

HyVee® balance™

MARK WAHLBERG

FITTING IN FITNESS • ROAD TO SUCCESS
• DAILY ROUTINE PAGE 18

PLUS

MYTHS OF
METABOLISM

AND HOW TO TURN
UP THE HEAT

MIDNIGHT
SNACKS

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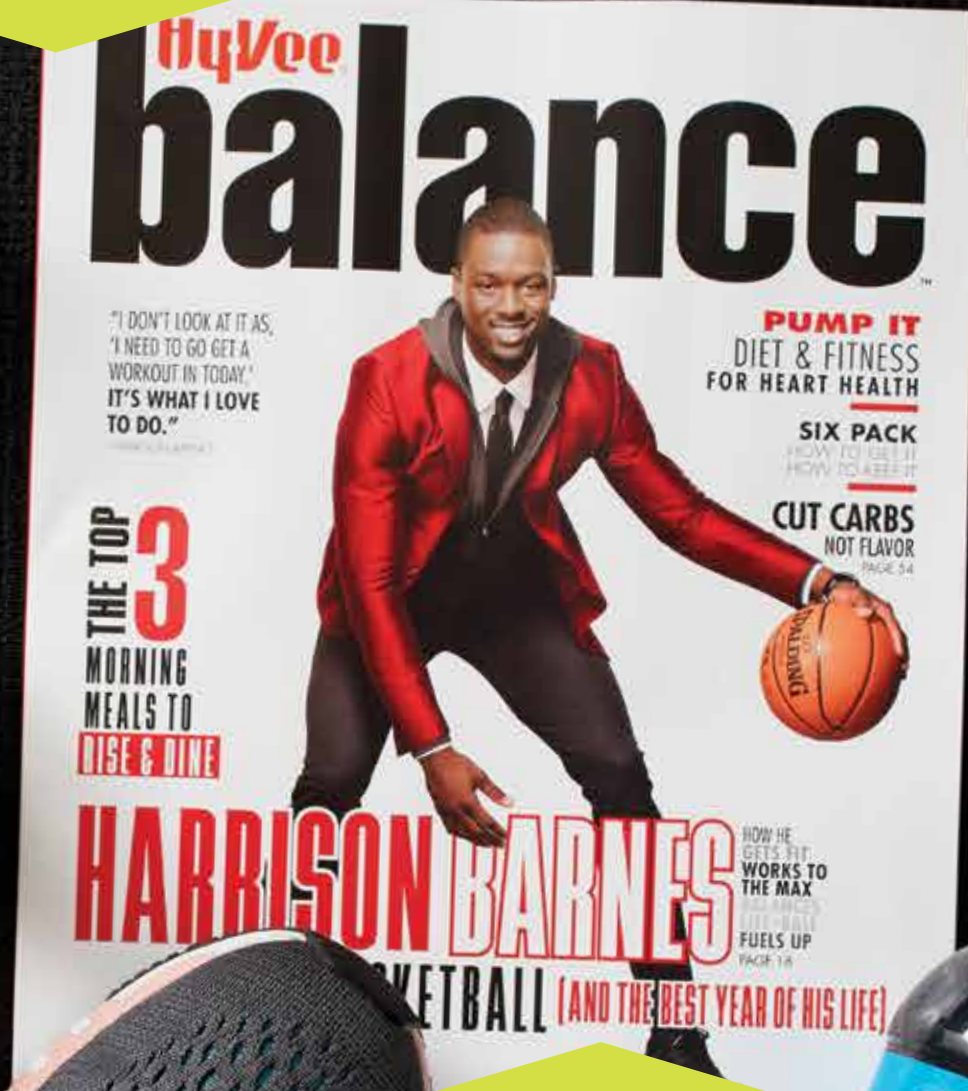


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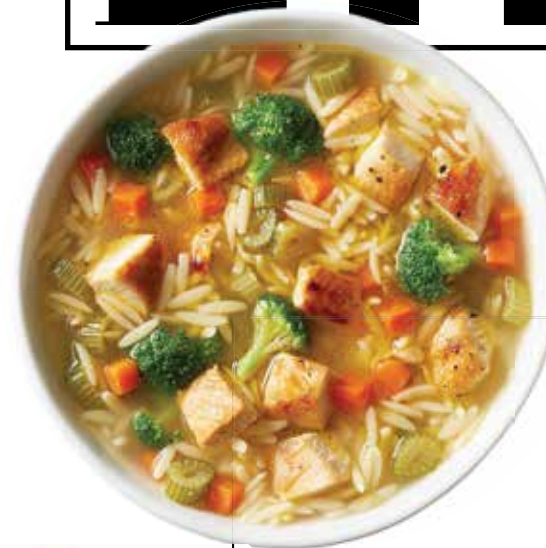
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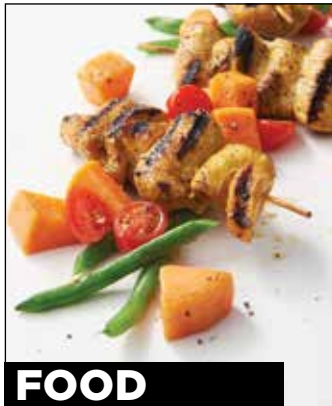
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FITNESS ESSENTIALS



DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF MARKETING OFFICER,
CHIEF CUSTOMER OFFICER

▶ After serving as president of an Iowa marketing firm, Donna Tweeten joined Hy-Vee in 2006. In 2016, she was named Marketer of the Year by Supermarket News, a trade publication that covers the grocery industry.

Volleyball was my favorite sport growing up in the Chicago suburbs, and my love of the game even earned me a college scholarship offer. Ready to pursue a new goal—my career—I decided to attend a different school to focus on academics and other extracurricular activities, like the school newspaper. Still, the need for physical fitness and balanced eating didn't change. Even though I didn't hit the court daily, I needed stamina to achieve my new goals. Today I'm a wife, mother of five and an executive vice president. To stay healthy, each morning I get up at 4 a.m. to work out and then look for smart options for on-the-go eating.

I rely on my local Hy-Vee for bountiful produce, nutritious food choices from the HealthMarket, flu shots in the Pharmacy and more. *Hy-Vee Balance* magazine is also an avenue for you and me to learn more about food, exercise and Hy-Vee wellness services.

In this issue, meet actor and producer Mark Wahlberg. We are excited to introduce his line of high-performance sports nutrition products available exclusively at Hy-Vee. To find out more, see page 18.

Flip through the stories ahead for helpful ideas from Hy-Vee dietitians, tasty recipes for fighting depression and an in-depth look at cardio workouts. Find out what you can do to positively affect your metabolic rate. There's also a heartwarming story about a mother, a child and a Hy-Vee pharmacist, page 44.

At Hy-Vee, we are proud to be a trusted resource for our customers. We hope our stories motivate you to reach your health and wellness goals.



We asked our editorial contributors:
What is your favorite healthy snack?

CARDIOLOGY

Eric Larson, MD
Cardiopulmonary Rehab Coordinator at
University of Kansas Hospital
My favorite healthy snack is a Granny Smith apple.

NUTRITION

Julie McMillin, RD, LD
Assistant Vice President Retail Dietetics
A favorite snack of mine is a quick and
simple chunky guacamole.

PHARMACY

Angie Nelson,
Assistant Vice President,
Pharmacy Fulfillment
Almonds, I love almonds.

FITNESS

Daira Driftmier,
Hy-Vee KidsFit Director
My go-to healthy snack is the
microwave bags of edamame.
I always add sea salt.

NUTRITION

Megan Callahan, MS, RD, LD
Hy-Vee Dietitian
Some favorites for me are a small banana with
1 tablespoon of natural peanut butter, or
blueberries with a few almonds.

PSYCHIATRY

Drew Ramsey, MD
Assistant Clinical Professor of Psychiatry
at Columbia University
Author, *Eat Complete*
My favorite healthy snack right now is a glass
of ginger kombucha with raw nuts—usually
almonds, cashews and walnuts with a few
chunks of dark chocolate.

ENDOCRINOLOGY

Vijay Shivaswamy, MD
Associate Professor at Nebraska
Medical Center and the Omaha Veterans
Affairs Medical Center
Good snacks for me are low-fat string cheese
and unsalted almonds.



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.

Please recycle after use.



SMART

COOKING THAT SATISFIES

A balanced
blend of
canola, soy
and olive
oils for
flavorful
sautéing,
baking
and more.



SMART BALANCE
Canola Oil:
24 fl. oz. \$2.78

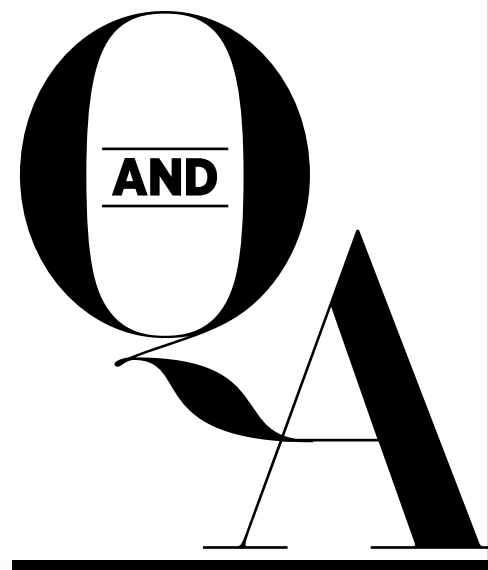


Julie McMillin, RD, LD

MEET THE DIETITIAN:

Julie is a Registered Dietitian and the Assistant Vice President of Retail Dietetics for Hy-Vee.

WHEN IN DOUBT ABOUT A COOKING OIL, STOP BY AND VISIT WITH YOUR LOCAL HY-VEE DIETITIAN!



Q: Are some oils better for specific uses than others?

A: Some oils can handle high heats, while others will start to smoke and break down, resulting in a bitter aftertaste. Oils that can handle a higher temperature, such as vegetable, peanut and sesame oils, are ideal for stir-fries. Oils that might not be able to handle a higher temperature but have a wonderful flavor, like olive oil or walnut oil, are great for salad dressings.

Q: Are all oils created equal?

A: Absolutely not! Nutritionally speaking, different oils contain different amounts and types of fat. The key is to determine your taste preference as well as the health benefit you are trying to achieve, then pick the oil that fits your recipe and nutritional needs.

Q: What is the difference between virgin and extra virgin olive oil?

A: Extra virgin olive oil is higher in quality and will have a superior taste. It's less acidic and has a fruitier flavor and a stronger aroma, so a little goes a long way.

Q: What are the health benefits of cooking oils?

A: They are good sources of monounsaturated and polyunsaturated fats, which help support heart health. Monounsaturated fatty acids (MUFAs) specifically may help reduce "bad" cholesterol while raising the "good" cholesterol. Some oils, such as olive and peanut, and foods like avocado contain higher amounts of MUFAs. Types of polyunsaturated fats (PUFAs) are omega-3s and omega-6s. These are beneficial fats needed for brain function and may reduce your LDL or "bad" cholesterol. Omega-3s specifically may reduce triglycerides and can be found in canola oil, flaxseed oil and high-fat fish such as salmon.

Q: How can I incorporate more coconut oil into my diet?

A: It's important to realize that coconut oil will raise your HDL or "good" cholesterol but it may also raise your LDL or "bad" cholesterol, so be conscious of overusing this fat. Coconut oil can be useful in cooking or baking if used sparingly. It also makes a great moisturizer, makeup remover or hair conditioner.

PHOTOS Tobin Bennett

A WELL-OILED MACHINE

ALL Stirred

30
minutes
or less

ASIAN VEGGIE STIR-FRY

Total Time 20 minutes Serves 6

2 tsp. peanut oil, divided
1 tsp. finely chopped garlic
½ tsp. grated fresh ginger
6 cups assorted vegetables, thinly sliced or chopped, such as carrots, broccoli, shiitake mushrooms, red onions, bell peppers, water chestnuts and snow peas
1 Tbsp. thinly sliced green onion
Hy-Vee kosher sea salt and fresh cracked pepper
1 tsp. sesame oil
1 tsp. toasted sesame seeds, optional

1. HEAT 1 tsp. peanut oil in a wok or large nonstick skillet over medium-high heat. Add garlic and ginger; cook and stir for 10 to 15 seconds or until they become fragrant.

2. ADD carrots and broccoli, if using; cook and stir for 3 minutes.

3. ADD remaining 1 tsp. peanut oil, green onion and vegetables; cook and stir for 3 to 4 minutes or until vegetables are tender. Remove from heat. Season to taste and stir in sesame oil; toss to coat. If desired, sprinkle with sesame seeds.

Per serving: 60 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 20 mg sodium, 8 g carbohydrates, 2 g fiber, 3 g sugar, 2 g protein

For Asian flair, use **sesame oil** in your veggie stir-fry!

GET TO KNOW YOUR OILS

One key difference between oils is their smoke points, or the amount of heat they can handle. This determines the best ways different oils can be used in cooking.



