a town known for being anything but. She's a highly energized woman on a mission to inspire change in the lives that need it—relentlessly preparing them to stand a fighting chance.

"Helping people is my passion. Fitness is a tool I utilize to do that," Michaels, a certified personal trainer and nutritional expert, adamantly claims. "For those who see me as a hero and credit me for saving their lives, this is obviously not the truth.



That accomplishment is theirs and theirs alone. I'm just a regular person working to be the best mom, the best coworker, the best daughter, the best partner-just like everyone else."

Michaels, who sees herself as a teacher more than anything, has shifted away from individual training in recent years to focus on wider-reaching platforms sharing the transformative powers of fitness to anyone who'll listen. She believes fitness to be a firm requirement for a full life, not only for its ability to encourage physical growth, but mental, as well. "Fitness builds an intrinsic confidence, that over time shows you what you're capable of," Michaels says.

"It gives vitality, longevity, energy to work harder and better, be a better parent and a better role model for people also trying to reclaim their health."

BUILD UP -

She may carry an undying work ethic and a hard-earned physique, but that hasn't always been the case for the Queen of Fitness. Her compassion for helping

others become the best version of themselves is rooted in heartache.

Growing up in the suburbs of Los Angeles, Michaels, under the stress of her parents' divorce, struggled with weight issues and low self-confidence after being bullied in school. Constantly searching for purpose, fate changed when her mother signed her up for martial arts. "Through my martial arts experiences, I gradually began to develop self-respect, feelings of self-worth, feelings of accomplishment. And that's when I really started to realize, it was more than just about fitness, it was transformative on a psychological level." Michael's powerful revelations from fitness changed her outlook on life, as she'd finally been introduced to her purpose—even if she didn't recognize it, yet.

After graduating high school, Michaels began her career as a personal trainer, spending nights as a bartender to put herself through college at California State University-Northridge. Then, in her midtwenties, she was pressured to settle into the corporate world, getting a desk job at a talent agency. Starting in the mail room,

"A healthy lifestyle is about having more happy days than sad days. It's about being more fulfilled than being stressed. It's about having meaning in the things you do." – Jillian Michaels

 Michaels credits martial arts for developing a disciplined mindset that has transitioned into all areas of her life. "I find that in martial arts there's just no coddling. You live, or you die. You get out of the corner or you don't get out of the corner. No one's going to help you. You have to figure it out," Michaels says.

"If you're doing



HONESTLY, LOSING WEIGHT IS A **VERY SIMPLE**, **COMMON SENSE** THING TO DO. **NOTICE I DIDN'T** SAY EASY, BUT I **DID SAY SIMPLE.** IF YOU REDUCE THE AMOUNT **OF ENERGY YOU** TAKE IN AND **YOU INCREASE** THE AMOUNT **OF ENERGY YOU** PUT OUT, YOU LOSE FAT." Jillian Michaels



In addition to being certified through two of the top personal training programs in the United States, Michaels is a certified nutrition and wellness instructor.

Michaels worked her way up to become a motion picture packaging agent, securing financing and coordinating logistics for movie production. She was on her way to the success others wanted for her, but couldn't forget the lessons that fitness had taught her. "I hated my life. Wished I was dead every single day for about three years in that job," Michaels says. But a bad day at the office changed her fate once more. "I ended up picking a fight with the wrong guy at that agency and got myself fired, which was a huge blessing

Q. Does everyone need a personal trainer? A. No, not everyone. You can find great coaches in various affordable mediums, whether it's a digital streaming platform, an app, a book, a DVD or getting in a class at your local gym. — Jillian Michaels



in disguise," Michaels says. "I always say, 'a bad day for your ego is a great day for your soul."

DOWN BUT NOT OUT -----

Reeling from the loss of her job, Michaels turned back to personal training to pay the bills, quickly realizing her passion for teaching. So, in 2002, she and fellow fitness expert Jackie Warner opened their own gym, Sky Sport & Spa in Beverly Hills. A few years later, Michaels made her reality television debut, when she was cast on NBC's *The Biggest Loser*, using her personal experiences and brutally honest yet compassionate demeanor to garner the hearts of the audience. In 2008, along with business partner Giancarlo Chersich, who Michaels considers among the most impactful people in her life and "a real visionary," launched a wellness empire, Empowered Media, LLC, giving her the platform to produce a wide variety of fitness and nutrition and wellnessrelated content.

"Finding purpose is about being present and taking a constant inventory of what you're doing" Michaels says. "Deciding your 'why' is really looking at the things that matter to you, by being in the moment and taking an emotional inventory of what you're doing and how it makes you feel."

Contentment hasn't come easily for Michaels, but fitness transformed her life for the better. From a kid with no confidence to leading a lifestyle brand, Michaels never stopped asking, "Why?" And that continual introspection allowed Michaels to find her true purpose—to help others find theirs.



Being happier more often than I am stressed.

I am most proud of the personal hurdles I've overcome throughout the years. Finally, being able to be vulnerable in my relationships, facing down fears of failure and inadequacy. And ultimately, one's ability to do these things are what dictate how much love and abundance you will have in your life.

O.∎ Do you have any regrets?

I've worked very hard to be without them. There are definitely mistakes I've made that I wish I hadn't, but at the time I didn't know any better so

that's a lesson, not a regret. Regrets to me are the choices we didn't make. not the ones we made that went south. So, that said, no. I believe strongly that you can never be without fear, but you can be without regret. Fear is temporary, but regret is permanent.

. What do you want to accomplish that you haven't yet?

My 2.0 is to utilize technology to completely customize programs for people. My app is a perfect example. No matter your current fitness level, goal or dietary needs, the app allows me to literally be your personal trainer. meaning in both. Whether it's my work ever happen? I can help you track your calories, build your meal plan, run a 5k, get ready for your wedding, or burn fat over 40-no matter your needs, my app can optimize and facilitate your solutions.

. Who is your role model?

I honestly don't have one person I look up to. I've been fortunate enough to have many great teachers and mentors over the years from my mom to business mentors like Suze Orman. That said, the people who

G G KEEPING A HEALTHY LIFESTYLE MEANS BALANCE, TO ME. I DON'T **BELIEVE IN ALL OR NOTHING."**

- Jillian Michaels

inspire me the most are regular people who overcome adversity on a daily basis to take care of themselves and their families with absolutely no privilege. Those people teach me over and over to stop whining, keep my head down, focus on what matters, start hustling and get it done.

C∎ What makes you get up every day?

It has been said that we have two buckets of meaning in our livespersonal and professional. I can say with confidence that I find great or my family, I greet each day with a smile, because no matter what chaos it may bring I know it's all worth it. I remind myself that work with purpose is passion. Work without purpose is punishing. My family and career are my purpose and subsequently my passion.

. What is the most difficult hurdle you've faced?

Going through the international adoption process was a long road and there were many moments I nearly lost hope. After years of "necessary steps'

when we finally brought our daughter home from Haiti, it was by far the most rewarding hurdle I've ever managed to jump over.

B How would you describe vour diet?

Common sense, caloriecontrolled omnivore. I eat clean macros-no fake foods, but I don't overeat them.

Q∎ What does the ultimate "cheat meal" look like for you? Do they

A big beautiful glass of red wine that punches me in the mouth and french fries, from time to time. Woman cannot live on kale and salmon alone.

B How would your kids describe you?

Crazy person. I love embarrassing them when I drop them off at school.

your kids learn from you?

The ability to be vulnerable, empathetic, resilient and responsible for their actions.

PUSH-UP TO PLANK

Repeat.

From a plank position with arms straight (a),

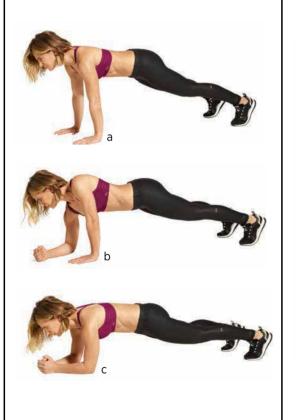
lower body weight onto forearms, one at a

time (b and c). Return to starting position.

SIDE LUNGE TO KNEE LIFT

From a standing, upright position, lunge laterally to either side (a). As you return to standing position, raise extended knee to chest level (b). Return to starting position. Repeat on opposite leg.





JUMPING JACK SQUATS Standing upright (a), hop feet outward

to the sides (b). Carry momentum into a squat (c) and forcefully jump back to starting position. Repeat.



"The reality is, you have 112 waking hours in a week. If you spend 50 on work and 50 on your kids, that leaves you with 12 hours. You can find me four half hours to work out in your living room." — Jillian Michaels





TRAIN WITH JILLIAN.

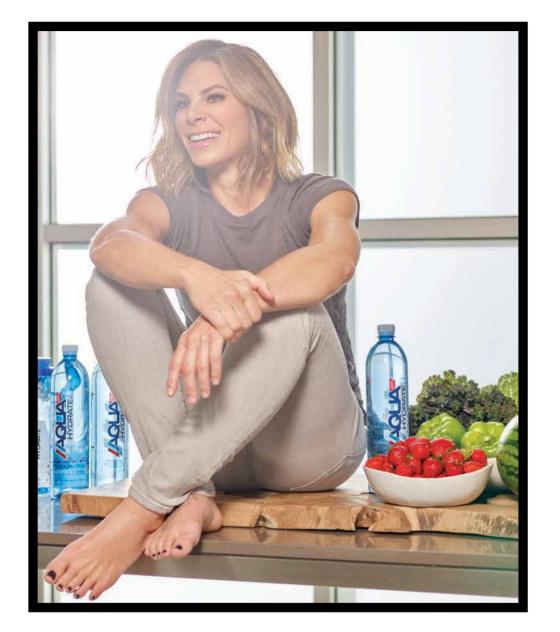
Check out her fitness DVDs at Hy-Vee. Plus, download her app, *My Fitness by Jillian Michaels* for customizable workouts for every fitness level.

NHANCED VATER

"When I first met Mark Wahlberg, he was telling me how he was training for The Fighter and instead of performance drinks that are loaded with chemicals and sugar, he was using AQUAhydrate. I saw it as a performance aid and an alternative to very unhealthy alternatives," Michaels says. "For me, looking to the future, the question is, how do you impact the masses in ways that give them what I call accessible and affordable solutions? All water is not created equal. What's the best option? AQUAhydrate is the most alkaline. It's electrolyte and mineral infused. It's the best when it comes to bottled water, but that's really not what the vision was for AQUAhydrate and that's why I fell in love with it."

"When it comes to fitness, being dehydrated is like being a wilted flower. You simply will not have the energy."

Jillian Michaels



5 REASONS TO UKINK WA

1. WATER CAN BOOST METABOLIC RATE BY UP TO 30 PERCENT, ALLOWING YOUR BODY TO BURN MORE CALORIES.

2. Consuming electrolyte-infused water, like AQUAhydrate, will combat dehydration at a higher rate than regular water, without the calories of popular sports drinks, to help you to train longer.

3. STUDIES SHOW THAT DRINKING **16.9 FLUID OUNCES OF WATER BEFORE** MEALS CAN REDUCE APPETITE AND PROMOTE WEIGHT LOSS.

4. Adding 50.7 fluid ounces of water to your daily diet may reduce the intensity and duration of headaches.

5. DRINKING WATER BEFORE OR AFTER A MEAL CAN HELP BREAK DOWN FOOD. MAKING IT EASIER FOR YOUR BODY TO DIGEST THE NUTRIENTS AND PREVENT CONSTIPATION.

Sources: http://www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.asp https://academic.oup.com/jcem/article-lookup/doi/10.1210/jc.2003-030780 https://www.ncbi.nlm.nih.gov/pubmed/15212747 https://www.ncbi.nlm.nih.gov/pubmed/19661958 https://www.ncbi.nlm.nih.gov/pubmed/16128874/

https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/digestion/faq-20058348

GET MORE FROM YOUR WATER



"All water is not created equal! Effective hydration depends on purity and the right balance of electrolytes and alkalinity to help me feel my best and perform at my peak. That's why I choose AQUAhydrate.'

-Jillian Michaels



INGUAR A



Even the best intentions (and brand new running shoes) won't guarantee you'll achieve your New Year's resolutions. Master health and wellness goals with a balanced approach and a little help from experts at Hy-Vee to win the race,

one step at a time.

