

HyVee®

balance™

BOX OUT

LUNCH BY THE
MACROS

PAGE 30

RAISE the BARRE

LONG, LEAN,
BALLET-INSPIRED
MACHINE

PAGE 62

DISH IT UP

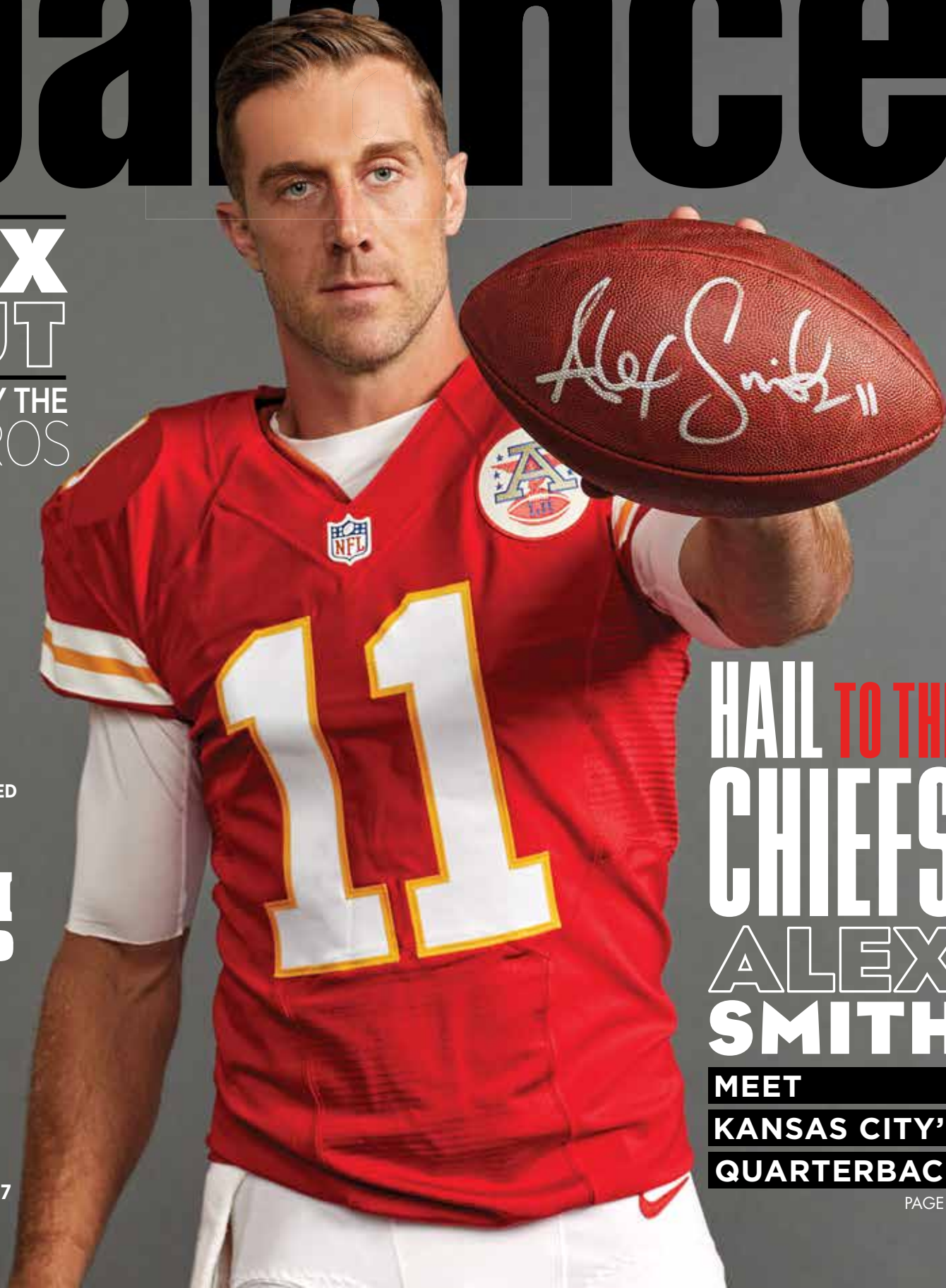
MAKE
TIME FOR
FAMILY
MEALS

PAGE 42

SEPTEMBER 2017

\$4.95

FREE IN-STORE



HAIL TO THE CHIEFS ALEX SMITH

MEET

KANSAS CITY'S
QUARTERBACK

PAGE 18



Fustare
— VITA™ —
PRODUCT OF ITALY

When you can't make it to Italy for dinner, we bring Italy to you. We've curated foods and flavors made fresh by Italian families who truly enjoy life and love what they do. You'll be able to taste their passion for food in every bite.