CANOLA
SMOKE POINT:
400°F
Sautéing, frying, dressings



WALNUT
SMOKE POINT:
160° to 200°F
Salad dressings, uncooked sauces



COCONUT
SMOKE POINT:
350°F
Sautéing, baking, cooking vegetables



SUNFLOWER
SMOKE POINT:
450°F
Frying, salad dressings, baking



EXTRA VIRGIN OLIVE
SMOKE POINT:
320°F
Salad dressings, drizzling



PEANUT
SMOKE POINT:
450°F
Deep-frying, pan-frying, roasting, grilling



SESAME
SMOKE POINT:
410°F
Dipping sauces, dressings, stir-fry

WAKE UP

like Monte Morris



MONTE MORRIS

- Currently a Liberal Studies senior at Iowa State University
- Point guard on the Iowa State men's basketball team

JAM SESSION

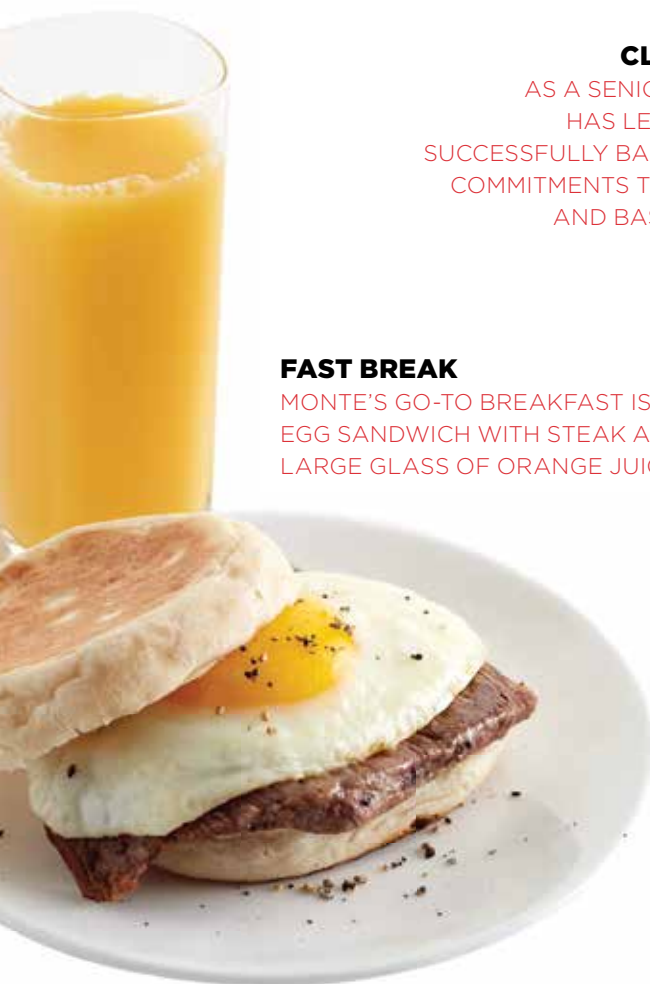
A typical morning for this college athlete includes a quick stretch listening to R&B and then brushing his pearly whites. According to Monte, listening to music is important to a solid morning routine. "I sing whether I'm in the shower or not. I love singing. My vocals aren't great." What wakes him up on the right side of the bed? "Usually Justin Bieber, anything from him."

CLASS ACT

AS A SENIOR, MONTE HAS LEARNED TO SUCCESSFULLY BALANCE HIS COMMITMENTS TO SCHOOL AND BASKETBALL.

FAST BREAK

MONTE'S GO-TO BREAKFAST IS AN EGG SANDWICH WITH STEAK AND A LARGE GLASS OF ORANGE JUICE.



For early morning workouts, Monte prefers stretching, light lifting and a few jump shots.

GAME-DAY GRIND

"My game-day morning routine is kind of different than a typical day. I'm normally listening to rap music as opposed to R&B because I need to have my blood flowing great all day. I get to the gym 2 hours and 15 minutes before the game to get in an on-court workout. Everything stays the same for road games besides my pre-game workout."

PHOTO of Monte Morris Courtesy of Luke Lu / PHOTOS Cameron Sadeghpour and Tobin Bennett

INTRODUCING ALL-NATURAL HIGH PERFORMANCE SPORTS NUTRITION FROM MARK WAHLBERG



EXCLUSIVELY AT **HyVee**

PERFORMANCE WHEY

Each serving of delicious Performance Whey provides 25g of protein, 160 calories and 5g of dietary fiber. In addition, the digestive enzymes it contains help you better absorb and more quickly assimilate the protein, spurring faster muscle repair and growth.



RIPPED WHEY

Designed to support muscle building while boosting your body's ability to burn body fat, Ripped Whey delivers 25g of protein for only 160 calories. Leucine drives muscle building while digestive enzymes facilitate more efficient digestion of protein. Carnitine, choline and a blend of guarana and caffeine stimulate fat burning by boosting metabolism.



EXPLOSIVE PRE-WORKOUT

Taking in specific supplements before training improves performance and results, and Explosive Pre-Workout is formulated to deliver. Citrulline (3g) and arginine (3g) allow your body to deliver more blood and nutrients to hard-training muscles. Creatine (3g) drives more intense muscle contractions, and beta-alanine (2.5g) improves muscular endurance and strength.



PROTEIN BAR

A nutrition bar that's packed with protein (and flavor) without all the filler is hard to come by. The clean Inspired-Bar gives the body what it needs, not what it doesn't.



CREATINE COMING SOON!

Creatine is one of the most popular sports performance supplements, and Creatine from Performance Inspired provides muscular endurance and better recovery.



POST-WORKOUT BCAA COMING SOON!

These amino acids drive protein synthesis, helping your muscles recover and grow more efficiently. Post-Workout BCAA provides an efficacious dose of branched-chain amino acids.



"One of the reasons we started Performance Inspired was to help me recover with natural products I knew I could trust that were also high performance and quality products. I eat clean and workout hard so I wanted the same standards in my supplements."



tip: Monte tries to wake up at the same time each morning to maintain a productive day. According to the Mayo Clinic, a consistent schedule helps to reinforce your body's sleep-wake cycle and can result in better sleep at night.



For a helpful video on how to make this **St. Patrick's Day Shake**, visit [youtube.com/Hy-Vee](https://www.youtube.com/Hy-Vee)

ST. PATRICK'S DAY SHAKE

Total Time 10 minutes **Serves** 1

1 cup low-fat vanilla bean or pistachio ice cream, such as Halo Top brand
½ cup coconut milk
1–2 tsp. Hy-Vee honey
1 Tbsp. matcha powder, plus extra for dusting
½ tsp. ground cardamom
2 Tbsp. thawed coconut whipped topping

1. PLACE ice cream, coconut milk, honey, 1 Tbsp. matcha powder and cardamom in a blender. Cover and blend on high until smooth. Top with whipped topping and dust with additional matcha powder.

Per serving: 240 calories, 8 g fat, 6 g saturated fat, 0 g trans fat, 80 mg cholesterol, 230 mg sodium, 49 g carbohydrates, 11 g fiber, 22 g sugar, 12 g protein

240 cal

8 g fat

46 g carbs

12 g protein

FAST-FOOD SHAKE

Check how the matcha shake recipe, above, stands up to this popular drive-through favorite.

30
minutes
or less



470 cal
14 g fat
62 g carbs
10 g protein

MATCHA

Matcha (MAH-chah) is a bright green tea packed with antioxidants. It's available as a powder, as a tea blend and in tea bags.

PHOTOS Tobin Bennett

Source: <https://health.clevelandclinic.org/2014/12/beyond-superfoods-6-health-boosting-teas-infographic>



ALWAYS DRESS TO IMPRESS.



Kraft Inverted Salad Dressing:
 select varieties
 22 oz. \$2.99



Cracker Barrel Macaroni & Cheese:
 select varieties
 11.9 or 14 oz. \$2.99



Planters NUT•rition or Sustaining Energy Nuts:
 select varieties
 7.5 to 10.25 oz. \$5.99



GEVALIA or McCafé Coffee: select varieties
 10 or 12 oz., 6 or 12 ct. K-Cup \$6.49



Breakstone's Cottage Doubles:
 select varieties
 3.9 oz. \$0.79



HEINZ BBQ Sauce:
 select varieties
 30 oz. \$2.99



Oscar Mayer Meats:
 select varieties
 8 oz. \$2.99



Oscar Mayer Butcher Thick Cut Bacon:
 Hickory or Applewood
 24 oz. \$6.99

SERVE THESE SUPPLEMENTS

71 percent of American adults take dietary supplements, according to the Council for Responsible Nutrition (CRN). Yet questions remain about who should take supplements and which ones are most important.

1. VITAMIN D

Many people are deficient in this vitamin, which is important for bone health. But too much can be toxic. Check with a doctor before starting a supplement.¹

2. FISH OIL

If you're not eating fish (especially oily fish, such as salmon or tuna) at least twice a week, you're not getting enough omega-3s, which are critical for cardiovascular health.²

3. WHEY PROTEIN

Whey protein may help grow muscle, decrease blood pressure and moderate blood sugar although more research is needed. If dairy products are a concern, consider a vegan protein powder instead.³

4. MULTIVITAMINS

These supplements are packed with essential vitamins and quality is critical, especially as it relates to the rate of absorption. Talk to your doctor about the right multivitamin for your body.

5. SUPERGREENS

Wheatgrass and spirulina are gaining popularity due to their nutrient densities. High in vitamins, minerals, antioxidants, chlorophyll, enzymes, fiber and protein, these supplements are most often used in powder form.

6. PROBIOTICS

Some probiotics may help fight digestive disorders though more study is needed. These can be taken in pill or powder form.⁴



"I always explain to my patients that dietary supplements are used to do just that, 'supplement' your diet. These dietary supplements combined with a healthy diet can help ensure that you're feeding your body its essential nutrition needs while living in our fast-paced world."

-Megan Callahan, MS, RD, LD
Hy-Vee Dietitian,
Lee's Summit, MO

A dietary supplement, as defined by the **Food and Drug Administration**, is a product that contains a dietary ingredient intended to **add nutritional value** to supplement the diet. Dietary supplements include **vitamins, minerals, herbs, amino acids and enzymes**.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information in this magazine is for informational purposes only and should not take the place of medical advice.

SOURCES: 1. <http://www.fda.gov/food/ingredientspackaginglabeling/foodadditivesingredients/ucm510522.htm> 2. <http://www.fda.gov/SiteIndex/ucm108351.htm> 3. <http://www.mayoclinic.org/drugs-supplements/whey-protein/evidence/hrb-20060532> 4. <https://ncih.nih.gov/health/probiotics/introduction.htm>

PHOTOS: Cameron Sadeghpour (this page) Tobin Bennett (opposite)



HY-VEE PHARMACIST:
ANGIE NELSON
Assistant Vice President,
Pharmacy Fulfillment

National Poison Prevention Week is March 19–25, 2017

Q. Why shouldn't you take Tylenol with alcohol?

A. Both Tylenol (acetaminophen) and alcohol are metabolized by the liver. Taking them together can increase toxicity risks in the liver and should be avoided if possible.

Q. What are the most common items you see kids ingest?

A. Many children see medication and think it is candy. Other kids think cleaners kept in the kitchen are juice or Gatorade. Some kids are just curious and will taste-test anything from dishwasher detergent gel packs to bath salts and even hand sanitizer. There have also been growing reports of children ingesting liquid nicotine used in electronic cigarettes.

Q. What is Ipecac syrup and should you keep it on hand for emergencies?

A. Ipecac syrup was once used to induce vomiting after a suspected poison ingestion. The rationale behind this was that if you swallow a poison and then vomit it up, you are out of the woods. This can actually complicate things or make matters worse, so the American Academy of Pediatrics no longer recommends that you keep Ipecac syrup at home. It is no longer manufactured in the United States, so Hy-Vee Pharmacy does not stock it.

Q. Where should you store medicine to keep it away from children?

A. The best practice is to keep medications out of sight and out of reach. If you possess expired or discontinued medication, please contact your Hy-Vee Pharmacy for advice on disposal.

Q. What should you do for topical poisoning?

A. Most often you should flush the area. However, many products include directions on what to do if topical or eye irritation occurs. The best course of action is always to call the Poison Help line for advice (see FAQ, below).

FAQ: AT THE PHARMACY

For advice on poison prevention or treatment, contact the Poison Help line, available 24 hours a day at 800/222-1222.

According to the National Capital Poison Center, these are the most common childhood poisons:

- **Cosmetics**
- **Cleaning products**
- **Laundry products**
- **Medicine**
- **Plants**



For a helpful video on how to flow into a **Chaturanga Pose**, visit youtube.com/Hy-Vee



GO WITH THE FLOW

BEGINNER'S YOGA

Stretch, sculpt and say good-bye to stress, all in just a few square feet of space. Start improving flexibility with these simple poses.



CHATURANGA STRETCH. STRENGTH. SCULPT.

Start in a high plank, with shoulders slightly ahead of wrists and on the toes or balls of feet. Push back through the heels to engage quadriceps, and push sternum forward. Body should form a straight line from crown of head to feet. Exhale and bend elbows, keeping them drawn in against sides. Slowly lower body toward the floor, until shoulders are the same height as elbows, keeping body straight and core engaged.



↑ 2 MOUNTAIN ALIGNMENT. FOCUS. BALANCE.

Stand with weight evenly distributed through four corners of feet; place palms together at chest height. Tuck tailbone to engage thigh muscles. Inhale and elongate through torso; extend arms up. Exhale and release shoulder blades down as arms lower to sides.



↑ 3 TREE BALANCE. FOCUS. STRENGTH.

Start in mountain pose. Shift weight onto right leg and place sole of left foot inside right thigh or right calf. Bring palms together in prayer hands at chest level. Inhale and extend arms over shoulders, palms facing one another. Hold for 30 seconds. Lower and repeat on left leg.



↑ 4 WARRIOR ONE STRENGTH. STRETCH.

Start in mountain pose. Exhale; step right foot back about 4 feet into lunge position keeping left ankle directly under left knee and hips facing forwards. Raise arms above head. Expand chest and pull shoulders back.



↑ 5 DOWNWARD-FACING DOG STRETCH. STRENGTH. REST.