This year when the clock strikes midnight and the lustrous Times Square ball drops, what will be on your list? Consider your top contenders. How many years have these been your goals? If it's more than a year, consider Newton's First Law-a resting object will stay at rest unless a force acts upon it. You get the point-it doesn't take a scientist to understand change requires force. Most of it from yourself. So, kick yourself in the butt and get moving. And look for others who can help you stay motivated. Like our friendly expert dietitians, trainers, pharmacists and food pros. At Hy-Vee we're on your side and ready to encourage you on your path to a better life.



Statistically, it's a safe bet you didn't achieve last year's New Year's resolutions, because only about 9 percent do. What was on the top of your list? To lose weight? Work out more? Quit smoking? Eat healthier? Have more time with friends and family? What happened to your resolve? Most likely, life got in the way.



Source: https://www.statisticbrain.com/new-vears-resolution-statistics/

THE TIME IS NOW

A fresh calendar full of blank pages may fill you with ambition or freak you out. Here's how to get control of the new year and reach resolve well past February.

START SMALL Don't try to go from zero to 100. Small lifestyle changes can add up to big results. "Don't overcommit yourself to changing 10 things at one time. Focus on simple daily habits you can control," says Daira Driftmier, Personal Trainer and Director of Hy-Vee KidsFit. "If you can stay consistent maintaining those healthy habits, you can continue to make progress."

MAP IT OUT Set measurable goals to reach results and determine the intermediate steps necessary to keep your resolution. Trying to

drop a few pounds? Pick out a gym and an extended workout routine. Instead of flving blind, create a detailed plan with a timeline and benchmarks.

TRACK PROGRESS Download a task management app such as Streaks to log activity and increase accountability. Tell a friend or family member that you're working on a goal and ask them to check in on your progress. Nothing motivates like having to admit you haven't worked out once this week to an accountability partner.

DAIRA SGOAL-SETTING TIPS



CLEAN EATING

Maintaining a healthy diet is crucial for running vour body at maximum efficiency. Follow these easy tips to keep a healthier diet.

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DETOX Fill up on water instead of sugary beverages to reduce calories and flush out harmful toxins.

GOOD FAT Not all fats are bad. Unsaturated fats promote heart and brain health, while reducing the risk of diabetes and heart disease. Stick to foods with healthy monounsaturated and polyunsaturated fats like almonds and salmon.

before, during and after meals to reduce overeating. **PROTEIN** Fill up on these building blocks to reduce hunger levels,

of nutrients and be

hunger, so drink up

highly satiating.

Sources: https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20044318 https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fat/art-20044550 https://www.cdc.gov/healthywater/drinking/nutrition/index.html https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/



Because let's be honest: Arbitrarily vowing to lose weight never got anyone off the couch and onto the elliptical.

QUIT DEPRIVING YOURSELF. CUT OUT UNHEALTHY CHOICES AND CLEAN UP YOUR DIET IN THE NEW YEAR.

CHANGE THE WAY YOU THINK

GO NATURAL Not all processed foods are unhealthy, but unrefined and whole foods tend to retain higher amounts

HYDRATE Thirst can often be confused for

as they repair muscle tissue, boost metabolism and increase fat burn.

PERFECT FOR AN ON-THE-GO BITE, HARD-BOILED EGGS ARE A HEALTHY HIGH-PROTEIN, LOW-CALORIE SNACK.



Through the Hy-Vee Begin® Healthy Lifestyle and Weight Management Program, Hy-Vee dietitians teach participants about the importance of eating nutritious meals and staying physically active. Rather than blindly heading to the gym, turn to the Begin[®] program for assistance from a weight-loss coach focused on your lifelong wellness. Beain[®] sessions are available on an individual or group basis with group sessions held in-store or out in the community. The program includes nutrition education, weekly weigh-ins, personal goal setting and support with a Registered Dietitian.

LEARN MORE ABOUT THE HY-VEE BEGIN® HEALTHY LIFESTYLE AND WEIGHT MANAGEMENT PROGRAM ON PAGE 107.



WALKATHON

Alternate between 200 meters of walking and 100 meters of walking lunges. Rest as needed until 15-minute mark.

HALLWAY

HUSTLE Cycle between 10 side shuffles, 10 lunges and 10 inchworms, completing as many rounds as possible in 15 minutes.

TOSS OUT THE ALL-OR-NOTHING APPROACH TO FITNESS. EVEN IF YOU DON'T HAVE TIME FOR A FULL WORKOUT, JUST A FEW EXTRA STEPS A DAY CAN HELP BRING GOALS WITHIN REACH.

STEPPING IT UP

Jog a staircase or walk the step machine for 1 minute, then complete 1 minute of jumping jacks and 1 minute of situps. Repeat 4 times.

REP COUNTDOWN

Perform 10 pushups and 10 squats and count down to zero, completing each exercise one less time per rep. (10 and 10, 9 and 9, 8 and 8, etc.)



No matter your health-related goal, regular physical activity can more than likely help you achieve it, as regular exercise can help you control weight, improve mood, combat health conditions and disease and boost energy.

NEW YEAR NEW YOU

Nor Addit

And if you think you'll be spending endless hours at the gym, think again, because adults only need at least 150 minutes of moderate aerobic activity per week to stay active, according to the Mayo Clinic. So turn off the TV and get moving!

Use it on fore . .

ALLOUT

"THINK **BIG PICTURE** AND MAKE FITNESS PART OF A NEW HEALTHY LIFESTYLE. **LONG-TERM CONSISTENCY** BEATS SHORT-TERM INTENSITY."

— Daira Driftmier, Personal Trainer and Director of Hy-Vee KidsFit

WEIGHT MANAGEMENT

TRY A 7-DAY SUGAR DETOX. DITCH ADDED SUGARS FOR NATURAL SWEETS LIKE THOSE IN THE FRUIT-FILLED SMOOTHIE ON PAGE 50.

IF YOU HAVEN'T STEPPED ON THE SCALE SINCE SEPTEMBER, YOU MAY FIND THE HOLIDAYS HAVE HAD THEIR IMPACT. THE GOOD **NEWS IS YOU'RE NOT ALONE.**

Many individuals set resolutions revolving around weight loss and weight management. Beyond just focusing on a target weight this year, aim for a balanced diet that will feed your body the nutrients it needs. Cut back on empty



portion-controlled fruit or vegetable.

calories and filler foods and incorporate more healthful ingredients into daily

meals. Above all, take healthy eating one

vourself," advises Deana Preble, Hv-Vee

you have a day that you really overdo it,

remember it is only one day. You haven't

ruined all your hard work." Shake it off

and continue on with the goals you set.

step at a time. "Don't be too hard on

dietitian from Madison, Wisconsin. "If

dietitian for more

or meal every two to three hours and never let vourself



Add chia seeds to yogurt or smoothies for a boost of fiber.

2 Turn to the frozen food aisle for prepackaged portions.

Eat a proteinpacked breakfast (20 grams or more).

👍 Aim for two to three meatless meals per week.

5 Focus on fruits and veggies.

Get plenty of sleep so you avoid turning to sugar for energy.

7 Eliminate distractions when you eat (think TV, tablets and phones).

Stick to zerocalorie beverages like water.

Eat at home.

Sign up for a Hy-Vee Simple Fix meal prep workshop!

EAT BALANCED MEALS LIKE THIS WITH FRUIT, VEGGI GRAIN, DAIRY AND A LEAN PROTEIN, FOR MORE INFO ON BALANCED MEALS GO TO CHOOSEMYPLATE.GOV

BREAK IT FETA CHICKEN WITH VEGGIES AND FARRO

Total Time 50 minutes Serves 4

1 cup uncooked Hv-Vee Select farro

3 Tbsp. Hv-Vee Select extra virgin olive oil, divided 2 Tbsp. fresh lemon juice

- 1 Tbsp. minced fresh garlic 1 Tbsp. Hy-Vee Italian seasoning
- 1 Tbsp. finely chopped fresh rosemarv

1 tsp. Hy-Vee crushed red pepper Kosher salt

3 (5-oz.) boneless, skinless chicken breasts 1 lb. butternut squash, peeled

and sliced 1-in. thick

Hy-Vee black pepper ¹/₄ cup Hv-Vee crumbled fat-free feta cheese 2 medium baking apples, such as Braeburn, cut into ½-in.-thick slices Lemon slices, for garnish

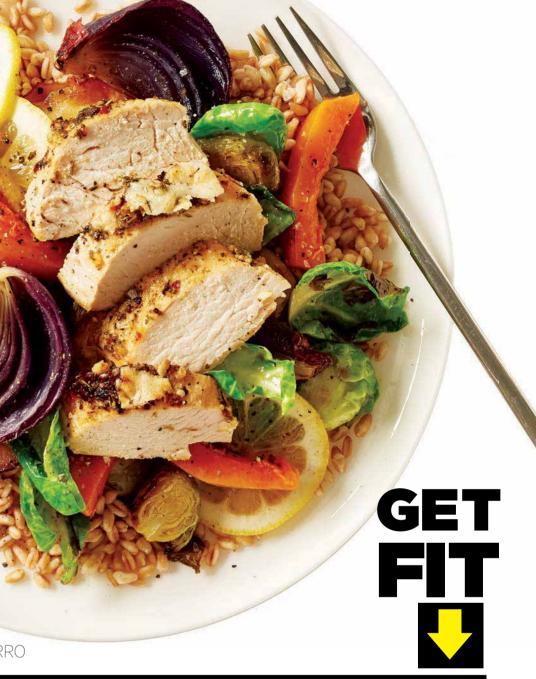
2 cups Brussels sprouts, trimmed

1 medium red onion, cut into

and halved

wedges

1. PREHEAT oven to 425°F. Line a rimmed baking pan with aluminum foil; set aside. Prepare farro according to package directions; keep warm



- 2. WHISK together 2 Tbsp. olive oil, lemon juice, garlic, Italian seasoning, rosemary, crushed red pepper and, if desired, ½ tsp. kosher salt in a medium bowl. Add chicken and turn to coat. Cover and let stand at room temperature while preparing and roasting the vegetables.
- 3. TOSS together squash, Brussels sprouts and red onion in a large bowl. Drizzle with remaining 1 Tbsp. olive oil and toss to coat. Spread vegetable mixture on prepared pan. Sprinkle with kosher salt and black pepper to taste. Roast 15 minutes.

4. **REMOVE** baking pan from oven and carefully slide vegetable mixture to one side of pan. Drain chicken; discard liquid. Arrange chicken aside vegetables in pan. Top chicken with feta crumbles. Place apple slices on top of vegetables. Roast 15 minutes more or until chicken is done (165°F) and vegetables are crisp-tender. Cut chicken into slices.

5. SERVE chicken with farro, vegetables and apples. Garnish with lemon slices, if desired.

Per serving: 470 calories, 12 g fat, 1.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 310 mg sodium, 60 g carbohydrates, 9 g fiber, 14 g sugar, 37 g protein

NEED ADVICE ON WHAT TO EAT? ASK A HY-VEE EXPERT! YOUR LOCAL STORE'S REGISTERED DIETITIAN IS JUST A PHONE CALL OR MOUSE CLICK AWAY. **OUR PROS HAVE THE KNOWLEDGE TO** MAKE YOUR FITNESS AND WELLNESS GOALS A REALITY. LOOK TO THEM FOR NUTRITION ADVICE AND PLANS FOR WEIGHT LOSS, **BETTER HEALTH AND** PERFORMANCE. GO TO HY-VEE.COM FOR MORE INFORMATION.

BALANCE

M/CRK-

THE EVER ELUSIVE IDEAL





Balancing personal time with productivity—that's the prize. Initiate control of your day. Find success at work and meaningful engagement at home by setting time to meditate, exercise or simply relax with a good book. When you're refreshed and clear-headed, it's easier to manage the work-life push-pull.

Manage the tension between work and home by identifying your priorities and finding a suitable balance. Pinpoint the stressors at work and home to tackle these issues head-on. Whether you're up against expectations at home or dealing with a deadline, the first step is to determine your boundaries.

At Work: The perfectionist in you wants to go above and beyond on every project and presentation. But grueling hours at the office zap energy and leave your tank empty for personal time. Stay organized, avoid procrastination (which only adds to the stress load) and set realistic deadlines that won't set you up for failure. Don't be afraid to take breaks or ask for help, and give yourself permission to cut out of the office on time.

At Home: The ideal home life looks different for everyone. Choose guidelines that work for you and stick to them. Build in time for exercise and self-care in addition to social outings and the occasional movie night. Leave work at work by turning off your cell phone and logging out of your inbox. Draft a strategy for sticking to this year's resolutions and a game plan for how you'll stay on track. Make time for those you love, and cut out negative influences.