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LINEUP

SEPTEMBER
ISSUE 2017



56

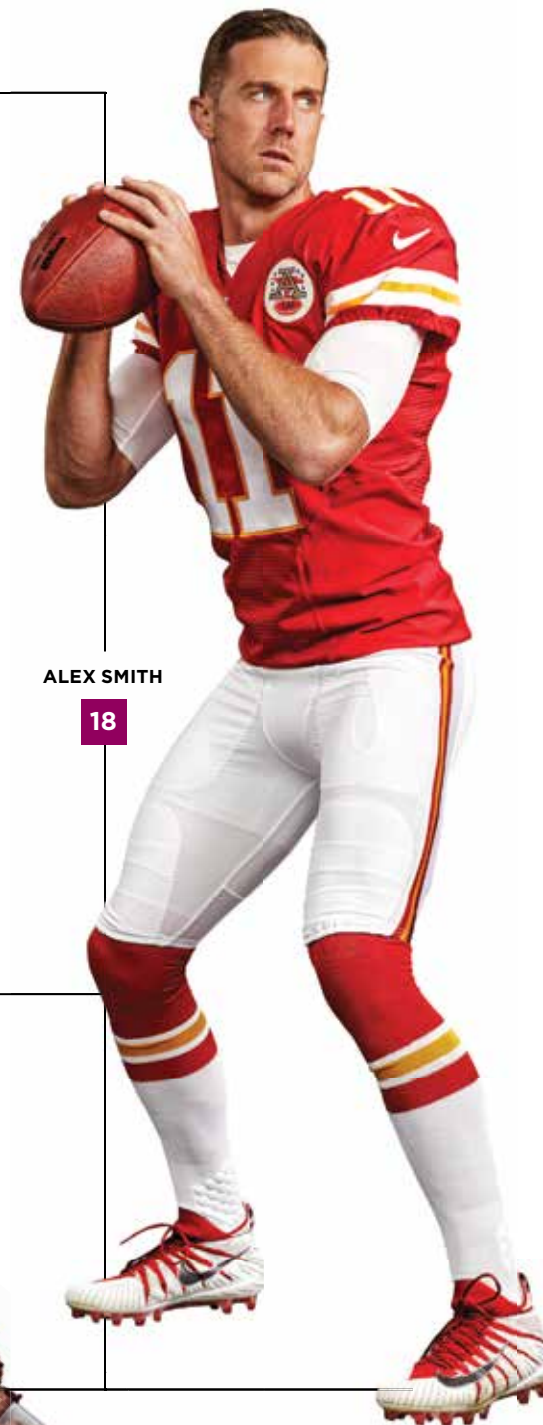
FIGHT INFLAMMATION



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JUMP AROUND!

SEPTEMBER STRONG



ALEX SMITH

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TO THE BEAT

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GRAB 'N' GO BREAKFAST





Hy-Vee
**Balance now
available
by delivery.**
Receive
six issues for
just \$10!



30
minutes
or less

**LOOK FOR THIS ICON
FOR RECIPES YOU CAN
MAKE IN 30 MINUTES
OR LESS!**



FOOD

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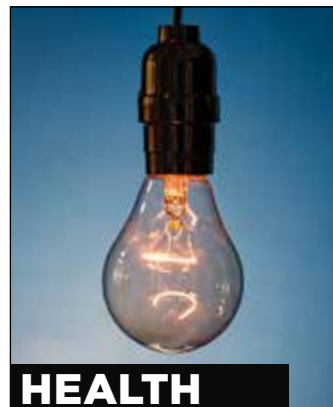
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Take note of the top 11 at-home hazards facing children under 2.



**MARSHALL
SANDERS,
PHARM D**
ASSISTANT VICE PRESIDENT,
RETAIL PHARMACY
HY-VEE, INC.

▶ **A Hy-Vee assistant vice president and father of three, Marshall Sanders knows maintaining a healthy lifestyle comes down to hard work, prioritizing and planning. His daily routine starts with an early workout and caps off with a family meal around the table.**

My days start early. With three boys ages 8, 6 and 3, I need to head to the gym by 5:00 a.m. There are a lot of people at the gym in the morning trying to balance their schedules and find time for their health. Like them, if I don't make time to work out in the morning, I won't get there, so having a routine and consistency is key.

The back-to-school season can add complexity. Take this time to establish healthy habits for you and your family. To get my day started, I make or purchase smoothies. If I have to be at the office early, I grab a bottled shake and a banana. The challenge with kids is limiting sugar. A great breakfast option is oatmeal with walnuts and raisins. We also stock low-sugar cereals and always have Greek yogurt. We do menu preparation for dinnertime, which has saved our tails forever. Having a plan is the most important step to having a meal ready to share as a family, even if the plan is to pick up premade meals from Hy-Vee or eat together at the ballpark. Read about the benefits of family meals on *page 42* and commit to making dinnertime a priority.

Hy-Vee can help parents manage this busy time of year and help kids start the school year strong. At the Hy-Vee Pharmacy, you can check to see what vaccines your child needs and get them taken care of on the spot or you can stop by for a flu shot, all without an appointment. Read more on preventative services available at Hy-Vee in "An Ounce of Prevention," *page 54*.