Start on hands and knees with hands directly under shoulders, knees under hips, and feet hip-width apart. Walk hands forward and spread fingers, pressing palms into mat. Press hips toward ceiling, bringing body into an inverted V.

PHOTOS: Cameron Sadehpour (this page) Tobin Bennett (opposite)

AVOCADO

120
CALORIES
½ MEDIUM
AVOCADO

6%
VITAMIN C

15%
VITAMIN K

15%
FOLATE

12%
DIETARY
FIBER

6%
POTASSIUM

1.5%
CARBS



With plenty of **VITAMINS** and **ANTIOXIDANTS** plus zero cholesterol and sodium, avocados are a **NUTRITIONAL POWERHOUSE**. An avocado has more **POTASSIUM**—key in keeping blood pressure down—than a banana. And it's high in **DIETARY FIBER** and healthy fat, both important for weight loss. Plus, **HEALTHY FATS** are vital in assisting with **VITAMIN A, D, E, and K** absorption.

FRESH PICKS

SLICE

Tuck slices into tacos or Tex-Mex salad for a mellow counterpoint to Mexican spices.

DICE

Add chunks to salsa, a breakfast burrito, white chicken chili, or fish tostados.

MASH

Make guacamole or mix into a yogurt-based dipping sauce. Sub for mayo as a base for tuna salad with dried cranberries.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3664913/>
<https://medlineplus.gov/ency/patientinstructions/000104.htm>
avocadocentral.com/nutrition/avocado-nutrition-health-facts-label

FRESH AVOCADO BOATS

Total Time 10 minutes Serves 4

- 2 large ripe avocados, halved and seeded
- 2 Tbsp. fresh lime juice
- ½ cup loosely packed arugula
- ¼ cup chopped pineapple
- 2 Tbsp. finely chopped red onion
- 1 jalapeño pepper, seeded and finely chopped, optional*
- Hy-Vee sea salt
- Lime wedges

1. SPRINKLE avocado halves with lime juice. Top with arugula, pineapple, red onion, and, if desired, jalapeño pepper. Sprinkle with sea salt. Serve immediately with lime wedges.

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

Per serving: 170 calories, 15 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 10 mg sodium, 11 g carbohydrates, 7 g fiber, 2 g sugar, 2 g protein



30
minutes
or less

Green on the Scene
Although many people assume avocados are vegetables because of their color and flavor, they are actually a single-seeded fruit.



Step 1: Halve avocado and gently remove seed.



Step 2: Slice in half again to form two wedges from each half.



Step 3: Carefully peel dark skin away from green flesh and discard.

PEELED TO PERFECTION

This method of peeling retains the dark green layer of flesh, which is rich in antioxidants. To prevent browning, brush avocado flesh with lime juice.

PHOTOS Tobin Bennett (this page) Dan McClanahan (opposite)

MARCH

ISSUE VOL. 1



WHAT FUELS MARK WAHLBERG | AFTER HOURS
BETTER-FOR-YOU SOUPS | FINISH STRONG | ALLERGIES | BREATH OF LIFE
MYTHS OF METABOLISM | FOODS THAT FIGHT DEPRESSION | BY THE GLASS
THE TOP PICKS BRACKET SNACKS

WHAT
FUELS
MARK

MARK WAHLBERG IS THE REAL DEAL. A HARD WORKER WHO PAVED HIS OWN ROAD TO SUCCESS, HE'S AN A-LIST ACTOR DEDICATED TO HEALTHY LIVING. HE WHOLEHEARTEDLY STANDS BEHIND HIS LINE OF ALL-NATURAL PERFORMANCE-INSPIRED PRODUCTS NOW AVAILABLE EXCLUSIVELY AT HY-VEE.

PHOTOS Dan McClanahan

WAHLBERG



Studying scripts in his home office is part of Mark's day. His film, *Patriots Day*, an account of the Boston Marathon bombings, released nationwide in January. *Transformers: The Last Knight* is expected in theaters in June.



Mark's love for golf inspired his backyard practice complex, above. He's played with some of golf's best players, including Bubba Watson at last year's AT&T Pebble Beach Pro-Am.

Self-made Hollywood actor and producer Mark Wahlberg knows hard work is the secret to success. “When I am in training for a movie like *Transformers*, I wake up at 3 or 4 a.m., work out, shower, eat breakfast and have some private prayer time before it’s time to wake my kids up for school. I help them get ready, feed them breakfast and drive them to school. I try to be in bed by 8 p.m. I need a full eight hours to feel good the next day,” he says.

Boston born and raised, Mark comes from a rowdy, working-class family of nine kids. His 2016 film *Patriots Day* about the 2013 Boston Marathon tragedy is a film close to his heart. The movie tells the story of the real-life bombings and how courage and sacrificial love conquer horrific evil. “This movie is about law enforcement and first responders—people who dedicate their lives to their community and country,” Mark explains. “I’ve never felt more pressure, but I’ve never felt more pride.”

A big part of Mark’s box-office appeal is that he pushes his body to represent the character he’s portraying, such as Navy Seal Marcus Luttrell in *Lone Survivor*, and body-building physical trainer Danny Lupo in *Pain & Gain*, one of his hardest transformations yet. “I ate a full meal every three hours or so, 10 times a day,” he says of the training for *Pain & Gain*. “It’s not fun getting up in the middle of the night to eat when you’re not even hungry.” His final weight on the movie was 212 pounds, a nearly 50-pound weight gain.

But after filming wrapped up it wasn’t long before he pushed himself

back in shape. “I am passionate about fitness because I know how much better I feel when I am active. We were designed to be active, and without physical strength, it is hard to balance mental and spiritual health,” Mark says.

His athletic performance coach emphasizes the importance of exercise and protein supplements—they build muscle and burn fat. But products available to Mark didn’t cut it; they weren’t natural and they didn’t taste good. So, he developed his own Performance Inspired line (sold exclusively in the Midwest at Hy-Vee).

“We started Performance Inspired to provide a better product for not only athletes, but for everyone. We wanted to address the concerns we’ve heard from customers,” Mark says. “We have clean and natural formulas, authentic marketing and robust formulations. We want to encourage people to live a better life, no matter what level they are in their quest.”

Physical fitness gives Mark the energy to live a full, yet balanced life. In any week he may play with his kids in the yard or play a movie lead, help at-risk kids through the Mark Wahlberg Youth Foundation, and help brothers Paul and Donnie make burgers on his family’s television show, *Wahlburgers*. “Being a good father and raising responsible, kind and humble children is the most important thing in my life,” he says. “I hope they learn by my example and also avoid the mistakes I made in my youth.” Prioritizing home and family while succeeding in a competitive business is not only possible for Mark, it’s inspired.

“Hy-Vee is the perfect partner for us. They have the same philosophy about health and wellness. They truly believe in giving back. They are honest, transparent and put forth 200% effort into everything they do.”

—Mark Wahlberg

ON THE MARK

MARK WAHLBERG IS COMMITTED TO FITNESS. HE HEADS DOWNSTAIRS TO HIS PERSONAL GYM FIVE MORNINGS A WEEK.

Mark kicks off his workout with 10 minutes of foam rolling and trigger-point release work to knead out the kinks and loosen up any stiff muscles. This helps him keep injuries at bay. He then starts with 15 minutes of various warm-up and activation exercises. Depending on the day, he moves into either 30 minutes of strength training or 30 minutes of cardio training, and finally, a cooldown. Every workout is full-body and incorporates pushing, pulling, lifting, carrying, dragging, throwing, running and jumping.

WARM-UP

For Mark, this includes routines like mini-band walks, leg swings, Power Plate balancing, TRX stretching and biking. He says, "It's important to turn on the muscles gradually and increase your body temp to get the max potential out of your lifts."

WORKOUT

Strength training days consist of heavier loads, less repetitions and more recovery time.

Cardio workouts involve lighter loads and faster movements through interval or complex training.

RECOVERY

Once the hard work is done, Mark finishes with 10 minutes of recovery, which includes stretching, massage and foam rolling. This helps him stay loose and avoid injury.

KETTLEBELL WORKOUT

Mark's muscular biceps have helped him look the part of his characters such as Micky Ward in *The Fighter*. He keeps them pumped up with old-school workouts, training change-ups and his all-natural Performance Inspired products. Here's one of his favorite workouts:

KETTLEBELL LEFT ARM SWING **30 SECONDS**

KETTLEBELL RIGHT ARM SWING **30 SECONDS**

KETTLEBELL GOBLET SQUATS **30 SECONDS**

KETTLEBELL WALK-OVER PUSH-UPS **30 SECONDS**

KETTLEBELL TWO-ARM SWING **30 SECONDS**

KETTLEBELL THREADED LUNGES **30 SECONDS**

REST **60 SECONDS**

REPEAT 3-6 ROUNDS.



WHAT MARK EATS

A firm believer in nutrition, Mark describes his diet simply as “clean.”

TYPICAL BREAKFAST? Three egg whites, Ezekiel bread, almond butter and AQUAhydrate.

FAVORITE FOOD? Chicken

GUILTY PLEASURE? Chocolate chip cookies. I don’t have much of a sweet tooth though.

SUPPLEMENTS OR VITAMINS? Fish oil and chondroitin/glucosamine/MRM for my joints.

“ We started Performance Inspired to provide a better product for not only athletes, but for everyone. We have clean and natural formulas, authentic marketing and robust formulations. We want to encourage people to live a better life, no matter what level they are in their quest. ”
—Mark Wahlberg

UP WITH PERFORMANCE INSPIRED

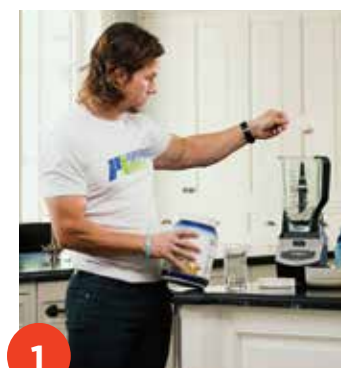
MAKE MARK’S
WHEY PROTEIN
SHAKE
WITH FRESH
BLUEBERRIES!

25_g
PROTEIN

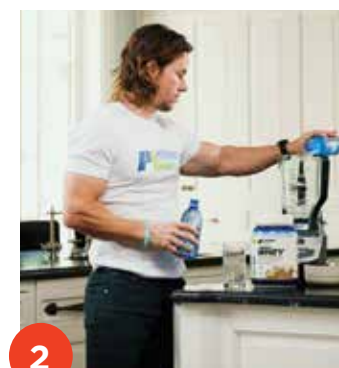


MIX IT LIKE MARK

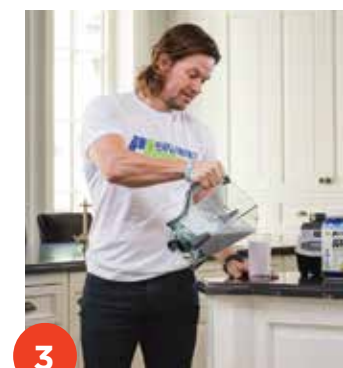
Check in with Mark in his home kitchen to see how he preps shakes with Performance Inspired protein powder.



1 Mark scoops Performance Inspired Vanilla Latte Ripped Whey Protein powder into the blender. Occasionally he adds a small amount of fresh fruit like blueberries.



2 He pours in two bottles of AQUAhydrate performance water (supercharged alkaline water enhanced with electrolytes and trace minerals) and blends.



3 The taste is smooth and has no chalky aftertaste. Even better it’s all-natural! Mark drinks shakes daily and takes Performance Inspired products with him when he travels.

TOP PERFORMANCE

Performance Inspired started with a simple goal: to fill the need for an all-natural, high-performance product free of artificial and synthetic ingredients to support a healthy, active lifestyle. Mark partnered with Tom Dowd, a former GNC executive, to engineer the line. “There’s nothing artificial. Period. Our products have high protein, added fiber and other trade-up ingredients like digestive enzymes, probiotics, and prebiotics,” Mark says.

Giving Hy-Vee the exclusive Midwest partnership was a no-brainer. “I’ve never met such an impressive group of folks. I love that they have dietitians at all their stores. They understand health and wellness is an everyday lifestyle choice,” Mark says. A portion of the profits from Performance Inspired products is donated to charity!

EXPLOSIVE PRE-WORKOUT

Get pumped for the gym with this intense blend of ingredients formulated to provide maximum stamina, strength and focus in Natural Raspberry Lemonade or Tropical Fruit Punch flavors.

RIPPED WHEY PROTEIN

A delicious, low-carb, low-sugar formula made to boost the body’s fat-burning processes with a proprietary blend of guarana and green tea to energize without the jitters. Available in Mocha or Vanilla Latte flavors.

PERFORMANCE WHEY PROTEIN

Supplement your diet with 100% whey protein powder with 25 g of protein for strength and recovery, weight loss and nutrition, or endurance and power. Available in Natural Chocolate or Vanilla Bean flavors.



PROTEIN BARS

Snack smarter with an all-natural protein bar loaded with 20 g of protein. Available in Brownie Chocolate Blast, Cookies N’ Cream Extreme and Peanut Butter Chocolate Thunder.

COMING SOON!

Look for more Performance Inspired products coming soon, including Creatine, a Post-Workout BCAA and a Mass Gainer.

HOW MARK WAHLBERG KEEPS FIT.



Mark utilizes every tool in the gym. On mixing things up he says “Fitness trends are funny. However, I truly have an appreciation for how my body looks and feels when I train using these tools.”

WHAT KIND OF FITNESS GOALS DO YOU SET FOR YOURSELF?