Too many people wait for something to go wrong before evaluating their time-use priorities. Take

stock of your work and family commitments. and find a balance that works for you.

HAPPINESS CONTROL THE CLOCK



HFAITHY RESOLUTIONS **SAVE MORE** THAN TIME

STOP SMOKING Breathe easier and live longer. Turn to page 17 to see how Hy-Vee helps put out cigarettes for good.

CATCH MORE Z'S Get your beauty sleep. A full night's rest means greater productivity at work and at home.

STOP SCROLLING Decrease screen use to increase quality family time and enjoy your kids firsthand. Still can't put the phone away? Find helpful info on page 56.

STAY IN TOUCH Share lunch with an old friend. Strong social bonds are key for overall health.

CUT OUT EATING OUT Fast food may be convenient, but it's likely slowing down vour health goals.



QUINOA, YOGURT AND COCONUT MILK PROVIDE QUALITY PROTEIN IN A SMOOTHIE TO FUEL A WORKOUT.





Total Time 5 minutes | Serves 2

- 1 cup plain coconut yogurt or other dairy-free yogurt
- 1 cup Hy-Vee unsweetened frozen strawberries
- 1 frozen peeled banana, cut into pieces
- 1/2 cup Hy-Vee unsweetened frozen red tart cherries
- ¼ cup cooked quinoa, cooled
- ¼ cup unsweetened vanilla coconut milk
- ¹/₂ cup ice cubes

Make with

PERFORMANCE INSPIRED"

- Hy-Vee honey, to taste
- Fresh strawberry slices, for garnish

1. PLACE coconut yogurt, strawberries, banana, cherries, quinoa and coconut milk in a blender. Cover and blend until combined. Add ice cubes. Cover and blend until nearly smooth (smoothie will be thick). Add honey to taste.

2. SERVE in tall glasses. Garnish with strawberry slices, if desired.

Note: If desired, add Performance Inspired Whey Protein to smoothie according to your weight, workout level and instructions on manufacturer's label.

Per serving: 260 calories, 4 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 60 mg sodium, 58 g carbohydrates, 7 g fiber, 27 g sugar, 3 g protein



newstillelth of health



Plate like a pro

HUSTLE

balance

THINKING ABOUT THE WORD CORE **THROUGH A FITNESS** LENS MIGHT **CONJURE IMAGES OF WASHBOARD ABS OR A TRAINING MONTAGE FROM ROCKY, BUT** THERE'S MORE TO THE CORE THAN MEETS THE EYE. A HEALTHY **MIDSECTION PLAYS AN ACTIVE ROLE IN MUCH OF DAILY LIFE. FROM BREATHING AND MAINTAINING CORRECT POSTURE TO BOOSTING YOUR** DEAD LIFT MAX. WHEN IT COMES **TO CORE WORK,** THE PURSUIT OF **A SIX-PACK ONLY** SCRATCHES THE SURFACE.

> WORDS Beau Berkley PHOTOS Tobin Bennett

ALL **AB-OUT** THAT BASE

The ability to carry two armloads of groceries from the car to a second-story apartment in one fell swoop is a noteworthy achievement. Your biceps may keep those groceries from dropping to the floor, but thank your core muscles for keeping you and the 15 sacks of groceries from tumbling down the stairs.

"If you think about the transfer of weight and power from the ground up, of course it has to go through the core," says Andrea Short, a health and physical activity skills coordinator at the University of Iowa. "By strengthening the smaller stabilizer muscles that are deeper toward the spine and the pelvis, you're at less risk of injury and can do those activities of daily living."

Spotting a defined core is easy, but defining the word core may be harder for some. Every muscle that's attached to the ribs and surrounding the pelvis plays an active role in maintaining correct posture and stabilizing the spine. The more visible muscles like abdominals and obligues might be fan favorites, but role players like smaller stabilizer muscles deeper toward the spine deserve ample credit.

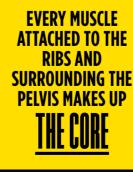
Short likens the human core to an apple core: Cut an apple in half and you'll see that, while not necessarily appealing, the more supportive parts of the apple are deep in the middle. One such deep muscle in the human core, called the transverse abdominis, is key for spinal support.

According to the American Council on Exercise (ACE). an estimated 85 percent of Americans experience back pain at some point in their lives. Back pain may be derived from a weak core and, more specifically, a weak transverse abdominis.

"The transverse abdominis and the hip flexors like to work together, so if the transverse abdominis is weak and isn't doing its job, the hip flexors are going to take over," Short says. "If the hip flexors take over and become tight, they start to pull on the lower back. If you have a stronger transverse abdominis, it's going to be able to do its job much better."

workout, Short recommends working all sides (front, back and sides) and starting with simple, isolated movements like crunches before moving onto bigger, multijoint movements. Once the core is up to snuff, the benefits will find their way to other weight-lifting efforts like dead lifts or squats.

"If you think about a really bad, unsafe dead lift, usually what's happening is something pertaining to the core," Short says. "A bad dead lift with a rounded back or a squat with knees buckling and heels coming off the ground signals that the glutes are not firing. It really all comes back to the core."



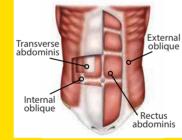
•• [THE CORE] IS JUST ONE PART of the whole and it really ADDS TO ACTIVITIES OF

 Andrea Short, Health and Physical Activity Skills Coordinator at the University of Iowa

For a well-rounded core

WARNING **SIGNS OF A WEAK CORE**

The inability to do a sit-up (you're not alone!) might be the most obvious indication of a weak core, but it's not the only symptom. A strong core helps to stabilize the spine and takes pressure off the vertebrae. so those with a weaker core may suffer from lower back pain and poor posture. A weak core may also hinder the ability to bend, lift or twist.



An individual's core is composed of muscles on all sides of the midsection. According to the American **Council on Exercise**, 29 muscles attach to the hips, spinal column and ribs, all of which are key components of the core. Some are deep tissue muscles, like the internal oblique and transverse abdominis, and help with spinal stability and rotation

www.health.harvard.edu

ness.org/blog/5922/improve-sp

A BODY OF WORK



2. Raise your head and shoulders off the ground while contracting your abdominal muscles. Extend your right leg until it is straight while simultaneously twisting your trunk until your right elbow meets the inside of your left knee. Alternate sides in a slow, controlled motion.

BICYCLE



PLANK/SIDE PLANK

1. Lie on your stomach with arms bent. Lift your body off the ground, raising onto your toes and keeping forearms grounded and spine straight. Don't allow hips to sag. Hold for 15 seconds.

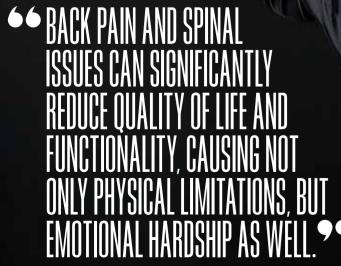
2. Using the left or right forearm and elbow, prop your body up so your side is parallel to the floor. Maintain a straight back and do not allow hips or knees to dip. Hold for 15 seconds and alternate sides.

RUSSIAN TWISTS

1. Sit down with feet on the floor and knees bent. Lean slightly back until your torso is at a 45-degree angle from the floor.

2. Clasp both hands together in front of your chest. Engage the core and twist your torso until your hands are near your hip. Alternate sides in a slow, controlled motion with feet off the floor.





- AMERICAN COUNCIL ON EXERCISE

SQUEEZE IN A COMPLETE CORE WORKOUT BY PERFORMING THESE FOUR EXERCISES THAT INCORPORATE THE ABDOMINALS, OBLIQUES AND LOWER BACK.

1. Lie on your back with bent knees, feet flat on the floor, and hands behind your head. Raise your legs off the floor and bring your knees toward your chest until they reach a 90-degree angle.





SUPERMAN

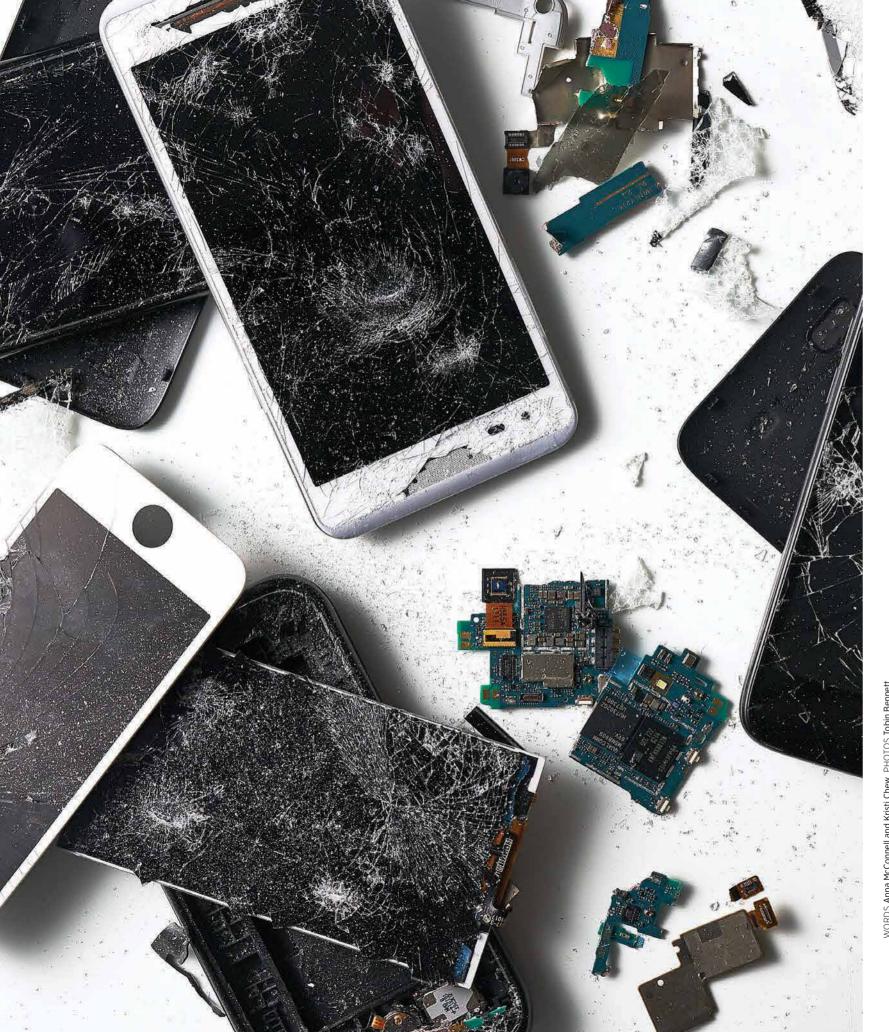
1. Lie facedown with your arms and legs fully extended. Relax your muscles and ensure your head, neck and spine are aligned.

2. Keeping your head down and back straight, lift both arms and both legs up in the air; keep your spine stable and aligned with your head and neck. Slowly bring your arms and legs back to the ground. Repeat.



BACK IN STYLE

BACK MUSCLES ARE SELDOM THOUGHT OF AS GLAMOUR MUSCLES, A LABEL GENERALLY **RESERVED FOR BLIMP-SIZE BICEPS AND TRICEPS, BUT** THE ROLE THEY PLAY IN ATHLETIC PERFORMANCE AND EVERYDAY LIFE **CANNOT BE UNDERSTATED.** DEEP MUSCLES ALONG THE SPINE. LIKE THOSE OF THE LONGISSIMUS AND **SPINALIS, WORK WHEN YOU STRAIGHTEN FROM A BENT-OVER POSITION; THE** MULTIFIDUS ALSO KEEPS THE SPINE STABLE DURING **MOVEMENT. WHETHER** YOU GOLF, PLAY PICKUP **BASKETBALL OR DEAD LIFT,** YOU WANT THESE MUSCLES **TO HAVE YOUR BACK.**



Smartphones do so much for us and it's no wonder we're tethered to them. Instant messaging, Web browsing, exercise tracking, driving directions and a social swirl are all embedded in these little devices. But it all comes at a price. The average American spends around five hours a day on cell phones and mobile devices—time we're not talking in person with someone, reading a book, pedaling a bike or just gazing at scenery. A University of Missouri study found that just prying the device from our hands causes anxiety and poor cognitive function to the point where heart rate and blood pressure rise. There's even a word for it in the dictionary: nomophobia, a "fear of being without access to a working cell phone," according to merriam-webster.com. Nine in 10 Americans own cell phones, 67 percent of them smartphones, and most people rarely or never turn them off lest someone calls or texts. It's time to ensure these devices are convenient technology and not hazards to our well-being.

(5)

At any given daylight moment, about 660,000 drivers are using cell phones or manipulating electronic devices, according to the Federal Communications Commission. More than eight people are killed and 1,161

Sources: http://munews.missouri.edu/news-releases/2015/0108-iphone-separation-linked-to-physiological-anxiety-poor-cognitive-Sources: http://www.pewinternet.org/2015/08/26/chapter-1-always-on-connectivity/ http://www.pewinternet.org/2015/08/26/chapter-1-always-on-connectivity/ https://www.fcc.gov/consumers/guides/dangers-texting-while-driving

ALL THAT TIME WATCHING VIDEOS AND SCROLLING THROUGH SOCIAL FEEDS DRAINS MORE THAN YOUR PHONE'S BATTERY. IT'S DEPLETING YOU, TOO,



injured each day in distraction-affected driving accidents in the United States. So turn it off while driving. Get detailed directions before you leave home so you're not distracted as you type in destinations. If you need to text or talk on

the phone, pull over to a safe place. No national law prohibits texting or using a wireless phone while driving, but some states do. Go to www. ghsa.org/html/stateinfo/ laws/cellphone laws.html to check your local laws.

#CONSTANT



carry their phones and 83 percent say they never or rarely turn off their phones.

DISCONNECT

Not every email, notification or text needs an immediate response. Keep your phone out of reach when possible to limit the amount you check your phone.

CONNECT

vou can-over coffee. on a walk or at the gym-and turn off the phone. Be conscious of the situations and phone, and find some that boredom or angst.

TURN OFF **YOUR PHONE**

out of courtesy when and out of safety when you drive or care for children.

FACE TIME

WHEN WAS THE LAST TIME YOU CLEANED YOUR **CELL PHONE?**

Granted, much of the bacteria on it comes from your own face and hands, so it may not make you sick. But it also collects microbes from other sources, including other hands and faces when you pass it along to someone else, and potential pathogens if you carry your phone into the bathroom.

ADULTS EXCHANGE

AN AVERAGE

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DISINFECT YOUR PHONE:

FIRST TURN OFF THE PHONE.

Use disposable wipes designed to clean and disinfect cell phone surfaces, or spray or moisten a microfiber cloth with a half-and-half mix of water and isopropyl (rubbing) alcohol and gently wipe the screen and sides.

DON'T USE GLASS CLEANER AND PAPER TOWELS TO CLEAN YOUR **DEVICE'S SCREEN**, AS THIS CAN CAUSE SCRATCHES.



IF YOU'RE STILL FIDDLING WITH YOUR PHONE TWO HOURS BEFORE BED YOU MAY BE ROBBED OF SLEEP. STUDIES SHOW THAT THE USE OF LIGHT-EMITTING ELECTRONIC DEVICES BEFORE BEDTIME LENGTHENS THE TIME IT TAKES TO FALL ASLEEP AND SUPPRESSES LEVELS OF MELATONIN, A HORMONE THAT PROMOTES SLEEP. SCREENS THAT EMIT BLUE LIGHT ARE ESPECIALLY DISRUPTIVE. ACCORDING TO A STUDY BY HARVARD UNIVERSITY.

Blue wavelengths boost attention, reaction times and mood during the daylight when needed but can keep you up at night, according to the Harvard study. Avoid looking at your cell phone screen two to three hours before bed to get the right amount of sleep. You can also install an app that filters the blue/green wavelength at night. Or just shut off the phone!

WHAT'S THE FREQUENCY?

Cell phones emit radio waves. which can be absorbed by nearby tissue such as the ear or face. The lowfrequency energy heats up the part of the body near the device. Various studies

have not directly connected this non-ionizina radiation to cancer, but researchers are still scrutinizing whether a link exists between tumors in rodents and exposure to the type of

radio frequency emitted by cell phones. If the uncertaintv alarms you, make small adjustments to how you use vour devices. Use speakerphone or an earpiece when you can.

Text rather than talk (except when driving). Try a hands-free device such as a wired headset that places more distance between vou and your phone.

Sources: https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side https://www.cancer.gov/about-cancer/causes-prevention/risk/radiation/cell-phones-fact-sheet http://www.pewinternet.org/2011/09/19/americans-and-text-messaging/

BIG DATA

American smartphones gulp down more monthly data than phones in any other country. Average U.S. monthly data consumption is 20 gigabytes, compared with use in Indonesia, with the lowest at 3 gigabytes.



ACCORDING TO A STUDY PUBLISHED BY THE AMERICAN JOURNAL OF PREVENTIVE MEDICINE. YOUNG ADULTS WITH HIGH SOCIAL MEDIA USE (FACEBOOK, TWITTER, GOOGLE+, YOUTUBE, LINKEDIN. INSTAGRAM. PINTEREST. SNAPCHAT) **DESCRIBED HIGHER FEELINGS OF SOCIAL ISOLATION THAN** THEIR COUNTERPARTS WITH LOWER USE.

Sources: http://www.pew

WORLD OF APPS

Fifty-nine percent of smartphone owners use apps at least several times a day; 27 percent use them continuously. About 43 percent of owners ages 18 to 29 use apps continuously

STREAM VIEWING

Using apps has grown more popular than watching TV. according to Flurry, a mobile analytics company. "We're turning to apps to serve as our means of 'watching TV' in many cases, thanks to the availability of streaming services like Netflix. Amazon Video. Hulu and others." Flurry's March 3, 2017 report says.

SOCIAL ENGAGEMENT

The same Flurry report claims U.S. mobile device users spend 51 percent of their time in social media, messaging and entertainment apps.

> **"CELL PHONES** CAN BE A SOURCE **OF INSTANT**

 PEW RESEARCH CENTER, AMERICANS' UIEWS ON MOBILE ETIQUETTE

AMOUNT OF TIME THE AVERAGE AMERICAN ADULT SPENDS DAILY ON THEIR **SMARTPHONE**

HOURS

MINUTES

About 2 hours of that is spent on the top five social media platforms (YouTube, Facebook, Snapchat, Instagram and Twitter).



SHRIMP

SUSHI

GET HOOKED ON HEALTHY RECIPES

SEAFOOD SELECTIONS AVAILABLE AT

SHOWCASING SOME OF THE BEST

Total Time 30 minutes | Serves 4

1 recipe Pistachio Spinach, below 1 Tbsp. raw unsalted pistachios, finely chopped 1 Tbsp. unsalted cashews, finely chopped 1 Tbsp. sesame seeds 1½ tsp. coriander seeds 1¹/₂ tsp. cumin seeds ¼ tsp. kosher salt 1/4 tsp. Hy-Vee cayenne pepper 4 (5- to 6-oz.) Hy-Vee Fish Market boneless, skinless salmon fillets Hy-Vee nonstick olive oil



35?

· SN

1. PREHEAT oven to 425°F. Prepare Pistachio Spinach. Remove to a serving bowl; cover and keep warm. Wipe skillet with paper towels.

cooking spray

Lime halves, optional

2. TOAST pistachios, cashews, sesame seeds, coriander seeds and cumin seeds in same skillet over medium heat 1 minute or until aromatic, stirring constantly. Transfer to a shallow dish. Stir in salt and cayenne pepper. Wipe skillet with paper towels.

3. COAT salmon with cooking spray and roll in pistachio mixture, until well-coated. Coat same skillet with cooking spray; heat over medium heat. Add salmon; cook 2 minutes. Carefully turn salmon over and transfer skillet to oven. Bake 7 minutes or until fish flakes easily with a fork (145°F). Serve salmon over Pistachio Spinach. Serve with lime halves, if desired.

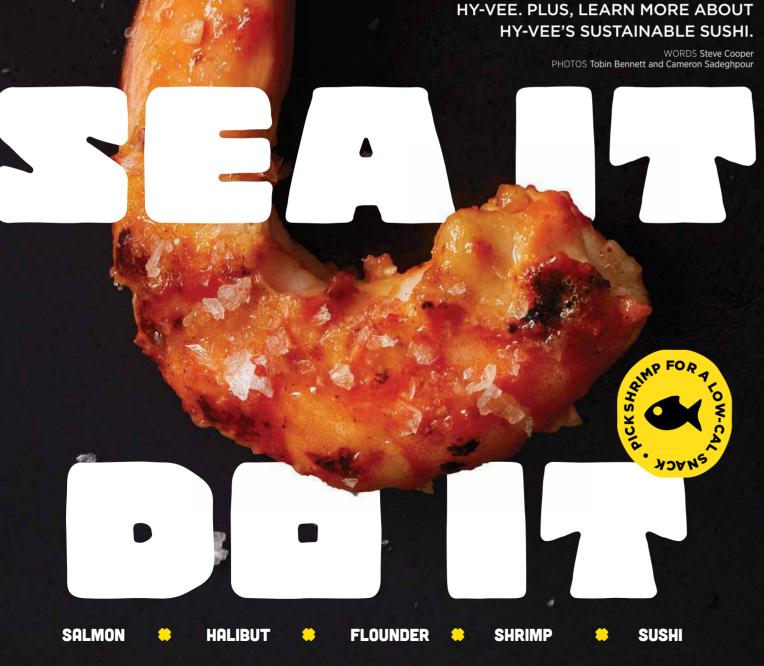
Pistachio Spinach: Coat a large ovenproof skillet with Hy-Vee nonstick olive oil cooking spray. Add 1 (5-oz.) pkg. baby spinach to skillet. Cook and stir until spinach begins to wilt. Add ¹/₃ cup chopped raw pistachios, 1 Tbsp. minced fresh garlic and ¼ tsp. Hy-Vee crushed red pepper. Cook and stir 1 minute.

*NOTE: Dukkah, an Egyptian spice blend with toasted nuts and seeds, ramps up the flavor of salmon in this one-pan meal.

Per serving: 290 calories, 14 g fat, 2 g saturated fat, 0 g trans fat, 65 mg cholesterol, 260 mg sodium, 7~g carbohydrates, 3~g fiber, 1~g sugar, 33 g protein



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Cast a line for **Dukkah-Crusted** Salmon. Visit youtube.com/ Hy-Vee

Total Time 25 minutes | Serves 4

Hy-Vee nonstick olive oil cooking spray 4 (3- to 4-oz.) Hy-Vee Fish Market flounder, catfish or other firm-flesh white fish fillets, skinned and deboned; thaw, if frozen

1 tsp. salt-free seasoning, such as Mrs. Dash

Kosher salt, to taste

1 cup sprouted lentil trio, such as truRoots brand

½ (16-oz.) pkg. Hy-Vee fiesta blend frozen vegetables

1 Tbsp. lemon juice

1 Tbsp. Hy-Vee Select extra virgin olive oil Lemon and lime slices

30 or less

6H .

30

minutes or less

Total Time 30 minutes | Serves 4

THE PROPERTY AND A

Vee nonstick cooking spray Ib. halibut or other firm-flesh white fish fillet, skinned and deboned Hy-Vee seasoned salt, optional 1 tsp. Hy-Vee canola oil 1 medium onion, finely chopped 1 medium red bell pepper, seeded and finely chopped 1/2 jalapeño pepper, seeded and finely chopped* 3 cups Hy-Vee vegetable broth 4 medium sweet potatoes, peeled and cut into 1-in. cubes 2 cups Hy-Vee frozen corn, thawed 2 cups fresh green beans, trimmed and cut into 1-in. pieces

2 Tbsp. finely chopped fresh parsley

Kosher salt and ground white pepper, to taste

Bottled hot sauce, optional 1. HEAT a grill pan over medium-high heat.

Coat pan with cooking spray. Lightly season halibut with seasoned salt, if desired. Add fish to grill pan; cook 6 to 8 minutes, turning once, or until fish flakes easily when tested with a fork (145°F.). Set halibut aside. After cooling, cut into bite-size pieces.

2. HEAT canola oil in a stockpot over medium heat. Add onion, bell pepper and jalapeño pepper. Cook and stir 5 minutes or until onion is softened.

3. ADD the broth and sweet potatoes. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until sweet potatoes are

tender. Remove half of the mixture from the stockpot and cool slightly. Working in batches, puree the cooled soup mixture in a blender until nearly smooth. Return each batch to stockpot.