My fitness goals have had to change depending on the roles I played. Sometimes, it can be about a look, size and shape; other times it’s about acquiring and/or honing athletic skills. Currently, I set my goals around my body composition, specifically the percentage of body fat I carry. I feel my best when I am between 8-11 percent body fat. Feeling lean, mobile and pain-free all tie into my current goal of just feeling great!

DO YOUR BODY TRANSFORMATIONS AFFECT YOUR HEALTH IN ANY WAY?

Anytime the body changes—anytime the body has to adapt to new environments, new stresses, new injuries and new diet regimens—health is affected. It’s nature and it’s called adaptation. Even your emotions are challenged. I have been through transformations that depleted me and others that made me stronger in the long run. Come to think of it, all of them have made me stronger in the long run.

WHAT UNCONVENTIONAL TRAINING METHODS HAVE YOU TRIED?

Over the past decade, I have learned to incorporate more functional training tools such as kettlebells, sandbags, ropes, TRX (resistance bands), Power Plates, sleds and medicine balls into my training.

HAVE YOUR NUTRITION AND FITNESS REGIMENS EVOLVED OVER TIME?

This is about applying the upgrades that experience brings. I am more balanced now than I have ever been because I keep the upgrades in my routine. These upgrades include working out first thing in the morning, taking my vitamins, having a post-workout shake, taking the time to pray and meditate, getting eight hours of sleep, drinking plenty of AQUAhydrate performance water, taking the necessary time before and after my workouts to foam roll and stretch, eating “clean” and nutrient-dense foods and so forth. Recently, I have been able to put golf back into my daily regimen. This is super important to me to keep my stress levels low.

WHAT IS THE MOST IMPORTANT LIFT FOR YOU?

I consistently do TRX Inverted Rows as it helps to set my posture, which keeps my low back and shoulders strong and pain-free.

FAVORITE LIFT?

Bench press

LEAST FAVORITE LIFT?

Deadlift

HOW MUCH CAN YOU BENCH, SQUAT AND DEADLIFT?

I haven’t maxed out my lifts since training for *Pain & Gain*. During that time, I hit 350 on bench, squatted 350 and deadlifted 385.

WHAT DISTANCE IS A GOOD RUN FOR YOU?

I am not a long-distance runner. I get mileage on the basketball court and sprinting from one golf shot to the next. If I train endurance, I use a jump rope as it’s more efficient.

AQUAHYDRATE

Mark Wahlberg’s water brand, AQUAhydrate, was founded with cutting-edge technology and science. AQUAhydrate provides a perfect blend of alkalinity, electrolytes, and trace minerals to balance your body. This pH-balanced, great-tasting, electrolyte-enhanced water fuels athletic performance by hydrating without added sugar or calories. Look for AQUAhydrate at your local Hy-Vee.



“The goal is always to be the best I can be physically, mentally and spiritually. That, and setting the example to my family of how important health and fitness is to staying happy.”

— Mark Wahlberg

After HOURS

HOW TO CURB LATE-NIGHT CRAVINGS

WORDS Kaitlyn Cimino PHOTOS Tobin Bennett

Put a stop to **kitchen raids!** Hy-Vee dietitians have the tips you need to keep **nighttime snacking** in check.

People may **burn the midnight oil**, but that **doesn't necessarily translate to burning more calories**. Many individuals stay up **late and snack** while remaining relatively sedentary. **Think Netflix and binge**. Simply put, staying up means more time to munch and if you're not offsetting late-night snacks with exercise, the **calories are stored as fat**.

TIPS *For* AVOIDING LATE-NIGHT SNACKING

STAY ON TRACK

Many people buzz throughout the day, skipping meals and snacks. According to Hy-Vee Dietitian Megan Callahan, "This builds on waiting periods and trains your body to be starving at the end of the day." She suggests making time for healthy snacks throughout the day. At night, only eat healthy snacks if your body needs more nutrients. It is important not to exceed your calorie goals for the day. To manage your diet, set a cutoff time of two hours before bedtime to be done eating.

FILL THE TANK

Drink some water and wait 30 minutes to see if you still feel hungry. Often people think they are hungry when they are actually dehydrated. Low-calorie drinks also offer

a smart way to create a full feeling. Caffeine-free green tea or other hot teas are perfect for sipping while you wind down.

TUNE IN

Be aware of the dangers of multitasking. We are always posting, texting or watching while we snack instead of being mindful of our actions. The result is that many people eat without identifying the reason they are eating. Are you stressed, sad, happy, excited or bored? Hy-Vee Dietitian Nina Struss recommends the apple test: When you feel hungry, ask yourself if you would eat an apple. If the answer is no, you may not actually be hungry but may simply be responding to another feeling like restlessness. When you do allow yourself to have a treat—slow down and truly enjoy it.

SWEET AND JUICY RASPBERRIES—NATURE'S CANDY—ARE RICH IN VITAMIN C.

“Typically late-night snacking isn't for fuel; it's tied to an emotional outlet like boredom or stress relief. Know your own boundaries and willpower. Don't stock your vices.”

- Megan Callahan, RD
Hy-Vee Dietitian
Lee's Summit, MO

HEALTHY EATS for MIDNIGHT CRAVINGS

“

For my customers, I like to suggest protein for nighttime snacks. If you are falsely hungry or if you are craving something because you weren't satisfied after dinner, you are going to want something that will fill you up. Proteins keep you from going back to the cupboard again, and again, and again.

- Hailey Boudreau, RD
Hy-Vee Dietitian
Ankeny, IA

”

Hard-boiled eggs are low in calories and high in protein, making them an ideal snack that will **satisfy hunger** and keep you feeling full.

SNACK SMARTER, NOT HARDER.

DOs	DON'Ts
1 RAW VEGGIES	1 COFFEE (CAFFEINE)
2 FRESH FRUIT	2 FAST FOOD
3 UNSALTED NUTS	3 ALCOHOL
4 LOW-FAT MILK	4 PASTRIES
5 PLAIN POPCORN	5 CHIPS AND DIP

MINI MEALS THAT WON'T BREAK THE CALORIE BANK

Don't let drive-throughs and vending machines be the downfall of your healthy evening. For late nights at the office, prep simple meals like grilled chicken salad, or pack a can of tuna and a whole-wheat pita.

An extra
**500
CALORIES**
per day will lead to
a 1-pound weight
gain in just
one week.

SPOILER ALERT:

In many cases, watching TV shows has become a social event. From *The Bachelor* to college basketball, favorite shows bring friends together over bowls of tortilla chips and bottles of wine. These hangouts can lead to packing on the calories, which add up if you participate weekly. Take control by plating up veggies or popping low-calorie unsalted popcorn. To avoid endless grazing, keep track of your intake by eating off your own plate, rather than out of the group bowl. Limit yourself to a single drink and then switch to water.

CRASH COURSE

IN PREPPING FOR MOONLIGHT CRAVINGS

- Set up healthy snack stations in the refrigerator and pantry for times when you need a quick fix.
- Include a range of flavors from savory to sweet for different cravings.
- Make healthy choices easier with items that are portioned out and ready to grab and go.
- Stock good-for-you items at eye level or even in plain sight on the countertop.
- Avoid reaching for whole portions of snacks that will end up as empty containers. Tubs of ice cream and bags of chips are easy to mindlessly eat while hooked into a season finale.

DIETITIANS AGREE, ONE OF THE HARDEST CRAVINGS TO IGNORE IS A SWEET TOOTH. FOR A HEALTHIER OPTION TRY ONE OF THESE TASTY CHOCOLATE TREATS!

sweet + salty

For a sweet fix, toss dark chocolate chips into a homemade trail mix of nuts, seeds and popcorn.

fruit with flavor

Stock up on chocolate-covered berries and dried fruit. Divide into single-serving bags.

post-dinner dessert

Reach for a chocolate-flavor Greek yogurt, or top nutritious crackers with dessert hummus.

BETTER-FOR-YOU SOUPS

WORDS Kristi Chew PHOTOS Cameron Sadeghpour and Tobin Bennett

These quick-meal, lower-calorie soups fill you up and pack veggies and fiber into your diet. Each delicious soup contains fewer than 350 calories per bowl.

TIP:

Save time by using frozen deveined salad shrimp, although any frozen cooked shrimp works well in this recipe.

SOY-GINGER SHRIMP

Total Time 20 minutes **Serves** 4

4 cups Hy-Vee 33%-less-sodium chicken broth
¾ cup packaged shredded carrots
1 Tbsp. dry sherry, optional
2 tsp. Hy-Vee light soy sauce (or try a natural soy sauce alternative from the Hy-Vee HealthMarket)
2 tsp. rice vinegar
1 tsp. grated fresh ginger
¼ tsp. Hy-Vee black pepper
1 lb. Hy-Vee Fish Market frozen cooked shrimp, thawed
1 (6-oz.) pkg. fresh snow peas
2 oz. thin rice noodles
Sliced green onions, for garnish

1. COMBINE broth, carrots, sherry (if desired), soy sauce, vinegar, ginger and pepper in a stockpot. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes.

2. STIR in shrimp, snow peas and rice noodles. Bring mixture to boiling; reduce heat. Simmer, covered, for 5 minutes more. Serve immediately. If desired, garnish with green onions.

Per serving: 220 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 230 mg cholesterol, 1,060 mg sodium, 17 g carbohydrates, 2 g fiber, 2 g sugar, 32 g protein

30
minutes
or less

Fresh ginger and dry sherry give a lift to the delicate flavors of shrimp and vegetables. Keep the sodium level down by using light soy sauce and low-sodium chicken broth.



For a helpful video on how to make **Cauliflower-Potato Soup**, visit youtube.com/Hy-Vee

CAULIFLOWER-POTATO

Total Time 40 minutes **Serves** 4

1 small head cauliflower (4 cups florets)
2 Tbsp. Hy-Vee Select olive oil, divided
Hy-Vee salt and black pepper, to taste
1 shallot, chopped
1 stalk celery, chopped
2 cloves garlic, minced
4 cups Hy-Vee 33%-less-sodium chicken broth
1½ cups chopped peeled Yukon Gold potatoes
½ tsp. Hy-Vee ground cumin
Hy-Vee crushed red pepper flakes

1. PREHEAT oven to 400°F. Toss cauliflower florets with 1 Tbsp. oil. Scatter in a baking pan. Season with salt and black pepper. Roast for 20 minutes or until lightly caramelized. Reserve ½ cup for serving.

2. HEAT remaining 1 Tbsp. oil over medium heat in stockpot. Add shallot, celery and garlic. Cook and stir until softened.

3. STIR in broth, potatoes and cumin. Bring to boiling; reduce heat. Cook, covered, for 10 minutes or until potatoes are tender. Remove from heat and stir in ¾ cups cauliflower.

4. BLEND soup mixture in batches in a blender until smooth. Serve topped with reserved cauliflower and red pepper flakes.

Per serving: 150 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 620 mg sodium, 19 g carbohydrates, 4 g fiber, 4 g sugar, 6 g protein

TIP:

Roasting the cauliflower gives it a mellow sweetness that enhances the flavor of this velvety smooth soup, which is low in fat and gluten- and dairy-free. If the soup seems too thick, just stir in additional broth.

BROCCOLI ORZO

CHICKEN-

30
minutes
or less

Total Time 30 minutes **Serves** 4

1 Tbsp. Hy-Vee Select olive oil
½ cup chopped fennel
½ cup chopped carrots
2 cloves garlic, minced
4 cups Hy-Vee 33%-less-sodium chicken broth
½ cup uncooked orzo
2 bay leaves
2 cups chopped cooked chicken breasts (¾ lb.)
1 cup steamed broccoli florets
1 tsp. chopped fresh thyme

Juice of ½ lemon

Hy-Vee sea salt and black pepper, to taste
1 recipe Cheese Toasts, right

1. HEAT oil over medium heat in stockpot. Add fennel, carrots and garlic. Cook and stir until softened.

2. STIR in chicken broth, orzo and bay leaves. Bring to boiling; reduce heat. Cook, covered, for 10 to 12 minutes or until orzo is tender.

3. STIR in chicken, broccoli and thyme. Cook until heated through. Just before serving,

remove bay leaves and add lemon juice. Season to taste. Serve with Cheese Toasts.

CHEESE TOASTS: Preheat broiler. Spread 8 (½-inch-thick) Hy-Vee Bakery baguette slices with 3 Tbsp. garlic butter spread. Sprinkle with ½ cup Hy-Vee shredded Parmesan cheese. Place under broiler, 4 to 6 in. from heat, and broil for 1 to 2 minutes or until cheese is bubbly.

Per serving: 280 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 60 mg cholesterol, 650 mg sodium, 27 g carbohydrates, 3 g fiber, 3 g sugar, 28 g protein

TIP:

Shave a little time by steaming the broccoli in the microwave while the orzo is cooking. Place florets in a microwave-safe bowl, add a small amount of water and cook for 1 to 2 minutes or until almost tender. Drain.

TURKEY-WHITE BEAN CHILI

Total Time 30 minutes **Serves** 4

Hy-Vee nonstick olive oil cooking spray
1 lb. 99%-lean ground turkey breast
1 cup chopped onion
1 (1.25-oz.) packet Hy-Vee 30%-less-sodium taco seasoning mix
½ cup chopped red bell pepper
½ cup chopped green bell pepper
2 cups Hy-Vee 33%-less-sodium chicken broth
1 (15.8-oz.) can reduced-sodium great northern beans
1 (10-oz.) can Ro-Tel tomatoes with green chiles
1 (8-oz.) can Hy-Vee tomato sauce
Desired toppings: Hy-Vee plain Greek yogurt, chopped cilantro, avocado slices or Hy-Vee reduced-fat finely shredded Mexican cheese blend

1. SPRAY a stockpot with nonstick cooking spray. Place turkey, onion and seasoning mix in stockpot. Cook over medium heat until turkey is brown and onion is tender.

2. STIR in bell peppers, broth, beans, tomatoes and tomato sauce. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Serve with desired toppings.

Per serving: 330 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 70 mg cholesterol, 1,490 mg sodium, 41 g carbohydrates, 8 g fiber, 12 g sugar, 40 g protein

30
minutes
or less

TIP:

For simmered-for-hours flavor, add the seasoning mix to the meat in the first step so the flavors have time to come through.

FINISH STRONG

Shake up a stale workout. Use our exercises to add short bursts of intensity to your cardio routine for quicker results and more variety.

WORDS Aaron Ventling PHOTOS Tobin Bennett and Cameron Sadeghpour

Bored with your cycling or rowing routine?

Granted, you don't expect the benefits of running on a treadmill or hitting the rowing machine to appear immediately. But what if that physical change could come quicker?

The benefits of routine cardio workouts are well-known. "It's continuous. It's utilization of oxygen, so it's walking, running, swimming, bicycling, something you are doing consistently and constantly," says Eric Larson, Cardiopulmonary Rehab Coordinator at the University of Kansas Hospital. But maybe you're spending countless hours and not getting the results you were hoping for.

Try high-intensity interval training (HIIT). How does it work? HIIT alternates short periods of intense anaerobic exercise with lower-intensity recovery periods. "The high-intensity interval shocks the system to a degree. It's something you do have to mix up from time to time," Larson says. HIIT training can be performed on any of your favorite cardio machines. (See *page 39* for workout plans incorporating high-intensity intervals on the treadmill and on the rower.)

These easily adaptable methods can fast-track you toward your goals by shaving some time from longer routines, but keep in mind these should be woven into workouts at regular paces.

According to the American College of Sports Medicine, HIIT improves aerobic (heart and lungs, blood pressure, cardiovascular

health and cholesterol) and anaerobic fitness (builds and maintains muscle, while burning more calories).

A Canadian study illustrates how speeding up portions of exercise can reap benefits. Researchers at the University of Western Ontario tracked the results of 10 men and 10 women, who were split into two groups for several weeks. The first group performed four to six 30-second treadmill sprints, with four to six minutes of rest between each sprint, while the second group walked on a treadmill with an incline for 60 minutes. After six weeks, group one had lost nearly twice as much weight as group two, while spending one-third less time exercising.

"What I've always taught: you do two to three minutes of high-intensity, one minute of decreased, typically, 50 to 70 percent of what you were just maxing," Larson says. "Two to three times a week for the interval is very suitable, as long as you are still getting a couple other days of a noninterval-based workout."

Although HIIT can help you shed those unwanted pounds, it's important to understand your personal limits and adjust for them in your exercise routines.

"We recommend taking a day of rest," Larson says. "Your body needs time to recuperate after any type of activity. When you're utilizing any kind of high-interval training, you really want to supplement that. That's something you really don't want to do every day."

WHAT'S THE DIFFERENCE?

AEROBIC (CARDIO)

Performed at low to medium intensity, designed to increase the utilization of oxygen through repetitive and rhythmic motions, which raise the heart rate for an extended period of time.

JOGGING, SWIMMING, CYCLING

ANAEROBIC

Short, high-intensity movements fueled by energy stored in muscles to build strength, speed and power.

WEIGHT TRAINING, SPRINTING, PUSH-UPS, SIT-UPS

HIGH-INTENSITY INTERVAL TRAINING (HIIT)

A mix of aerobic and anaerobic exercise that alternates short periods of intense physical activity with low-intensity recovery periods for a set amount of time.

APPLY TO ANY EXERCISE

INCLUDE INTENSE SURGES
IN WALKING, RUNNING, OR
OTHER WORKOUTS.
THE TREADMILL IS
ESPECIALLY
SUITED
FOR PACING
A HIGH-
INTENSITY
INTERVAL
ROUTINE.

THE U.S.
DEPARTMENT
OF HEALTH AND
HUMAN SERVICES
RECOMMENDS AT
LEAST 150 MINUTES
OF MODERATE
EXERCISE PER
WEEK.

“YOU HAVE TO TAKE THE TIME TO APPROPRIATELY DESIGN THE ROUTINE THAT YOU’D LIKE FOR YOUR TYPE OF TRAINING, BUT THE ROWER IS A PHENOMENAL WORKOUT.”

— Eric Larson, Cardiopulmonary Rehab Coordinator, University of Kansas Hospital

ALL MAJOR MUSCLE GROUPS SHOULD BE EXERCISED AT LEAST TWICE A WEEK, ACCORDING TO THE MAYO CLINIC.

REAP THE BENEFITS OF AN INTERVAL-BASED WORKOUT BY ADJUSTING IT TO YOUR FITNESS LEVEL. TRY ONE OF THESE ROUTINES CREATED BY DAIRA DRIFTMIER, DIRECTOR OF HY-VEE KIDSFIT & HY-VEE FITNESS.

ROWER

The rower provides a low-impact and nonweight-bearing exercise that works nearly every major muscle group. Switch between an aerobic and anaerobic workout by simply adjusting resistance.

MUSCLE GROUPS UTILIZED:

Lower back, upper back, hamstrings, calves, quadriceps, arms, pectorals, triceps, glutes, abdomen

BEGINNER ROWER HIIT

RPE = RATE OF PERCEIVED EXERTION (PERSONAL SCALE OF 1-10 USED TO IDENTIFY YOUR COMFORT ZONE WITH THE ACTIVITY)

12-MINUTE HIIT

Warm-Up

2-minute row at RPE 2-3

Complete 4 Rounds

1-minute row at RPE 7-8

1-minute row at RPE 4-5

Cooldown

2-minute row or walk at RPE 2-3

Use the recovery row to let your heart rate drop back down gradually.

INTERVAL 1,500 METERS

Warm-Up

2-minute row at RPE 2-3

Complete 2 Rounds

500-meter row RPE 7-8 + 1 minute REST

Complete 2 Rounds

250-meter row RPE 8-9 + 1 minute REST

Cooldown

5-minute row or walk at RPE 2-3

TREADMILL

Tone your lower body with this versatile machine that allows you to follow a consistent pace. A treadmill puts less stress on the body than running on flat outdoor surfaces.

MUSCLE GROUPS UTILIZED:

Quadriceps, hamstrings, calves, glutes

BEGINNER TREADMILL HIIT

WALKER HANDS-FREE WORKOUT

Reduce the speed if you need to hold onto the treadmill.

Warm-Up

2 minutes – Incline 0 – Speed at RPE 2-3

Complete 4 Rounds

Adjust Speed as Personally Needed

2 minutes – Incline 6 – Speed at RPE 7-8

1 minute – Incline 0 – Speed at RPE 4-5

Cooldown

5 minutes – Incline 0 – Speed at RPE 2-3

MILE RUNNING HIIT

Warm-Up

2-minute walk – Incline 1 – Speed RPE 2-3

Complete 4 Rounds at Incline 1

¼ mile – Incline 1 – RPE 7-8

2 minute – Incline 1 – RPE 4-5

Cooldown

2-minute walk – Incline 1 – Speed RPE 2-3

getting back IN THE GAME

“The biggest thing is getting out and walking. Get a good 30-minute walk in—brisk, where you’re still able to talk normally, but you’re sweating or breathing a little. You don’t want to jump off a cliff immediately. It’ll burn you.”

—Eric Larson, Cardiopulmonary Rehab Coordinator, University of Kansas Hospital

4

THINGS TO CONSIDER WITH INTERVALS

1 **Warming up** prepares the body for more intense exercise by dilating the blood vessels and fueling muscles with oxygen.

2 **A balanced diet** is key to maintaining proper weight and nutrition, which can greatly enhance exercise results.

3 When it comes to HIIT, **the duration of your workouts** is less important than the intensity at which you train. Push yourself and you will see results.

4 The type of exercise doesn’t matter. **HIIT can be adapted** to any machine or workout, so pick your favorite routine and change the pace.

ALLERGIES

IF YOU HAVE ALLERGIES,

you're not alone. In fact, you're becoming less alone every day as the number of people around the world with symptoms climbs. No one knows exactly why the rise is happening, other than more people's immune systems seem to be reacting to substances outside their bodies. "It's an immune response to foreign proteins that typically we shouldn't respond to," says Ben Davis, MD, PhD, clinical assistant professor of allergy and immunology at the University of Iowa Carver School of Medicine. In other words, your body's immune system overreacts to what it senses is a dangerous intruder.

WORDS Amanda Gardener PHOTOS Tobin Bennett

Allergies affect
50 million
people in the United States.

MEDICATIONS, especially antibiotics, are the leading cause of allergy-related deaths.

\$18 BILLION AMOUNT SPENT ON ALLERGY-RELATED TREATMENTS PER YEAR IN THE U.S.

AND
FACTS AND STATS

1% OF THE POPULATION IS AFFECTED BY A LATEX ALLERGY (ABOUT 3 MILLION PEOPLE).

ALLERGIES ARE THE SIXTH MAIN CAUSE OF CHRONIC ILLNESS IN THE U.S.

About
24 million children and adults have seasonal allergies.

1 OF 2 SCHOOL-AGE CHILDREN ARE ALLERGIC TO SOMETHING.

Sources: Except where noted <http://acaai.org/allergies/types/drug-allergies>
www.aafa.org/page/allergy-facts.aspx

SYMPTOMS

When your body encounters an allergen, it releases a chemical called histamine which causes your symptoms. The exact symptoms depend on which organ is involved, says Mark Moss, MD, associate professor of medicine and pediatrics at the University of Wisconsin School of Medicine and Public Health.

"In the nose you can get sneezing, itching, runny nose, congestion," he says. "In the lungs with asthma you might get wheezing, coughing, shortness of breath. With a food allergy, you typically would get hives. It's a spectrum." Many cases of asthma are actually due to allergies. In rare cases, an allergic reaction (usually to foods, drugs, insect stings and latex) can cause a life-threatening reaction called anaphylaxis. "This is the most severe of allergic reactions," Moss says.

TYPES OF ALLERGIES

seasonal allergies

By far, the majority of allergies are seasonal, causing hay fever. They irritate you only at certain times of the year and usually depend on where you live.

PET ALLERGIES

Some allergies are **typically instigated by a pet**, especially a dog or a cat. The **reaction** is to pet **dander, urine or saliva**, but **pet fur can** also pick up pollen, mold or spores and pass them on to you. Although **no pet is completely risk-free**, some breeds pose fewer problems than others.

FOOD

Allergies to food tend to affect children more than adults. The most common food triggers are peanuts, milk and shellfish.

SOME PEOPLE CAN EAT A CERTAIN FOOD FOR YEARS BEFORE SUDDENLY DEVELOPING AN ALLERGY. FOOD LABELS CAN HELP DETERMINE WHICH FOODS MIGHT SET OFF A REACTION, BUT CAUTIONARY LABELS ARE NOT REQUIRED ON CERTAIN PRODUCTS, INCLUDING ALCOHOL, MEAT, POULTRY AND SOME EGG PRODUCTS.

The smell of peanuts shouldn't cause an allergic reaction, but bits of peanut protein can if they're released into the air as a food is being cooked.

3 MILLION people are allergic to peanuts and tree nuts like walnuts and almonds.

INSECT STINGS

Bees, wasps, hornets and **yellow jackets** are hovering dangers during later summer into fall. **Red or black fire ants** are pests all year. For some people, the insect stings just hurt. For others, they can result in life-threatening anaphylactic reactions.

Beware of nests in woodpiles, building cracks, under leaves or in tree branches or shrubs. Fire ants nest in piles of dirt on the ground, some as high as 18 inches.

SPRING

Trees, such as birch, cedar, cottonwood and pine

SUMMER

Grass, especially timothy grass, Johnson grass and ryegrass; mold (late summer into early fall)

FALL

Mold (early fall) and weeds

WINTER

Typically indoor allergens dominate during the winter because we spend so much time inside. Common ones are mold, dust mites, pet dander, smoke and household chemicals. If you live in an urban area, cockroaches may also be a problem. Depending on your climate, pollen may still be in the air.

DRUG

Penicillin is probably the best known drug allergen, although recent research reveals it affects fewer people than once believed. Other common triggers are antibiotics containing sulfonamides such as Sulfadiazine, antiseizure drugs, nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen (Advil, Motrin), and certain chemotherapy drugs.

LATEX

Latex allergies most often affect health-care workers who often wear latex gloves, workers in an industry with exposure to rubber and those who have had 10 or more surgeries. Latex can be found in balloons, rubber bands, erasers, toys and condoms, but nonlatex versions should be easy to find.

TREATMENT

PREVENTION

"The best treatment for an allergy is avoiding the allergen," says Mark Moss, MD, associate professor of medicine and pediatrics at the University of Wisconsin School of Medicine and Public Health. This means finding a new home for a pet or staying inside during the summer. Also shower and wash your clothes when you come inside, especially from an activity like gardening.

ANTIHISTAMINES

These include drugs such as Claritin, Allegra, Zyrtec and Benadryl. Benadryl lasts four to six hours and causes sleepiness. The other three do not make you drowsy and last 24 hours. You can take them before or after symptoms appear and most are available in generic form.

INTRANASAL STEROIDS

Three nasal steroids—Flonase, Nasacort and Rhinocort—are available over the counter. A fourth, Veramyst, requires a prescription but will likely be on drugstore shelves by spring allergy season. These are best used before symptoms show up, Moss says.