4. STIR in corn and green beans. Simmer 5 minutes or until beans are tender. Add halibut and heat mixture through. Sprinkle with parsley and season to taste with salt and white pepper. If desired, add hot sauce to taste.

*Note: Chile peppers contain volatile oils that can burn your skin and eyes. When handling jalapeños, wear protective gloves.

Per serving: 370 calories, 4.5 g fat, 1g saturated fat, 0g trans fat, 85 mg cholesterol, 670 mg sodium, 47 g carbohydrates, 8 g fiber, 14 g sugar, 38 g protein

1. PREHEAT oven to 375°F. Line a rimmed baking pan with foil. Coat foil with cooking spray.

2. PLACE fillets on prepared baking pan. Sprinkle with salt-free seasoning and lightly coat with cooking spray; season with salt. Bake for 10 minutes or until fish flakes easily when tested with a fork (145°F).

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3. WHILE fish is baking, cook lentil trio and frozen vegetables according to package directions. Combine lentils and vegetables in a large bowl; stir in lemon juice and olive oil. Season to taste with salt.

4. SERVE flounder over vegetable and lentil mixture. Top with lemon and lime slices.

Per serving: 370 calories, 7 g fat, 0.5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 260 mg sodium, 48 g carbohydrates, 15 g fiber, 5 g sugar, 27 g protein

FLOUNDERING OVER BODY FAT

Shedding body fat begins in familiar territory— cutting calories and reducing intake of fat and carbs. Still, you have to eat. This lemony light flounder dish

is a good start. Containing less fat than most meat, flounder also helps you lower calories and carbs. Plus, the FDA recommends this as a low-mercury fish.



Like salmon, flounder and other fish, shrimp offers protein and omega-3 fatty acids, which help build lean muscle while also providing a heart-healthy addition to your diet. For responsibly sourced seafood, including shrimp, rely on Hy-Vee.

> Total Time 30 minutes plus marinating time Serves 4

- 2 Tbsp. Hy-Vee HealthMarket refined coconut oil 2 Tbsp. Hv-Vee Select extra virgin olive oil 1 Tbsp. grated lime zest ¹/₄ cup fresh lime juice ¹/₄ cup roasted minced garlic ¹/₄ cup thinly sliced green onions
- ¹/₄ tsp. kosher salt, plus more to taste 1/4 tsp. Hy-Vee black pepper
- 1/4 tsp. Hv-Vee paprika
- 1 lb. fresh jumbo shrimp with tails. peeled and deveined
- 1 recipe Pineapple-Coconut Brown Rice. below
- 2 Tbsp. Hy-Vee Sriracha sauce, optional Hv-Vee macadamia nuts, chopped,
- for garnish **Basil leaves, for garnish**

Green onion strips, for garnish

1. PLACE coconut oil in a small microwave-safe bowl, Microwave on high, uncovered, for 30 seconds or until melted. Whisk in olive oil. lime zest and juice, garlic, sliced green onion. salt, pepper and paprika. Place shrimp in a large bowl. Pour marinade over shrimp. Cover and let stand at room temperature for 30 minutes. stirring once. Prepare Pineapple-Coconut Brown Rice

2. STRAIN shrimp mixture; discard liquid. Heat a large skillet over high heat. Add shrimp mixture. Cook and stir 3 minutes or until shrimp turn opaque, turning once, If desired, add Sriracha sauce and toss to coat. Season to taste with salt.

3. SERVE shrimp over Pineapple-Coconut Brown Rice, Garnish with macadamia nuts. basil leaves and green onion strips, if desired.

Pineapple-Coconut Brown Rice: Prepare

1 cup Hy-Vee brown rice according to package directions. Stir in 1 cup chopped fresh pineapple, 1/4 cup Hy-Vee sweetened flake coconut and 1 Tbsp. finely chopped fresh basil.

Per serving: 630 calories, 36 g fat, 11 g saturated fat, 0 g trans fat, 65 mg cholesterol, 590 mg sodium, 56 g carbohydrates, 4 g fiber, 10 g sugar, 13 g protein



100% SUSTAINABLY SOURCED SUSHI



All fresh-made sushi prepared and sold in Hy-Vee's nori sushi bars and Market Grille restaurants contain top-quality seafood that is sourced and caught in an environmentally and socially responsible manner. "Responsibly sourcing seafood is just about doing the right thing," says Jeff Mueller, Vice President, Food Service/Restaurant Development. "Our

Sources for entire article: http://www.foodandwine.com/seafood/shellfish/whats-difference-between-shrimp-and-prawns http://www.news.nationalgeographic.com/2016/08/flatfish-animals-science-colors-flounders/ https://www.almonfactswork.weebly.com/fry.html http://www.nutritiondata.self.com/facts/finfish-and-shellfish-products/4170/2 https://www.fda.gov/downloads/food/resourcesforyou/consumers/ucm536325.pdf

shoppers agree. They want seafood to be there for their children and their children's children."

To ensure that the seafood you buy is responsibly sourced, Hy-Vee is partnering with Fair Trade USA, a nonprofit organization and the leading certifier of Fair Trade products in North America. The Fair Trade Certified[™] seal recognizes

NOW AVAILABLE AT HY-VEE

best-in-class seafood companies for their commitment to improve working and living conditions in fishing communities for responsibly sourced seafood.

When you shop for sushi at your local Hy-Vee, you are supporting good practices that will help to ensure a healthy supply of seafood for generations to come.



ABOUT 17.8 MILLION SQUARE MILES THE AMOUNT OF ANNUAL SNOW COVER ACROSS THE WORLD SNOW DAYS THE AVERAGE **GET FIT** AMERICAN CHILD WITH **SPENDS MORE THAN** Gray skies and snow mounds as high as the mailbox may make for an ideal **HY-VEE SEVEN HOURS A DAY** excuse to keep the family inside, but kids who spend winters staring at

television screens may miss out on more than just a winter wonderland. **IN FRONT OF** According to the National Wildlife Federation (NWF), the average American boy or girl spends as few as 30 minutes in unstructured outdoor A SCREEN play each day, and in winter, that number likely decreases along with the temperature. In addition to improved vision and concentration, time spent in the great outdoors has been found to reduce stress levels, while increasing test scores and critical thinking, according to the NWF.

Take advantage of the ever-mounting pile of snow in the backyard or glide down the nearest snow-covered hill. The possibilities may seem endless, but here are a few to get you started.

1. MAKE A SNOWMAN

2. HAVE A

shoeing

FIGHT

SNOWBALL

3. Try Snow-

4. LEARN

SKATE

A WINTER-WONDERLAND HIKE

9. GO ON

10. TRACK ANIMAL TRACKS IN THE SNOW

11. CATCH **SNOWFLAKES**

12. HOP ON A SNOWBOARD

13. SNAP ON SOME SKIS

SNOWMOBILE

SHOUF

14. RIDE A

5. Go Sledding 6. BUILD A

SNOW FORT 7. TAKE A

CRACK AT **ICE FISHING**

8. MAKE SNOW ANGELS



Put a few drops of food coloring into an empty water balloon and wrap the neck of the balloon around a faucet. Slowly turn on the water. Once the balloon is full, tie the neck tight so no water can escape. Place the balloons outside overnight. Gently cut the balloon off and marvel at your icy invention!

Sources: https://www.nwf.org/en/Kids-and-Family/Connecting-Kids-and-Nature/Health-Benefits-and-Tips https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2794526/ https://www.nsidc.org/cryosphere/snow/science/where.html

Hit the living room and make health a priority through Hy-Vee KidsFit.

HuVee. **KIDSFIT**

Exercise is not bound to the avm or track. Sometimes all you need is a little living room space or a park. Hy-Vee KidsFit, an at-home fitness program for families, is designed to promote a lifelong appreciation for exercise and eating healthy. Leading the way is Daira Driftmier, Personal Trainer and Hy-Vee KidsFit Director who gives kids the tools they need by instructing them through online exercise tutorials and nutritional resources. Check out hy-veekidsfit. com and access dozens of free videos, activities and blogs to give the whole family a strong start on their fitness journey.

THE **BACKYARD** MAY BE A BLANKET OF WHITE, BUT KIDS CAN STILL GET A BEACH-WORTHY BURN DUE TO UV RAYS REFLECTING OFF THE SNOW. ALWAYS APPLY SUNSCREEN TO EXPOSED AREAS LIKE THE **FACE** OR NECK.

COLD CREATIONS <u>COLO</u>RFUL ICE GLOBES





Jif To Go: creamy or natural 8 pk. 12 oz. \$2.28



Dunkin' Donuts K-Cups 32 pk. \$19.99



Dunkin' Donuts Coffee: select varieties 20 oz. \$11.99



Folgers Coffee: select varieties 8.39 to 11.3 oz. \$4.28



Jif Peanut Butter: select varieties 40 oz. \$5.79 Smucker's Simply Fruit: select varieties 10 oz. 2/\$5.00

HOMEMADE EASY & OH-SO-TASTY

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evol Entrees: select varieties 8 to 9 oz. \$3.99



Udi's Bread: select varieties 8.45 to 15.24 oz. \$4.99



Earth Balance Spread: select varieties 16 oz. \$3.79



Glutino Cookies: select varieties 6 to 10.6 oz. \$3.79



Glutino Crackers: select varieties 4.4 to 7 oz. \$2.99



Glutino Pretzels: select varieties 14.1 oz. \$3.99



Udi's Granola: select varieties 12 oz. \$4.49

DETOXIFICATION TAKES PLACE THROUGHOUT THE BODY, THANKS TO ORGANS LIKE THE LIVER AND KIDNEYS, WHICH WORK TOGETHER TO FLUSH OUT TOXINS AND HARMFUL WASTE FROM THE BODY, INFLAMED AND UNDER THE WEATHER? LEND A HELPING HAND TO YOUR ORGANS AND TRY THESE RECIPES, FEATURING FOODS THAT'LL JUMP-START THE DETOX PROCESS.

PHOTOS Cameron Sadeghpour





Total Time 25 minutes | Serves 6

2 tsp. sesame oil

1 cup shredded carrot ¹/₃ cup thinly sliced green onions 1 tsp. grated fresh ginger 1 tsp. minced fresh garlic 8 cups reduced-sodium vegetable broth 8 oz. shelled edamame, thawed if frozen (about 1½ cups) 4 oz. dry udon noodles 1 Tbsp. Hy-Vee light soy sauce 1 tsp. chili garlic sauce 2 cups chopped baby spinach HEAT oil in Add carrot, e and stir 1 min boiling; redu
ADD edan garlic sauce: noodles are slightly wilte
Per serving: 0 g trans fat, 23 g carbohy

Source: https://www.kidney.org/kidneydisease/top-5-jobs-kidneys-do http://www.stanfordchildrens.org/en/topic/default?id=anatomy-and-function-of-the-liver-90-P03069

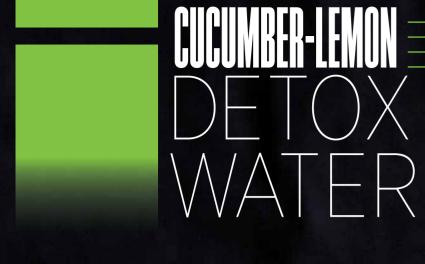
Source: https://www.ncbi.nlm.nih.gov/pubmed/22151785

1. HEAT oil in a large saucepan over medium heat. Add carrot, green onions, ginger and garlic. Cook and stir 1 minute. Add broth. Bring mixture to boiling, reduce heat. Simmer, covered, 5 minutes.

2. ADD edamame, noodles, soy sauce and chili garlic sauce. Simmer, covered, 10 minutes or until noodles are tender. Add spinach and cook until slightly wilted. Serve immediately.

Per selving: 160 calories, 35 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 610 mg sodium, 23 g carbohydrates, 5 g fiber, 6 g sugar, 7 g protein





Total Time 10 minutes plus refrigerating time Serves 8

¹/₂ medium cucumber, rinsed and thinly sliced with a vegetable peeler 1 lemon, rinsed and thinly sliced 4 large leaves fresh basil, rinsed and torn 1 oz. thinly sliced fresh ginger 10 cups Hy-Vee purified water

1. PLACE cucumber, lemon, basil and ginger in a large pitcher.

2. FILL the pitcher with 10 cups purified water and refrigerate for 1 hour. Serve in ice-filled glasses. Store water in pitcher for up to 3 days in the refrigerator.

Per 10-oz. serving: 10 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 2 g carbohydrates, 1g fiber, 1g sugar, 0g protein

More Ideas: Try one of these infused water combos. Simply add to 10 cups purified water, refrigerate for 1 hour and serve over ice.

1. 1 rinsed and thinly sliced apple and pear and 2 cinnamon sticks.

2. 4 cups chopped watermelon, 2 cups sliced strawberries, 1 cup rinsed raspberries and 2 rinsed basil leaves.

3.1 rinsed and thinly sliced lemon, 1 cup rinsed cranberries and 3 sprigs fresh mint, rinsed.

4.1 rinsed and thinly sliced orange, $\frac{1}{2}$ cup chopped pineapple and $\frac{1}{2}$ cup thinly sliced mango.



THE ACID IN LEMONS MAY HELP AID DIGESTION, A CRITICAL COMPONENT OF TOXIN REMOVAL, BY SUPPLEMENTING STOMACH ACID, WHICH DECLINES WITH AGE

Source: https://health.

nic.org/2015/06/7-reasons-to-start-your-day-with-lemon-wate

Total Time 10 minutes Serves 8

2 Tbsp. Hy-Vee Select pure maple syrup 1 Tbsp. fresh lemon juice 2 tsp. Hy-Vee stone ground

2 tsp. Hy-Vee apple cider vinegar 1/3 cup Hy-Vee canola oil Kosher salt and Hy-Vee black pepper, to taste

mustard

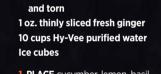
1 (5-oz.) pkg. arugula or baby kale 1 (16-oz.) jar pickled beets,

drained, rinsed and guartered 1/2 fennel bulb, cored and thinly sliced, plus fronds for garnish 3 Tbsp. unsalted sunflower seeds 1 shallot, thinly sliced ¼ cup crumbled goat cheese, optional

1. WHISK together maple syrup, lemon juice, mustard and vinegar in a small bowl. Slowly add oil, whisking to emulsify. Season, to taste, with salt and pepper.

2. TOSS together arugula, beets, fennel, sunflower seeds and shallot in a large bowl; drizzle with vinaigrette. Top with goat cheese and garnish with fennel fronds, if desired.

Per serving: 160 calories, 11 g fat, 1g saturated fat, 0g trans fat, 0 mg cholesterol, 120 mg sodium, 15 g carbohydrates, 1 g fiber, 11 g sugar, 2 g protein



Kale is full of antioxidants. which can prevent cellular damage by neutralizing harmful reactive molecules called free radicals.



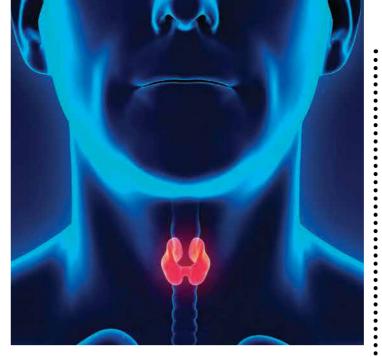








WORDS David Krause PHOTOS Tobin Bennett



nen your thyroid gland is doing its job, all the processes in vour body hum alona smoothly. So a thyroid problem can throw any number of thinas off-kilter

The thyroid is a butterfly-shape gland in the front of your neck just above the sternum, or breastbone. It releases a hormone that wears many hats as it travels throughout the body, controlling how fast your heart beats and the rate at which you burn calories, among other tasks. The thyroid's primary function is to regulate metabolism, or the process of converting food to energy for the myriad things your body does.

"Think of the thyroid hormone as something that works like caffeine," says Teck Khoo, M.D., F.A.C.E., an endocrinologist with Mercy Medical Center in Des Moines. "If the thyroid is underactive, you could feel like you've missed your morning



dysfunctional.

coffee." An underactive thyroid is called hypothyroidism. "Symptoms may include feeling tired and slugaish all the time, and the bowels may slow down and lead to constipation. And because of decreased metabolism, weight gain may be seen," Khoo says. If the thyroid gland is overactive—a condition called hyperthyroidism-opposite symptoms may occur, as though everything has been sped up, he says. Symptoms may include heart palpitations, insomnia, excessive perspiration, heat intolerance, diarrhea and unexplained weight loss. In the most severe cases, the thyroid becomes completely

Hypothyroidism and hyperthyroidism are the most common disorders of the thyroid, with hypothyroidism seen most often. Nearly one out of 20 Americans age 12 and older has hypothyroidism; about one out of 100 has hyperthyroidism.

SIGNS AND

HYPOTHYROIDISM

> FATIGUE

> WEIGHT GAIN

> PUFFY FACE

> DIFFICULTY TOLERATING COLD TEMPERATURES

> JOINT AND MUSCLE PAIN

> CONSTIPATION

> DRY SKIN

> DRY, THINNING HAIR

> DECREASED SWEATING

>HEAVY OR IRREGULAR MENSTRUAL PERIODS

> FERTILITY PROBLEMS

> DEPRESSION

> SLOWED HEART RATE

>GOITER (ENLARGED THYROID)

COLD HANDS AND FEET are a common complaint among those with an underactive thyroid, due to poorly regulated body temperature.

HYPERTHYROIDISM

> NERVOUSNESS OR IRRITABILITY

> FATIGUE OR MUSCLE **WEAKNESS**

> DIFFICULTY TOLERATING HEAT

>TROUBLE SLEEPING

> SHAKY HANDS

>RAPID AND IRREGULAR HEARTBEAT

> FREQUENT BOWEL MOVEMENTS OR DIARRHEA

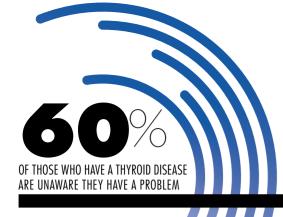
> WEIGHT LOSS

>MOOD SWINGS

>GOITER

HYPO OR HYPER?

ABOUT 1 OUT OF 20 AMERICANS AGE 12 AND OLDER WILL DEVELOP HYPOTHYROIDISM, OR AN UNDERACTIVE THYROID THAT DOESN'T PRODUCE **ENOUGH OF ITS HORMONE. BY COMPARISON, ABOUT** 1 OUT OF 100 AMERICANS HAS HYPERTHYROIDISM, **OR AN OVERACTIVE THYROID THAT RELEASES TOO MUCH HORMONE. BOTH CONDITIONS ARE DIAGNOSED** THROUGH BLOOD TESTS.







What can you do to maintain a healthy thyroid? "Just live a balanced lifestyle," says Dr. Khoo, noting that there's probably no need to add iodine to your diet. "Many people take iodine supplements, thinking it helps them. But sometimes taking iodine supplements may cause thyroid problems."

If you think you might have a thyroid problem, talk with your primary care doctor. Along with medical treatment, if needed, a few simple lifestyle changes may help safeguard your thyroid. Ashita Gupta, M.D., an integrative endocrinologist at Mount Sinai West Hospital in New York City, offers these suggestions.



FOLLOW A MEDITERRANEAN DIET RICH IN FRUITS AND VEGETABLES ALONG WITH LEAN PROTEINS AND FATTY FISH.

AVOID PROCESSED FOODS, WHICH ARE FULL OF SUGAR. PRESERVATIVES. DYES, AND FAT-AND SUGAR-FREE SUBSTITUTES.

TALK WITH YOUR **DOCTOR BEFORE TAKING ANY** SUPPLEMENTS THAT **CLAIM TO SUPPORT** THYROID HEALTH

AVOID ENVIRONMENTAL TOXINS SUCH AS PHTHALATES AND **BISPHENOL A (BPA)**, **BOTH ASSOCIATED** WITH PLASTICS.

GET A TEST

A third condition seen commonly among patients is thyroid nodules, Dr. Khoo says. Patients with thyroid nodules typically do not have symptoms, and the thyroid is usually functioning normally. But whenever nodules are found, the concern is whether cancer might be present. A minor procedure called fine-needle aspiration can rule out cancer.

The symptoms of thyroid disorders are notoriously nonspecific, Khoo

"TINY AMOUNTS OF THYROID MEDICATION MAKE REALLY BIG CHANGES IN THE BODY! SEE YOUR DOCTOR TO **DECIDE THE BEST TREATMENT FOR A THYROID PROBLEM.**"

- KERIANNE RODER, HY-VEE PHARMACY MANAGER WAUKEE, IOWA

YOU'RE AT AN

HYPOTHYROIDISM

Have had thyroid surgery

(partial

thyroidectomy)

Have been

pregnant or have

delivered

a baby within

the last

six months

Have an

autoimmune

disease such

as rheumatoid

arthritis or

lupus

INCREASED RISK FOR

IF YOU:

Are a woman

older than

age 60

Have been treated with

radioactive

iodine or

antithyroid

medications

Have a

family history

of thyroid

disorder

Have received

radiation to

your neck or

upper chest

notes, such as feeling fatigued and

experiencing joint and muscle pain.

find they have many symptoms they

read about on Google," Khoo says.

"That often makes people think they

have a thyroid issue. But the truth is

that for many patients, when you check

their labs, you find that they're normal.

So ultimately a blood test will be more

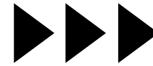
helpful to tell us whether the thyroid is

working properly."

"The challenge sometimes is that people



WHEN THE THYROID SECRETES TOO LITTLE OR TOO MUCH OF ITS HORMONE, THE RESULTING IMBALANCE CAUSES PROBLEMS THAT NEED TO BE SORTED OUT BY A DOCTOR.





THE PERFECT DIET ISN'T ONE-SIZE-FITS-ALL. BEYOND NOURISHING YOUR BODY AND MAINTAINING PROPER WEIGHT. A DIET CAN ACHIEVE SPECIFIC GOALS LIKE **LOWERING BLOOD PRESSURE, FIGHTING DISEASE** OR EVEN ADHERING TO PERSONAL BELIEFS. THERE'S AN ENDLESS NUMBER TO CHOOSE FROM DEPENDING ON YOUR AGE. ACTIVITY LEVEL AND GOAL. WHICH ONE'S RIGHT FOR YOU? A HY-VEE DIETITIAN SERVES UP THE SKINNY ON A FEW OF AMERICA'S MOST POPULAR DIETS. FOR THOUGHT

CHOOSE THE RIGHT DIET FOR YOU

Disclaimer: Check with your doctor before starting a diet, especially if you have health concerns. Some diets may not be suitable for all ages or for those with certain conditions.



Dietary Approaches to Stop Hypertension (DASH) promotes a lifelong eating pattern that controls high blood pressure by limiting sodium and choosing healthy foods overall.

This diet increases intake of nutrient-dense foods high in fiber, potassium, calcium and magnesium, and limits sodium to 2,300 mg or less per day. Most anyone can benefit from a DASH-style diet, especially those with hypertension. It's also suitable for weight management and prevention of osteoporosis, heart disease, stroke and cancer. DASH includes a wide range of filling, low-calorie foods like fresh fruits and veggies, low-fat dairy, whole grains, and grilled or roasted

fish and poultry.



PALEO

Sometimes referred to as the "caveman diet," Paleo practitioners stick to whole fresh fruits, vegetables, unprocessed meats, fish, nuts and seeds to manage weight and reduce inflammation throughout the body.

Paleo proponents link the integration of cultivated grains and dairy into the modern diet to the rise of health ailments like type 2 diabetes and heart disease. A callback to the Paleolithic period, in which hunter-gatherers gorged on animal proteins and plants, the Paleo diet cuts soy, dairy, grains, legumes and refined sugarsfoods that arose from farming. People who use this diet benefit from the reduced calories and elimination of processed foods, but may need to find ways to supplement for the lack of calcium and vitamin D.

Cheers to that!

Named after the dietary habits of countries bordering the Mediterranean Sea, the Mediterranean diet focuses on heart health and longevity through plant-based foods.

By promoting enjoyment in the eating experience, the Mediterranean diet comes off as more of an eating pattern than a shortterm weight-loss solution. Rich in fresh fruits. vegetables. whole grains, beans and healthy fats found in nuts, eggs and fish, the Mediterranea diet can benefi heart and brain health, as well as weight loss. Red meats, cheese and sweets are no-no's. but it allows alcohol (mostly red wine) in moderation.

Originally developed in the 1920s as a treatment

for children suffering epileptic seizures, this strict high-fat diet pushes the body into a metabolic state that burns stored fat instead of carbohydrates.