ALLERGY SHOTS

Shots gradually expose you to your allergen. Shots can completely eradicate allergies in a few people (after years of getting them). About 85 percent of patients get some benefit after five years, says Ben Davis, clinical assistant professor of allergy and immunology at the University of Iowa Carver School of Medicine.

SUBLINGUAL THERAPY

As an alternative to injections, a small dose of the allergen (in drop or tablet form) is placed under the tongue to increase the patient's tolerance to the allergen. The method's success and safety is still being reviewed by the Food and Drug Administration, but some doctors offer it on a limited basis.

EPIPENS

(injectors that administer the hormone epinephrine) are essential for people who are at risk of anaphylaxis. EpiPens should be carried at all times. There has been some controversy over price, but a cheaper generic version was released in late 2016.

MICROSCOPIC POLLEN SPORES PHOTO: ZargonDesign/istock.com

Sources: Except where noted www.allergyhome.org
<http://www.cdc.gov/getsmart/week/downloads/getsmart-penicillin-factsheet.pdf>

Sources: Except where noted www.allergyhome.org
<http://www.cdc.gov/getsmart/week/downloads/getsmart-penicillin-factsheet.pdf>

BREATH OF LIFE

HOPE FOR THOSE WITH CYSTIC FIBROSIS

Imagine that you have a child with cystic fibrosis. You may feel overwhelmed. You fear that life for your son or daughter will be one of illness, hospital visits, fragility and an early death. But Drew and Jaclyn Strube believe this once-true outlook is shaped by the past. They see a future where research conquers the disease and their little boy grows up to have a life of accomplishment, laughter and love. They have confidence in their faith, medicine and their friends at the Hy-Vee Pharmacy.

WORDS Steve Cooper PHOTOS Tobin Bennett





MORE THAN **30,000**
AMERICANS ARE LIVING
WITH CYSTIC FIBROSIS (CF).
ANOTHER **1,000 NEW CASES**
ARE DIAGNOSED EACH
YEAR IN THE U.S. ABOUT
75 PERCENT OF PEOPLE WITH
CF ARE **DIAGNOSED BY AGE 2.**
- CYSTIC FIBROSIS
FOUNDATION

WHAT IS CYSTIC FIBROSIS?

CYSTIC FIBROSIS (CF) is a serious genetic disorder that damages the respiratory and digestive systems.

A healthy body produces mucus as thin as olive oil. But for those with CF, a single damaged gene triggers production of a thick, sticky mucus, which may clog the lungs, making it difficult to breathe. In the worst cases, disease-causing bacteria may become trapped in the lungs by the mucus, triggering respiratory failure. Thick mucus in the pancreas may also prevent food digestion, which may lead to malnutrition and a host of problems, according to the Cystic Fibrosis Foundation.

A complex disorder with multiple symptoms and side effects, CF is caused by a gene mutation passed through families. According to the Cystic Fibrosis Foundation, both parents must carry the mutation for the disease to develop. About 25 percent of the children who can inherit the mutation from both parents will have the disorder. If only one parent has the gene, children have a 50 percent chance of carrying it and passing it on to any of their offspring, according to the CF foundation.

HOPE FOR THE FUTURE

Over the last couple of years, two new CF

drugs have received approval from the Food and Drug Administration, including one that suppresses the mutation for some of the CF population. These advances have sparked great optimism and hope within the CF community.

"In 1960, the average survival rate for CF patients was only 10 years. But with all the advances we've seen, the rate is now 40 years and the newest drugs are laying a foundation for even more advances in coming years," says Tara Eastvold, an advanced nurse practitioner at the Blank Children's Hospital Cystic Fibrosis Center in Des Moines.

Scurrying from one brief interest to the next—a toy truck, the family dog, a picture book—the shaggy blonde 2-year-old boy is too happy to settle for a single diversion. He jabbars in a sketchy version of English that his mother is beginning to understand. A smart kid, it won't be long before the words *cystic fibrosis* (CF) appear in his vocabulary.

Jaclyn Strube of Waukeez, Iowa, never expected to be mother to a boy with cystic fibrosis, but she's glad to be. This is her son Major, after all. When the child was born, Jaclyn spent only a few hours with him before she realized that something was wrong.

"We had four hours of real life before we started to see what was going on," she says.

The first sign of trouble for the newborn was a difficult bowel movement. A test four days later confirmed the CF. Jaclyn was devastated, though not for long.

Ten days later, Major left the hospital. On the way home, the family stopped at a Hy-Vee Pharmacy. Things were starting to look up.

AS THE STRUBE FAMILY neared their neighborhood while driving Major home, Jaclyn and her husband, Drew, decided to stop at the Waukeez Hy-Vee Pharmacy.

"As I walked into the store, I felt like I had a big sign on me: 'My Kid Has CF.' While I was at the hospital, they showed me how to give him the pills. But I needed to hear it again. So I asked the pharmacist to go through it and she did."

That was pharmacy manager Kerianne Roder. "When I met Jaci, she was a new mom and had some additional stuff on her plate. So we kind of bonded over that. It was a mom thing," Kerianne says.

ALL IT TOOK TO CEMENT Jaclyn and Kerianne's friendship was a minor crisis and some grape juice. Major had been suffering from a bad cold and Jaclyn wanted to give him antibiotics to help. But the boy detested the crushed pills.

"He'd spit it right back. Or he would close his mouth real tight and refuse to open. I had to do something," Jaclyn says. Off to the pharmacy they went.

Kerianne had seen this before, and recommended putting the medication in some kind of juice to entice Major.

"So we went up one aisle and down another looking for juices we could try. Finally, grape worked for him," Jaclyn says. That day told her she had found a friend for life. She says, "Keri came out from behind the counter, walked us around the store looking for anything that would work and she even held my baby. That was so important to me."

LAST FALL, MAJOR had his only hospitalization since birth. It started as a simple cold and then became a bad cold with a lot of hacking.

"We tried two kinds of antibiotics and an inhaler, but the cough kept getting worse. We had to take him to the hospital," Jaclyn says.

Two weeks later, the emergency began to fade. But Kerianne knew the need for the antibiotic would come again. So she ordered some to keep on hand at the pharmacy.

Jaclyn says, "This antibiotic isn't a common one. It's something you and I have probably never been prescribed. It's not cheap, either. But Keri knew the need might arise, so she keeps it on the pharmacy shelf so we can get it as soon as we need it."

This is the benefit of getting to know your Hy-Vee Pharmacy staff. They can anticipate difficulty and be prepared to help should the need arise.

LIFE MAY NOT BE PERFECT FOR THE STRUBES,

but it's closer than you might imagine. Jaclyn says, "I've been hanging onto my faith and to my husband. I believe this is all part of a plan—but you don't always get to like it.

"You know, I wouldn't go back and undo it all. I wouldn't change Major. I just want a cure in his lifetime."



HOW HY-VEE CAN HELP

IF A CHRONIC ILLNESS STRIKES, you can get help from your local Hy-Vee Pharmacy and the Hy-Vee Pharmacy Solutions program. The job of Hy-Vee Pharmacy Solutions is to coordinate drug needs for those with major medical challenges.

In addition to CF, Hy-Vee Pharmacy Solutions also assists those with anemia, asthma, blood disorders, cancer, hemophilia, HIV/AIDS, multiple sclerosis and other diseases.

A personal health-care team of Hy-Vee Pharmacy Solutions professionals will handle your case. Team members include:

- A pharmacist
- An enrollment specialist
- A personal-care coordinator
- A billing coordinator
- Nursing services
- Hy-Vee dietitians

For more information about Hy-Vee Pharmacy Solutions, call 877/794-9833 or visit online at hvrxsolutions.com

MYTHS OF METABOLISM

GET YOUR METABOLIC RATE OUT OF THE BASEMENT.

WORDS Kristi Chew PHOTOS Tobin Bennett

METABOLISM

IT'S TEMPTING TO BLAME WEIGHT GAIN ON SLOW METABOLISM, BUT THIS IS THE BIGGEST MYTH OF ALL. FACE THE TRUTH. YOU CAN MAINTAIN A HEALTHY WEIGHT BY BURNING MORE CALORIES THAN YOU EAT.

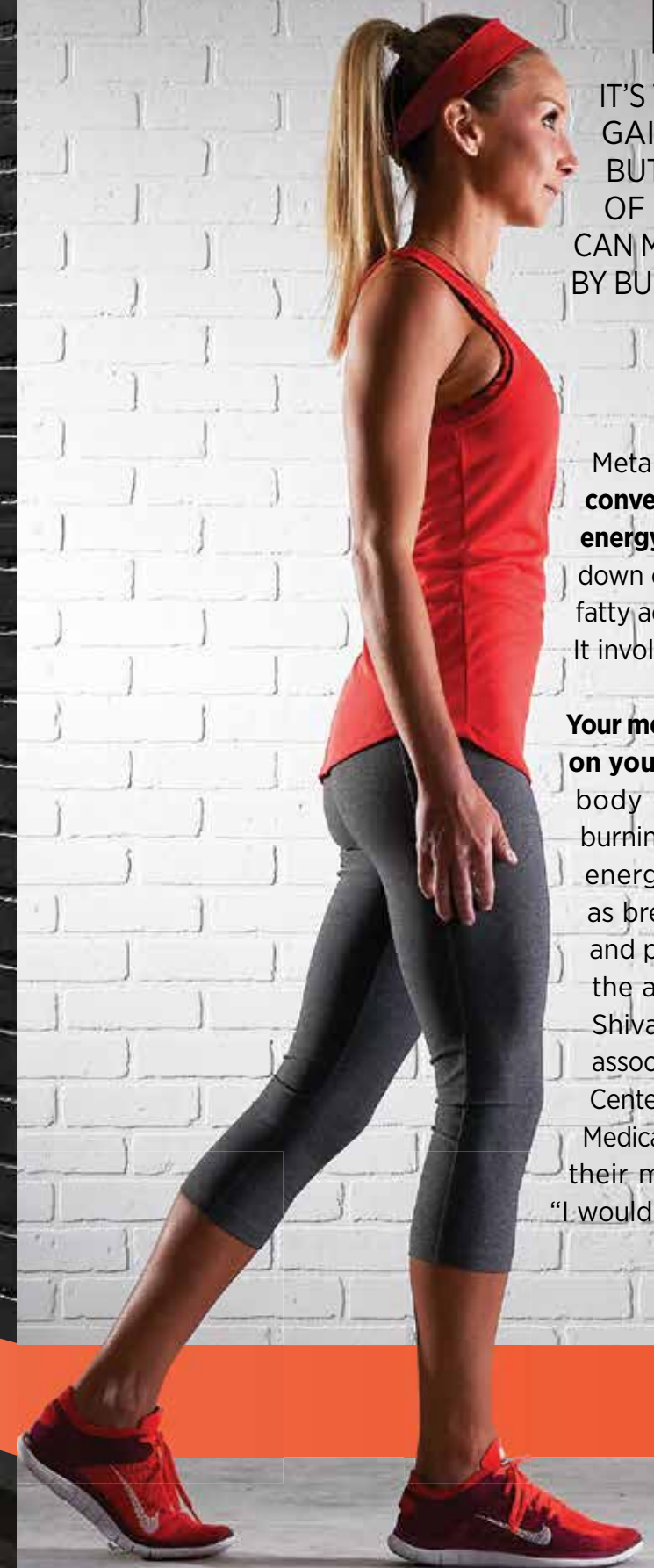
WHAT IS IT?

Metabolism is your **body's process of converting what you eat and drink into energy.** It's a complex system that breaks down carbohydrates into sugar, fats into fatty acids and proteins into amino acids. It involves hormones, genetics, diet and your level of activity.

Your metabolism is like the speedometer on your car. It's the rate at which your body consumes energy, whether by burning calories on a treadmill or using energy for such basic life processes as breathing, thinking, digesting food and pumping blood. And you do have the ability to tweak it, says Dr. Vijay Shivaswamy, an endocrinologist and associate professor at Nebraska Medical Center and the Omaha Veterans Affairs Medical Center. "People ask how to boost their metabolism," Shivaswamy says. "I would say any kind of physical activity and exercise."

BALANCING ACT

After carbs, fats, proteins and other substances are absorbed into the blood, they rebuild cells used up during activity. If not needed by cells, energy sources are stored in your liver, muscles and body fat for future use. This see-saw process of nutrition building up in your body—**anabolism**—and its breakdown during activity—**catabolism**—is the essence of metabolism. Hormones play a part, including insulin to regulate glucose; when insulin levels are out of whack, diabetes can result.



THE MYTHS

- 1 **THINNER PEOPLE HAVE HIGHER METABOLISMS.**
- 2 **YOU CANNOT CONTROL YOUR METABOLISM.**
- 3 **GREEN TEA OR SPICES CAN SPEED UP METABOLISM.**
- 4 **MISSING MEALS SLOWS DOWN METABOLISM.**
- 5 **EATING 500 CALORIES A DAY IS A GOOD WAY TO LOSE WEIGHT.**
- 6 **BREAKFAST REVS UP YOUR METABOLISM.**
- 7 **EVERYTHING EATEN LATE AT NIGHT TURNS TO FAT.**
- 8 **SIPPING LEMON WATER INCREASES YOUR METABOLISM.**
- 9 **SEVERAL SMALL MEALS PER DAY ARE BETTER THAN ONE OR TWO LARGER ONES.**
- 10 **METABOLIC PROCESS IS ONLY ABOUT BREAKING DOWN FOOD.**

YOU BURN MOST OF YOUR CALORIES WHILE AT REST. EXERCISE AND DIET DETERMINE THE REST.