Kicking carbs to the curb, a ketogenic diet consists of mostly fats and moderate amounts of protein to create a state of ketosis, in which the body converts stored fat into energy. On the menu: meat, fatty fish, butter, eggs, cheese, cream, oil, nuts, seeds and low-carb green vegetables. Excluded are fruits, grains, beans, potatoes, cereals and sweets. Researchers are studying whether the diet is useful for people with diabetes and neurological disorders beyond epilepsy. Concerns with the ketogenic diet include potential flu-like symptoms and digestive problems. A ketogenic diet may not be suitable for people with kidney problems that restrict protein and fats in the diet.

MIND practitioners enjoy a diet rich in berries, beans, nuts, olive oil, and at least three servings of whole grains and a salad of leafy green vegetables each day. Martha Clare Morris, a nutritional epidemiologist and creator of the MIND diet, studied 923 seniors over four years and found that those who followed this eating plan while restricting red meats, sweets and butter appeared to have less risk of developing Alzheimer's.



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FIBER

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all-natural chicken raised

without antibiotics

26g

PROTEIN



Frontera Bowl select varieties 11 to 11.5 oz. \$4.79 Frontera Skillet: Healthy Choice Simply select varieties Steamers: select varieties 20 oz. \$7.99





MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. A combination of the DASH and Mediterranean diets, the MIND diet puts an emphasis on foods meant to help brain health and lower the risk of Alzheimer's disease.



6

Chicken



9 to 10 oz. \$2.99



Marie Callender's Loaf Cake: select varieties 17 oz. \$4.99



Hunt's Tomatoes select varieties 28 or 29 oz. \$1.78



P.F. Chang's Sauce: select varieties 10 to 14.2 oz. \$3.99



Swiss Miss Cocoa Mix select varieties 10 pk. \$1.58



A LOW-INPACT AEROBIC EXERCISE

ICE-SKATING combines low-stress movements with an **EMPHASIS ON FOOT AND LEG MOVEMENT**, making it easy on joints. It improves balance and flexibility, while toning muscle. In fact, skating **WORKS ALMOST EVERY MAJOR MUSCLE GROUP**. Maintaining balance on the ice **ACTIVATES CORE MUSCLES** to tone abs and develop coordination. Extended cardio improves endurance, burning up fat while building leg muscles.

ICE-SKATING REQUIRES IMMENSE FOCUS AND MENTAL ACUITY, MAKING IT A GREAT WAY TO CHALLENGE YOUR MIND AS YOU WORK YOUR BODY. "FIND BALANCE IN THE NEW," ADVISES ABIGAIL (LEGG) THIEL, FORMER U.S. FIGURE SKATING TRIPLE GOLD MEDALIST. "ICE-SKATING AS A LEISURE SPORT IS EXTREMELY ACCESSIBLE. IT'S AN AFFORDABLE WAY TO GET GREAT EXERCISE AND HAVE A LOT OF FUN."

ACE UP

MADE OF NEW LIGHTWEIGHT MATERIALS, ICE SKATES ARE NOW MORE COMFORTABLE THAN EVER. SLIP ON SNUG-FITTING SKATES AFTER YOU DRESS IN LONG LAYERS. RATHER THAN THIN REGULAR SOCKS, OPT FOR WOOL ONES TO KEEP TOES COZY.

STAY SAFE

If skating outdoors, stick to designated areas maintained by knowledgeable locals. Ice thickness fluctuates based on currents, water depth and temperature. Never skate alone.





Sources: https://www.nebh.org/news-and-events/live-in-motion/2017/fitness-benefits-of-ice-skating/ http://www.usfsa.org/story?id=83964&menu=figureskatingatoz https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities



When a skater crosses one foot over the other, it's called a **CROSSOVER.** This basic stroking technique allows for better mobility, allowing a skater to move around tight corners.

A skate's **BLADE** is grooved in the center to allow the skater better control. Before you get on the ice, build up your balance and coordination with simple body-weight exercises like single-leg stands or squats.

IN A MOVEMENT KNOWN AS STROKING, A SKATER PUSHES OFF FROM THE INSIDE EDGE OF ONE SKATE TO THE INSIDE EDGE OF THE OTHER SKATE TO GAIN SPEED.



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HY-VEE HEALTHMARKET

BROTH

Nutrient-dense and easy to prepare, bone broth boasts a bounty of health benefits.

> **Collagen:** Consumption of this protein may lead to improved skin elasticity and moisture content.

Glycine: This multifaceted amino acid aids in muscle endurance and recovery, as well as digestion.

Minerals: Bone broth hosts a number of minerals, including calcium, iron, magnesium and potassium.

> Bone broth's versatility makes it easy to consume in a variety of ways. For those looking for a quick, road-ready boost, fill a thermos with bone broth for an easy onthe-go drink with protein. Use bone broth as a base for soups and stews, or boil beans and lentils in bone broth to add more minerals and amino acids to your meal.

Sources: http://journals.lww.com/jdnaonline/Fulltext/2011/07000/Anatomy_and_Physiology_of_the_Skin.3.aspx https://www.westonaprice.org/health-topics/why-broth-is-beautiful-essential-roles-for-proline-glycine-and-gelatin/

YOUR QUESTIONS ANSWERED

MAKE BONE **BROTH AT HOME BY** SIMMERING LEFTOVER **BONES FOR UP TO** 24 HOURS. FOR A MORE CONVENIENT OPTION, **STOP BY HY-VEE'S HEALTHMARKET AND GRAB A CARTON OF READY-TO-GO** BONE BROTH.

A Set Man



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Air Wick Pure Aerosol Air Freshener: select varieties 5.5 oz \$3.99



Air Wick Scented Oils 2 pk., .67 oz. or Freshmatics 6.17 oz. select varieties \$4.49



Finish Dish Detergent: select varieties 14 to 20 ct. or 75 oz. \$3.99



Lysol Laundry Sanitizer: 41 oz. \$4.99



Lysol Wipes 80 ct., Spray 12.5 oz. or Toilet Bowl Cleaner 2 pk. 24 fl. oz. \$4.29



nge

Delsym Liquid Cough Relief: select varieties 3 fl. oz. \$9.99

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POWERFUL COUGH RELIEF

*Among OTC cough liquids. Use as directed.

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ALPRAZOLAM 0.25MG TABS

004142-2222 Refills Remaining: 5 In Progress

In Progress

AMOXICILLIN 200MG/5ML SUSR

004130-2222 Refills Remaining: 1 In Progress HY-VEE PHARMACY

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HAVE A QUESTION ABOUT YOUR PRESCRIPTION? ASK YOUR LOCAL HY-VEE PHARMACIST ANYTHING, FROM THE BEST OVER-THE-COUNTER MEDICATION FOR YOUR COLD SYMPTOMS, COMPATIBILITY BETWEEN MEDS OR THE DIFFERENCE BETWEEN ACETAMINOPHEN AND IBUPROFEN.

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T-T-R-RO-B

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1 dozen \$2.38

Amy's Kitchen

Organic Bowl or Meal:

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Noosa Yoghurt:

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Flatout or Foldit: select varieties 8.5 to 14 oz. \$2.99



daiya CHEETE LOVER GLATEN FREE FIELS

Daiya Pizza:

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Frigo Cheese Sticks

or Cheese:

select varieties

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Sargento All Natural Cheese Sticks or Strings: select varieties 8 to 12 oz. \$3.99

PANTRY '



Ronzoni Pasta: select varieties 12 or 16 oz. 5/\$5.00



Litehouse or OPA Salad Dressing: select varieties 11 or 13 fl. oz. \$2.99



McCormick Taco, Chili or Mexican Seasoning: select varieties

1 to 1.5 oz. \$0.79

III. Sea





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Old O Telks

Old Folks Sausage:

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select varieties

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505 Southwestern Salsa or Queso: select varieties 12 to 16 oz. \$2.99



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Ortega Taco Seasoning: select varieties 1.25 oz. \$0.88



Ortega Taco Shells: select varieties 10 or 12 ct. \$1.78

HEALTHMARKET



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Caulipower Pizza or

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Nature Raised Organic Chicken:



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Hy-Vee Almond Milks:

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1001

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(*****)=

KeVita Kombucha:

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HERE



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Hy-Vee HealthMarket or Full Circle Organic Tortilla Chips: select varieties 12 oz. 2/\$5.00

Keft

-

select varieties 32 fl. oz. 2/\$7.00



Bragg Apple Cider

Vinegar Drinks:

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8 to 10 oz. \$2.99

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The Laughing Cow Wedges or Dippers: select varieties 5 or 6 oz. \$2.88

Babybel Snack Cheese: select varieties 7.5 oz. \$4.99



Blue Diamond Nut Thins: select varieties 4.25 oz. 2/\$5.00

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Angie's Boomchickapop

























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<section-header>

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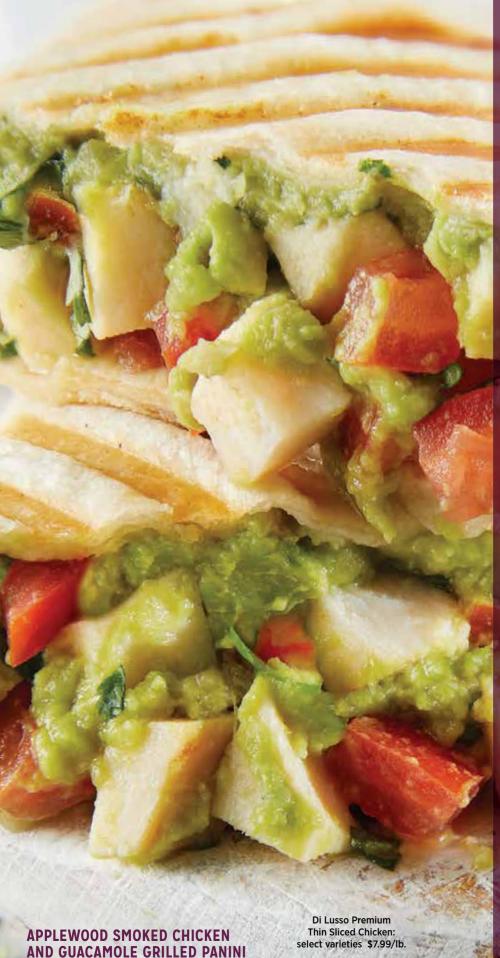
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MINUTES

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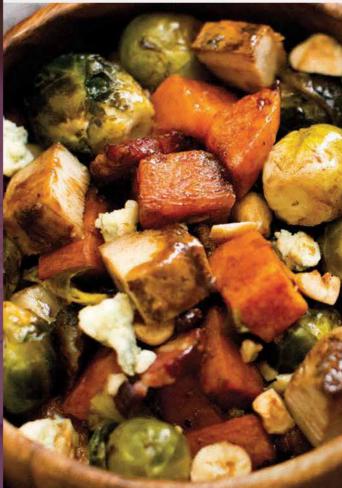
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BALSAMIC

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20 Neta

NyQu

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Always or Tampax: select varieties 24 to 120 ct. \$5.49













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"["]use as imagined



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Kashi

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Garden Fresh or Margaritaville Salsa or Chips: select varieties 13 or 16 oz. 2/\$6.00



Pepperidge Farm Whole Grain Bread: select varieties 22 or 24 oz. 2/\$6.00

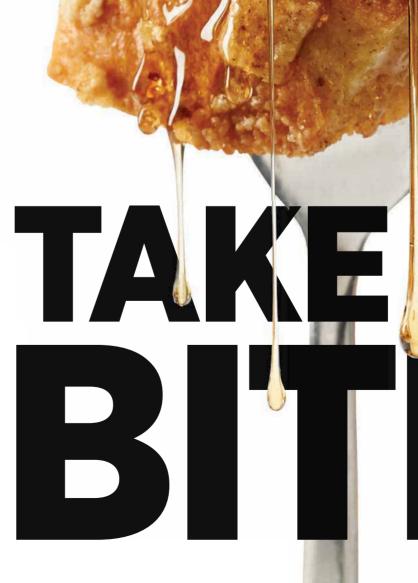


GARITAVILL Sea Salt

SIP. REPEAT



Malt-O-Meal Cereal: select varieties 22 to 30.6 oz. 2/\$6.00



CINNAMON CRUNCHY FRENCH TOAST

FOR COMPLETE RECIPE SEE: WWW.POSTCONSUMERBRANDS.COM/ RECIPES/CINNAMON-CRUNCHY-FRENCH-TOAST/

A

-



Better Oats: select varieties 3.9 to 15.17 oz. 2/\$5.00



MOM's Best Natural Cereal: select varieties 13 to 24 oz. 2/\$5.00



Post Great Grains, Bran Flakes or Grape Nuts: select varieties 13.5 to 20.5 oz. 2/\$6.00



Post Honey Bunches Of Oats: honey roasted or almond 18 oz. 2/\$6.00



Post Raisin Bran 20 oz. 2/\$5.00



Post Shredded Wheat: select varieties 15 to 20 oz. \$2.29







Align: select varieties 21 to 28 ct. \$26.99



Pepto: select varieties 8 fl. oz. or 12 to 30 ct. \$4.49





12 mega rolls or 24 double

rolls or Viva Paper Towels

12 big rolls \$12.97



Kleenex Facial Tissue: select varieties 30 to 160 ct. 2/\$3.00

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Huggies Wipes Refills: select varieties 552 or 648 ct. \$11.97



Huggies Diapers: select varieties 96 to 180 ct. \$31.39





Scott Bath Tissue 12 rolls \$8.99



Cottonelle Flushable Cleansing Cloths: select varieties 168 or 336 ct. \$6.98



Scott Bath Tissue 20 rolls \$12.97

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Since 193

Tyson Grilled & Ready, Naturals or Premium Selects Chicken: select varieties 16 to 22 oz. \$6.99

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50% More Chicken lyson **GRILLED CHICKEN** BREAST STRIPS

JG ON IN. TO WIN SMART LIFESTYLE CHOICES CONTROL

YOUR WEIGHT **BETTER THAN** HANGING YOUR HOPES ON A DIET. SAYS WHITNEY LARSEN, A REGISTERED DIETITIAN WHO **HOLDS BEGIN®** SESSIONS AT THE HY-VEE IN PLATTSMOUTH, NEBRASKA, "THE **PROGRAM IS** MEANT TO HELP PEOPLE LEARN TO MAKE HEALTHY **DECISIONS," SHE** SAYS, "IT TAKES TIME TO MAKE NEW HABITS." THE **RIGHT FOODS. EXERCISE AND** UNDERSTANDING WHY YOU EAT ALL PLAY A ROLE.

dietitian who'll steer you toward smart everyday decisions. The 10-week program starts with an each take around 20 minutes. Classes cover portion control. out how well you did.

SUCCESS IN NUMBERS AROUND 20,000 PEOPLE HAVE AROUND 20,000 PEOPLE HAVE COMPLETED THE BEGIN® PROGRAM SINCE IT STARTED IN 2008. "We have had good outcomes. We typically reduce at least one risk factor for each person who goes through the program." – Stacey Loftus, RD, LD, Hy-Vee Assistant Vice President, Retail Dietetics, Southern Region

health

Chart a course for weight loss. Sign up for Hy-Vee's Begin[®] Healthy Lifestyle and Weight Management Program and join a group class or meet one-on-one with a registered hour-long session to measure your weight, blood pressure, body mass index, cholesterol and glucose levels and to discuss your goals (weight loss, reducing cholesterol or blood sugar, getting more active). After the first meeting, classes or sessions appetite control, exercise, cooking healthfully and smart food shopping. At the end of the program, you'll take measurements again to find

Bluetooth

TAKEAWAYS

1. Get your blood pressure, body mass index, glucose and cholesterol readings at the start and end of the program.

2. Find the right exercise options for you, and learn how to best perform them.

3. Watch cooking demonstrations and get recipes and tips for preparing healthy meals.

4. Learn how to read food labels and extract the most important values for your weight management plan

5. Find more

helpful weight loss info and resources at Hy-Vee.com/ health/beginprogram

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HAPPY, HEALTHY NEW YOU

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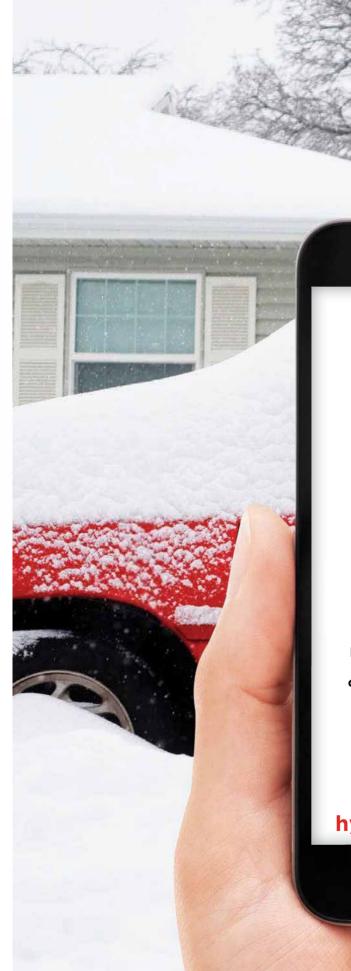
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Sip by S'well: select varieties 15 oz. \$24.99

S.S.



Danesco Mini Utensil: select varieties **2/\$3.00**

15% OFF Collapse-It Food Storage Container: select varieties (price varies by store)

> **VEGETABLES BEWARE** This kitchen contraption brings simplicity to the slicing process.

Microplane Veggie Wedgie Tool \$12.99



Durable and colorful, these cutting boards take up minimal space and feature a juice groove to contain any messes.

10% OFF Epicurian Cutting Boards or Utensils: select varieties each (price varies by store)



SHINE 'N' DINE

Impress dinner guests with more than just your cooking skills. Classic dinnerware that lasts.

10% OFF BIA Platters or Bowls: select varieties (price varies by store)



SPIN CYCLE Twist your favorite veggies for perfect ribbons and spirals.

Zyliss Spiralizer \$12.99



CLAW CRACKERS Crack and dip your way to a hearty seafood dinner any night of the week.

15% OFF Norpro Seafood Accessories: select varieties (price varies by store)



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COLORFUL CUTS You'll always have the right knife to get the job done.

Save 5¢ per gallon when you buy Zyliss Knives: select varieties 1 to 6 pk. (price varies by store)





SQUARE DANCE

Get hydrated in a hurry with the Tritan Square, which has a square handle for convenient carrying.

Clean Bottle Tritan Square: select varieties 25 oz. **\$11.99**



SHAKE IT

Mix a picture-perfect protein shake whenever, wherever. No spoon necessary.

Blender Bottle Classic Clear: select varieties 20 or 28 oz. **\$6.99**



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Dash Sport Blender: select varieties **\$19.99**

CLEAR WATER FILTER OUT HARMFUL CONTAMINANTS THAT MAY BE LURKING IN YOUR WATER AND WASH AWAY THE WORRY.



mini

DRINK UP Filter out the bad, to give yourself a happier, healthier life.

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STRONG STICKS No need to scour for skewers. This pack of 100 will keep you stocked for any event.

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FRESH FISH These tools help you savor sensational sushi right in your own kitchen.

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A7



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KITCHEN CLASS Bring out your inner five-star chef with new recipes.

Cookbooks: select varieties \$5.99





HOUSE CALL

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Jillian Michaels DVD: select varieties \$9.99



SWEET SUET Spoil any feathered friend with flavored suet. Flavors include peanut, berry and more!

C&S Suet: select varieties 11 or 11.75 oz. 4/\$5.00



NUT NUTRITION

Let the birds savor the flavor of safflower, nut and berry, sunflower and more!

20% OFF Kaytee Bird Seed: select varieties 5 lb. (price varies by store)



STURDY SEED These seed cakes ensure that birds get all the food they need while keeping seed in place and off the ground.

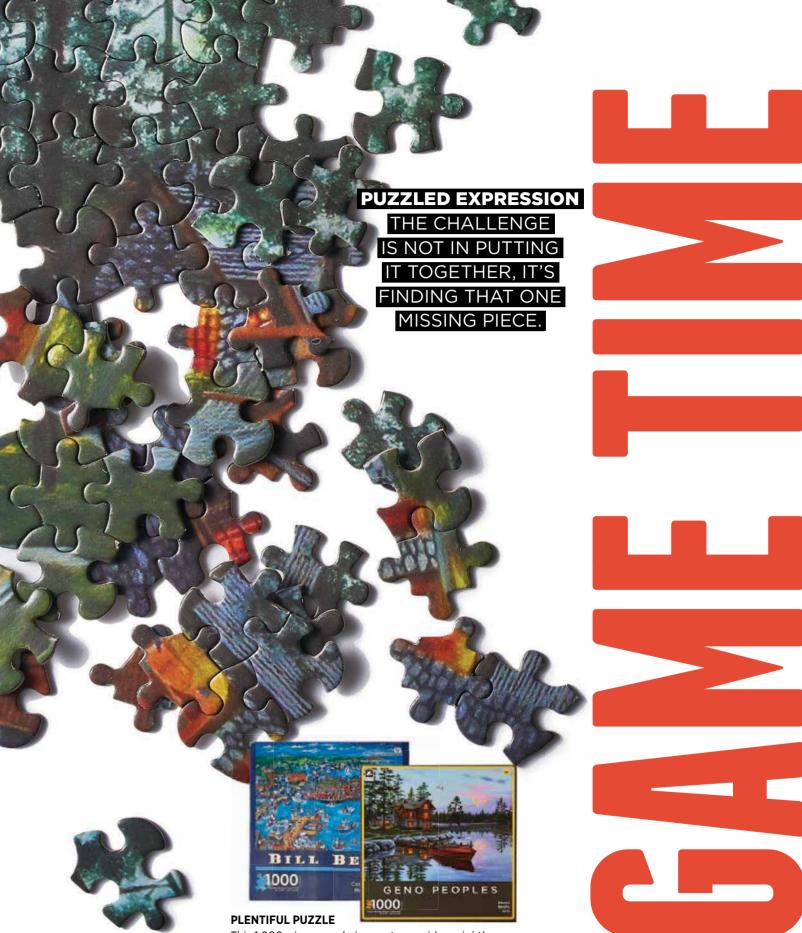
Kaytee Bird Seed Cake: select varieties 1.85 or 2 lb. **\$5.99**



FEEDING TIME Twenty pounds worth of seed will keep the birds chirping all season long.

Hy-Vee Wild Bird Food: 20 lb. \$6.99





This 1,000-piece puzzle is sure to provide a night's worth of fun and focus. Or two. Maybe three.

Puzzle: select varieties each \$7.99



KIDS CAN BAKE Our kits include all the tools for festive treats the whole family will enjoy.

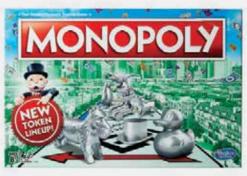
Handstand Kitchen Deluxe Baking Set \$29.99





CLEAN TOYS Who said clean-up time can't be fun? Teach kids the finer points of housework with this 6-piece set!

20% OFF Melissa and Doug Role Play: select varieties each (price varies by store)



GAME CHANGER Swap out the old board games and grab a new one for each night of the week.

10% OFF Select Hasbro Games: select varieties (price varies by store)



Handstand Kitchen Intro to Baking Kit \$19.99



Explore new Lego worlds and keep kids endlessly entertained. Just watch where you step!

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PULLED PORK

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WITH CURLY'S EASY CHICKEN CAESAR SALAD RECIPE IN MINUTES!

CURLY'S CHICKEN CAESAR SALAD

Prep: 10 min Cook: 10 min Serves: 4

- 1 tub of Curly's Sauceless Chicken
- 1 head of Romain lettuce, cut into pieces
- 2 hard-boiled eggs, sliced and quartered
- 2 cups cherry tomatoes, sliced and guartered 1 cup Caesar dressing
- Kosher Salt

Freshly cracked pepper

1. Toss Curly's Sauceless Pulled Chicken, then cut Romain lettuce, egg, and cherry tomatoes in a bowl. 2. Drizzle with the Caesar dressing and season with

salt and freshly cracked pepper, tossing one last time and serve.

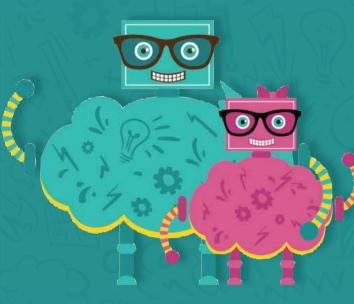
Curly's Pulled Beef, Pork or Chicken: select varieties 12 or 16 oz. \$4.88

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