ADD it up
CALORIE ESTIMATES **

204

Leisurely biking (10 mph or less) for 1 hour

43

Vacuuming for 15 minutes

306

Mowing the lawn for 1 hour

THE TRUTHS

1. In fact, a larger body has a higher basal metabolic rate, because there is more body surface to work while at rest.
2. While genetics play some part in your basal metabolic rate, you can still alter your metabolism through diet and exercise. Lean muscle burns more calories than body fat does.
3. No food on its own amps up metabolism in any significant way. Some studies have suggested a small amount of weight may be lost over a limited time due to capsaicin in hot peppers and catechins in green tea.*
4. Skipping a meal may reduce calories at that point; it won't slow your metabolism.
5. This is not a good plan. You can't sustain that for long, and your body may go into "no-starve" mode in which metabolism actually slows down.
6. Eating breakfast does not spark an increased metabolism for the day.
7. If the foods you're eating are healthy, it generally doesn't matter what time you eat. A bowl of cereal has the same impact whether eaten at 10 a.m. or 10 p.m.
8. Lemon juice contains vitamin C, less sugar, and fewer calories than orange juice, and squirting it into water may help you stay hydrated during the day. But there is little evidence that lemon water alters metabolism.
9. Unless the several smaller meals total fewer calories, it doesn't matter. A total of 1,800 calories has the same effect whether scattered over the day or eaten in two meals.
10. Although catabolism is important for breaking down food into nutrients, anabolism stores carbohydrates and fats for later use.

WHAT IS BMR?

The measure of your body's calorie use while at rest is your basal metabolic rate (BMR). It's the at-rest energy you use over 24 hours to blink, sleep, breathe and simply stay alive. To some extent, your BMR is inherited, although other factors do come into play. If you have a low BMR, you'll gain more weight than someone of your size with an average or high BMR who consumes the same number of calories and gets the same level of exercise over that same time period.

But there's really no such thing as a "healthy" metabolism, says Dr. Vijay Shivaswamy, an endocrinologist and associate professor at Nebraska Medical Center and the Omaha Veterans Affairs Medical Center. "I really want to go away from that whole concept of healthy and unhealthy metabolism," he says. "Everyone has a basic metabolic rate. It's ongoing; you need it for breathing and so on. I feel that that those adjectives are perpetuating a misconception."

FOODS TO AVOID

REFINED CARBOHYDRATES

These include white bread, pasta, and rice. Your body doesn't have to work hard to break them down. Go for complex carbs such as whole wheat breads, pasta and brown rice. Produce is also a good source of carbohydrates.

FATTY FOODS

Fat is not as easily digested as other foods. Avoid fried foods and heavy desserts; opt instead for unsalted nuts, baked chips and low-fat desserts.

PROCESSED FRUIT JUICES

It sounds counterintuitive, but some fruit juices are so loaded with sugar that they're unhealthy. Scrutinize the labels—especially for apple, grape and orange juices—for sugars like corn syrup, fructose and dextrose.

ALCOHOL

A glass of wine may have health benefits, but drinking too much alcohol may temporarily decrease the amount of fat you burn.

68 Cooking food for 1 hour

26 Hairstyling for 15 minutes

204 Raking leaves for 1 hour

17 Folding laundry for 15 minutes

102 Light cleaning for 1 hour

88 Grocery shopping for 1 hour

SO HOW DO YOU REV UP YOUR METABOLISM?

We need to make a big point of physical activity. It sounds like a broken record, but it's really the lifestyle, the daily exercise and watching what you eat.

— Dr. Vijay Shivaswamy, Associate Professor at Nebraska Medical Center and the Omaha Veterans Affairs Medical Center

Source: Except where noted www.mayoclinic.org/healthy-lifestyle/weight-loss
*Source: www.hy-vee.com/health/healthnotes
** Calories burned based off 150lb. person. <http://calorielab.com/burned>

FACT

SALMON is more than a heart-healthy protein. Its omega-3s are **GOOD FATS** that some studies link to the production of brain chemicals that **FIGHT DEPRESSION**.

30
minutes
or less

GRILLED SALMON AND ASPARAGUS SALAD

Total Time 30 minutes **Serves** 4

1 (1½-lb.) fresh salmon fillet or 4 (6-oz.) fresh salmon fillets, skinless
1 lb. asparagus spears
2 Tbsp. sesame oil
½ tsp. Hy-Vee kosher salt
¼ tsp. Hy-Vee black pepper
1 lemon, cut into wedges
8 cups fresh baby spinach
¼ cup thinly sliced shallot
1 pint cherry tomatoes, halved
1 recipe Ginger Vinaigrette, right

1. PREPARE a charcoal or gas grill with greased grill rack for direct cooking over medium heat.

2. RINSE salmon; pat dry with paper towels. Snap off and discard woody bases from asparagus. Brush all sides of fish and asparagus with oil; sprinkle with salt and pepper.

3. PLACE salmon and asparagus on grill rack. Add lemon wedges. Grill for 8 to 10 minutes or until fish begins to flake when tested with a fork and asparagus is tender, carefully turning fish once halfway through grilling and turning asparagus occasionally.

4. TOSS together spinach, shallot and tomatoes in a bowl. Serve with salmon and asparagus. Drizzle with

¼ cup Ginger Vinaigrette or to taste, reserving remaining vinaigrette for another use.

Ginger Vinaigrette: Place ½ cup Hy-Vee canola oil, ¼ cup sesame oil, ½ cup rice vinegar or Hy-Vee Select white wine vinegar, 2 Tbsp. minced fresh ginger, 1 Tbsp. soy sauce, 1 tsp. minced fresh garlic, and 1 tsp. Hy-Vee honey in a blender. Cover and blend until well combined and smooth.

Per serving: 490 calories, 30 g fat, 6 g saturated fat, 0 g trans fat, 95 mg cholesterol, 440 mg sodium, 13 g carbohydrates, 6 g fiber, 5 g sugar, 41 g protein

Source: www.mayoclinic.org/diseases-conditions/depression/expert-answers/fish-oil-supplements/faz-20058143

FOODS THAT FIGHT DEPRESSION

WORDS Tara McMullen PHOTOS Tobin Bennett

You are what you eat, the saying goes, but what about your brain? Can what you eat influence your mental state?

“ABSOLUTELY,” says Dr. Drew Ramsey, an assistant clinical professor of psychiatry at Columbia University and the author of *The Happiness Diet* and *Eat Complete*. “Your brain is made of food,” he says. “All of those minerals and vitamins and healthy fats we’re looking for **BUILD NOT JUST OUR BODY BUT ALSO OUR BRAIN CELLS.**” Unfortunately, the typical Western diet is full of convenient but highly processed foods that may increase our rates of mental illness and depression up to 80 percent. But he notes, **“THERE IS SOMETHING YOU CAN DO EVERY DAY, WITH EVERY BITE,** to help fight depression.”

ASPARAGUS offers a hefty dose of **IRON, CALCIUM** and **FOLATE**. Links between low folate levels and depression have been studied since the 1960s.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1810582/>

FACT

TURMERIC is the trendy superspice on the scene. It may **DECREASE INFLAMMATION** and is also a good source of **IRON**.

Total Time 45 minutes plus marinating **Serves** 4

- 8 wooden skewers*
- 2 Tbsp. Hy-Vee honey
- 1 Tbsp. Hy-Vee soy sauce
- 2 tsp. finely chopped fresh garlic
- 1 tsp. ground turmeric
- Pinch of Hy-Vee salt
- 4 (5–6 oz.) boneless, skinless chicken breast halves, cut lengthwise into strips
- 8 oz. green beans, trimmed, thawed if frozen
- 1 sweet potato, peeled and chopped
- 8 oz. cherry tomatoes, halved
- 1 Tbsp. Hy-Vee orange marmalade
- 1 Tbsp. coconut spread

1. COMBINE honey, soy sauce, garlic, turmeric and salt in a resealable plastic bag. Add chicken strips; seal bag. Marinate in refrigerator for 1 hour, turning once. Drain chicken; discard marinade. Thread chicken onto skewers.

2. COOK green beans in boiling salted water in a large saucepan for 10 to 15 minutes or until tender. Remove beans and keep warm; reserve water. Cook sweet potatoes in reserved water in same saucepan for 8 to 10 minutes or until tender. Drain; return vegetables to saucepan. Toss with tomatoes, orange marmalade and coconut spread.

3. COOK chicken in a grill pan over medium-high heat for 8 minutes or until fully cooked and grill marks form, turning once.

4. SERVE chicken with vegetables.

***Note:** Soak wooden skewers in water for 30 minutes before grilling.

Per serving: 290 calories, 7 g fat, 1.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 750 mg sodium, 26 g carbohydrates, 4 g fiber, 17 g sugar, 31 g protein

HONEY TURMERIC CHICKEN

The **TRYPTOPHAN** found in turkey, **CHICKEN**, **ASPARAGUS** and other foods is an amino acid that helps with the production of **SEROTONIN**, a chemical that allows brain cells to communicate.

Sources: www.med-health.net/Foods-High-In-Tryptophan.html
www.prevention.com/eatclean/foods-for-depression
www.mayoclinic.org/diseases-conditions/cancer/expert-answers/curcumin/faq-20057858

“**WALNUTS** are a great source of **OLEIC ACID**, which can ward off depression. One study found women who consumed oleic acid were **52 PERCENT LESS LIKELY** to develop depression.”

—Dr. Drew Ramsey, Assistant Clinical Professor of Psychiatry, Columbia University

BLUEBERRY BANANA FLAX-SEED MUFFINS

Clinical research has demonstrated the **ANTIOXIDANTS** found in **BLUEBERRIES** can improve **COGNITIVE FUNCTION** and have a bearing on neurotransmissions in **THE BRAIN**.

Total Time 35 minutes **Makes** 12

- 1½ cups Hy-Vee all-purpose flour
- ½ cup golden flax meal
- 1 Tbsp. ground flaxseed
- 2 tsp. baking powder
- ½ tsp. Hy-Vee baking soda
- ¼ tsp. Hy-Vee salt
- 2 tsp. Hy-Vee ground cinnamon
- ½ tsp. Hy-Vee ground nutmeg
- ¾ cup coarsely chopped Hy-Vee walnuts, plus additional for topping
- 1 large Hy-Vee egg

- ½ cup packed Hy-Vee light brown sugar
- 3 ripe medium bananas, peeled and mashed
- ½ cup Hy-Vee coconut oil
- 1 tsp. Hy-Vee vanilla extract
- 2 cups fresh or frozen blueberries

1. POSITION a rack in the center of the oven. Preheat oven to 375°F. Grease a standard 12-muffin pan or line with paper bake cups.

2. WHISK together flour, flax meal, flax seed, baking powder, baking soda, salt, cinnamon and nutmeg. Stir in ½ cup walnuts.

3. WHISK together egg, brown sugar, bananas,

coconut oil and vanilla extract. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in blueberries. Spoon batter into prepared muffin cups. Top with additional nuts.

4. BAKE for 14 to 16 minutes or until the muffins are golden and spring back when touched, rotating the pan halfway. Cool in muffin cups on a wire rack for 2 to 3 minutes. Remove from muffin cups; serve warm.

Per serving: 260 calories, 13 g fat, 6 g saturated fat, 0 g trans fat, 15 mg cholesterol, 150 mg sodium, 35 g carbohydrates, 4 g fiber, 16 g sugar, 5 g protein

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4192974/>



BY THE glass

WORDS Steve Cooper PHOTOS Cameron Sadeghpour

Cow's milk—the undisputed champ of the dairy aisle for decades—is still on top, but plant-based alternative milks are surging in popularity. Challenges are coming from milks made with almonds, cashews, coconuts, soybeans, rice, peas, flaxseed and other foods. Compare the nutrition profiles of seven milks and sample the ones that best match the needs of your body.



SPICY coconut CHOCOLATE MILK

Total Time 5 minutes **Serves** 1

1 cup vanilla-flavored coconut milk
2 tsp. unsweetened dark cocoa powder
1 tsp. coconut sugar, optional
Cayenne powder, optional

1. COMBINE coconut milk and cocoa powder in a blender. If desired, add sugar and a dash of cayenne. Cover and blend until thoroughly mixed. Serve in a tall glass.

Per serving: 90 calories, 5 g fat, 5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 45 mg sodium, 12 g carbohydrates, 2 g fiber, 8 g sugar, 1 g protein

HOT 'N' SPICY COCONUT CHOCOLATE MILK: Bring 1 cup coconut milk to a simmer in a saucepan over medium-low heat, stirring occasionally. Remove from heat. Whisk in 2 tsp. unsweetened dark cocoa powder and, if desired, 1 tsp. coconut sugar and a dash of cayenne powder until thoroughly combined. Serve in a mug with a dollop of whipped coconut cream.

30
minutes
or less

splash^{OF} NUTRITION

SEVEN GLASSES OF MILK FROM SEVEN DIFFERENT SOURCES. OUR LINEUP INCLUDES MILKS MADE WITH SOYBEANS, ALMONDS, CASHEWS, COCONUT, RICE AND PEAS. THOUGH SIMILAR, EACH HAS ITS OWN COLOR, TASTE AND NUTRITION STORY.

FAT-FREE DAIRY MILK

CALORIES: 90
FATS: 0 G
CARBOHYDRATES: 13 G
PROTEIN: 8 G
CALCIUM: 30 PERCENT DV*
VITAMIN D: 25 PERCENT DV

PROS:

Two proteins in cow's milk—whey and casein—help to preserve lean muscle mass, according to the National Institutes of Health (NIH). Many athletes drink dairy milk to recover following a strenuous workout. Contains three simple ingredients: milk, vitamin A and vitamin D.

CON:

This milk contains lactose, a sugar naturally found in milk that some people may not tolerate.

SOY

CALORIES: 110
FATS: 4.5 G
CARBOHYDRATES: 9 G
PROTEIN: 8 G
CALCIUM: 45 PERCENT DV
VITAMIN D: 30 PERCENT DV

PROS:

You'll get a protein boost, plus good percentages of calcium and vitamin D.

CON:

Contains soy allergens.

ALMOND

CALORIES: 40
FATS: 3 G
CARBOHYDRATES: 2 G
PROTEIN: 1 G
CALCIUM: 30 PERCENT DV
VITAMIN D: 25 PERCENT DV

PROS:

This is a good source of calcium, which is needed for bone development. Vitamin D increases the absorption of calcium.

CONS:

Low in protein. Contains nut allergens.

CASHEW

CALORIES: 25
FATS: 2 G
CARBOHYDRATES: 1 G
PROTEIN: <1 G
CALCIUM: 45 PERCENT DV
VITAMIN D: 25 PERCENT DV

PRO:

This milk includes vitamin E, which helps your immune system, according the National Institute of Health (NIH).

CON:

Low in protein.

COCONUT

CALORIES: 45
FATS: 4.5 G
CARBOHYDRATES: <1 G
PROTEIN: 0 G
CALCIUM: 45 PERCENT DV
VITAMIN D: 25 PERCENT DV

PRO:

Unsweetened coconut milk is low in calories.

CONS:

Low in protein. Has saturated fat, which some studies show may help raise HDL (good cholesterol) but it also increases LDL (bad cholesterol).

RICE

CALORIES: 120
FATS: 2.5 G
CARBOHYDRATES: 23 G
PROTEIN: 1 G
CALCIUM: 30 PERCENT DV
VITAMIN D: 0 PERCENT DV

PROS:

Good option for multiple allergies. Is dairy-, nut- and soy-free.

CON:

Low in protein.

PEA

CALORIES: 75
FATS: 5 G
CARBOHYDRATES: 0 G
PROTEIN: 8 G
CALCIUM: 45 PERCENT DV
VITAMIN D: 45 PERCENT DV

PROS:

Good source of plant-based protein, as well as an excellent source of calcium and vitamin D.

CON:

Plant-based proteins are incomplete proteins which means they do not contain all of the amino acids that the body needs to build protein.

Many milk alternatives are fortified with calcium. Vitamin D is added to many milks and milk alternatives. Check nutrition labels for the amount of added calcium and vitamin D. Values shown represent the nutritional analysis for one cup (8 oz.) of each unsweetened milk, based on specific products available at Hy-Vee. Brands may vary. Added flavors often add calories and sugars.

* Daily Value



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Aleve:
caplets or tablets
24 ct. \$3.99

One A Day Vitamins:
select varieties
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Claritin:
select varieties
30 ct. or 120 dose
\$18.99

MiraLAX:
30 Dose \$17.99

TruBiotics:
select varieties
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ClariSpray® and Claritin® contain different ingredients.

Use as directed.

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belVita:
select varieties
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Gatorade: select varieties
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PIRATES

THE TOP

BRACKET SNACKS

Block out the junk food and rebound with these healthy snacks. Your game-day party will have everyone wishing for overtime.

1 POST-UP PARFAIT



Combine nonfat Greek yogurt, berries and granola for a fresh treat.



TWO

HEATIN' UP

Lightly sprinkle edamame with coarse salt and cayenne pepper.



CHOCOLATE BREAKAWAY

Satisfy your sweet tooth with these fruit skewers glazed with dark chocolate.



Bench the deep-fried chips for a more nutritious baked option from the Hy-Vee HealthMarket.

SLAM DUNK SWEET POTATO CHIPS



FIVE

HALF-COURT HUMMUS

Serve purchased hummus with pretzels, crackers or flatbread as an alternative to high-calorie dips.



PHOTOS Tobin Bennett

Rx

HY-VEE PHARMACY

YOUR QUESTIONS ANSWERED

ACID REFLUX *plus* DIGESTIVE HEALTH

LEARN THE TRIGGERS AND TREATMENTS TO AVOID THE BURN OF ACID REFLUX.

Many factors contribute to heartburn, caused by acid reflux, but the symptoms are universal: pain or burning in the chest or throat, difficulty swallowing or the feeling that food is stuck. More than 60 million Americans experience these symptoms at least once a month, according to the American College of Gastroenterology (ACG).

Acid reflux, or GERD (gastroesophageal reflux disease), can be minimized by knowing your food triggers. Katie Kiscoan, Hy-Vee Pharmacy Manager in Omaha, Nebraska, says lifestyle factors also play a role. "Stress is a huge cause for heartburn. Smoking or being overweight can also make the problem worse," Katie says. Routine exercise and avoiding late-night

snacks and tight-fitting clothing can be part of the solution.

But if that's not enough, the Hy-Vee Pharmacy can help. Medications work in three ways. Antacids are taken after a meal to neutralize stomach acid. H2 blockers reduce the amount of acid the stomach produces. These can be taken before a meal to prevent symptoms before they start. Proton pump inhibitors (PPIs) block an acid-producing enzyme in the stomach. They are commonly prescribed but can take up to two days to work and have potential side effects. If you're unsure which is best for you, ask your local Hy-Vee pharmacist. "Pharmacists are a great accessible resource," Katie says. "We're only a phone call away."



FOODS THAT CAUSE ACID REFLUX

ALCOHOL relaxes the valve between the esophagus and the stomach, letting acid back up. Acidic mixers like orange juice and soda aggravate the problem.

CHOCOLATE is a triple threat; it contains caffeine and cocoa and is high in fat, all triggers for acid reflux.



HIGH-FAT DAIRY products take longer to digest, requiring your stomach to produce more acid. Go easy on the butter and cheese and stick to low-fat milk.

HIGH-FAT MEATS are a common trigger. Choose chicken, turkey, fish or sirloin.



CAFFEINE also relaxes the sphincter muscle at the lower end of the esophagus. Limit coffee to one cup a day or substitute caffeine-free drinks for coffee or soda.

SPICY FOODS are one of the most common triggers. Pop an antacid before a spicy meal to avoid getting burned.

FRIED FOODS cause heartburn due to their high-fat contents. Bake or oven-fry instead.

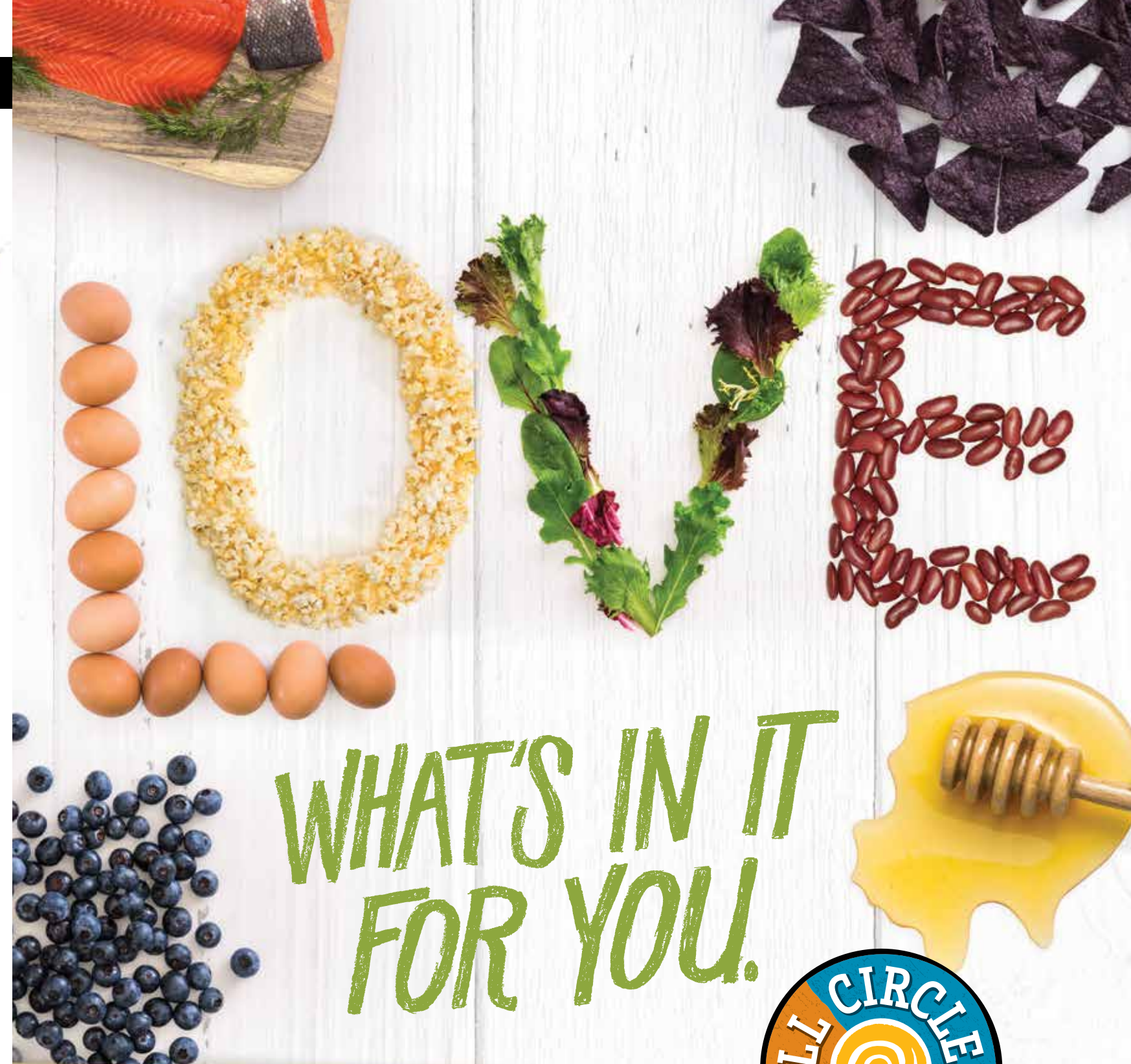


PHOTOS Tobin Bennett

64.6 MILLION

Prescriptions are written for GERD medications per year in the United States, according to the National Digestive Diseases Information Clearinghouse. Of those written for PPIs, up to 70 percent are probably unnecessary, says the April 2016 issue of *Pharmacist's Letter*. You can get the same type of medicine over the counter, and many times H2 blockers can do the same amount of good without the potential side effects of PPIs.

Sources: www.health.com, www.healthline.com



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wholesome value



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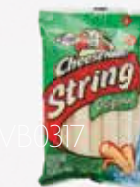
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Skinny Pop Popcorn
or Paqui
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HYDRATE + HIBERNATE

HERE'S THE NO. 1
FACT YOU NEED
TO KNOW ABOUT
WATER: YOU NEED
IT EVERY DAY.
IN FACT, YOU MAY
NOT LAST MORE
THAN A WEEK
WITHOUT WATER,
WHILE YOU CAN
LIVE 30 DAYS
WITHOUT FOOD.

Most of us have heard that we need to drink eight glasses of water a day. That's about 1.9 liters, or 64 ounces, of water. The Institute of Medicine actually recommends about 100 ounces of water each day for men and about 75 ounces for women. Drinking water is always a good idea when you are thirsty or before a workout. But keep in mind that the food you eat also contains water, which goes toward your total intake. For instance, raw lettuce is about

95 percent
water
and carrots
are about
88
percent.



1. Water builds cells, lubricates joints, aids digestion, flushes waste and much more.

2. Babies are about 78 percent water by weight at birth, adult men about 60 percent and adult women about 55 percent.

3. Carbohydrates and proteins are metabolized and transported by water in the bloodstream.

4. Carbonated mineral waters have no proven health advantages or disadvantages for most people.

PILLOW TALK

GOOD NEWS IF YOU'RE HITTING SNOOZE:
THE BENEFITS OF BEAUTY SLEEP AREN'T ONLY
SKIN-DEEP.

Getting a proper night's rest is essential for maintaining a healthy body. If you miss out on Zzzs regularly, you may be putting yourself at risk for heart disease, heart attack, stroke, diabetes, obesity, cognitive impairment, memory loss, chronic stress and increased risk of losing friends. (Because no one likes you when you're moody.)

Sources: Centers for Disease Control and Prevention and the United States Department of Agriculture



recipe index

MARCH 2017

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- Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose primary language is not English, such as:
- Qualified interpreters
- Information written in other languages upon request

If you need these services, contact your local pharmacist. If you believe that Hy-Vee has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Hy-Vee Civil Rights Coordinator, Attn: Legal Dept., 5820 Westown Parkway, West Des Moines, IA 50266, 515-267-2800, Fax 515-327-2162, legalnotices@hy-vee.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Hy-Vee Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave. SW, Room 509F, HHH Building, Washington DC 20201, 800-368-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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Seafood bearing this symbol was caught or farmed in a manner that minimizes damage to the environment or other sea life.

Hy-Vee is dedicated to providing our customers with the best quality and selection of seafood, and we know that the best seafood comes from healthy oceans. Our Responsible Choice seafood program offers a diverse selection of responsibly sourced fresh and frozen seafood to our customers.

For our efforts, we were recognized by Greenpeace in its 2015 Carting Away the Oceans (CATO) report, which evaluates the country's top 25 retailers' sustainability efforts. Hy-Vee was ranked third out of the 25 largest supermarket chains in the United States.

PHOTO: Cameron Sadehpour



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