A new school year is an exciting time of change and growth. The pages ahead are filled with the information you need to make high marks in health.

We asked our editorial contributors:
What's your time-saving healthy tip?



NUTRITION

Julie McMillin, RD, LD
Assistant Vice President,
Retail Dietetics

I utilize Hy-Vee Aisles Online, which helps me plan our family meals and snacks for the entire week! This saves time at the store and in the kitchen.

PHARMACY

Angie Nelson,
Assistant Vice President,
Retail Pharmacy

I save time by using the Hy-Vee Pharmacy mobile app to refill prescriptions and manage my current medication list.

FITNESS

Daira Driftmier,
Hy-Vee KidsFit Director

My friends and I get together every other month at our local Hy-Vee for Simple Fix, a freezer-meal prep class offered at select locations. We choose 8 to 10 meals from a healthy database and split the cost. 3 birds, 1 stone: community with friends for my mental and emotional health, meals for my family for our physical health and a money-saving tool for our household, making Hy-Vee Simple Fix a lifelong tool for success.

NUTRITION

Craig Horswill
Clinical Associate Professor,
Kinesiology and Nutrition,
University of Illinois Chicago
High-intensity interval training is a good way to train. I do a 20-minute workout where I do a hard one minute, and then an easy two minutes. I'll do that four to six times, so I end up burning 200 calories in that period of time.

MEDICAL

Dr. Joseph Brunkhorst, D.O.,
Sports Medicine and Knee, Hip
and Shoulder Surgeon at DMOS
Orthopaedic Center, Ankeny, Iowa
I would reinforce the importance of flexibility and proprioceptive strength. Therefore, doing some quick, easy stretching when you first get out of bed or even in the shower or while brushing your teeth will help keep your muscles and tendons healthy and decrease risk of injury. Proprioceptive strength will help decrease risk of ankle sprains and can be improved with balance exercises. While standing at the kitchen counter, one can work on standing on one foot alone for 30 seconds. Once that is mastered, do it with your eyes closed.

MEDICAL

Dr. Matthew DeWall, M.D., Sports
Medicine and Knee and Hip Surgeon
at DMOS Orthopaedic Center,
West Des Moines, Iowa
Try to find time during your normal schedule to squeeze in some exercise. Lunchtime, unexpected downtime and short breaks can all be used to save time and burn extra calories.

PHARMACY

Bob Steffl
Hy-Vee Pharmacy Manager,
Albert Lea, Minnesota
Have your prescriptions filled at the Hy-Vee Pharmacy. Drop them off at the pharmacy when you enter the store and we can fill them while you shop. Hy-Vee also provides the Repeat Refills program, which automatically fills prescriptions for your maintenance medications so they are all ready for you when you need them.



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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.



FLAME GRILLED CHICKEN.



REAL GRILLED FLAVOR,
READY IN MINUTES

MADE THE
Johnsonville
WAY.

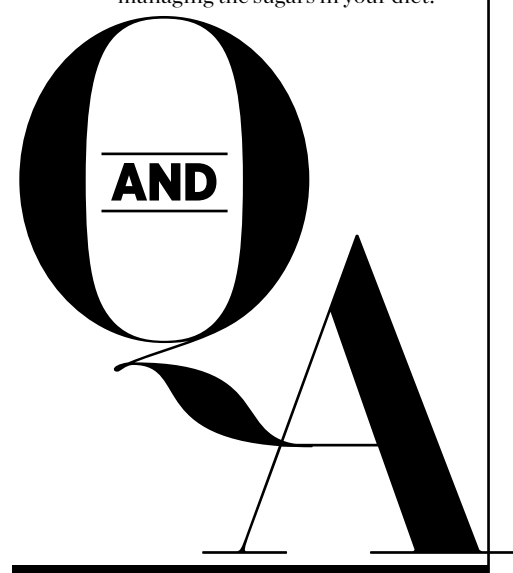
Johnsonville Flamed Grilled Chicken
Breast: select varieties 9 or 10.5 oz.



Julie McMillin, RD, LD

HY-VEE DIETITIANS:

Julie is a Registered Dietitian and the Assistant Vice President of Retail Dietetics for Hy-Vee. Talk to the dietitian at your local Hy-Vee for help managing the sugars in your diet!



THE SWEET TRUTH

Q: What are sugars?

A: Scientifically, sugars are a class of carbohydrates. There are many types of natural sugars, including glucose, fructose (sugar found in fruit), lactose (the most common sugar found in milk), galactose (another sugar found in milk), sucrose (table sugar) and maltose (malt sugar). Carbohydrates are needed for energy, so some natural sugars are OK.

Q: What are the dangers of too much sugar?

A: Eating and drinking too many high-sugar foods can potentially result in poor nutrition, weight gain, increased triglycerides and tooth decay. Added sugar is a simple carbohydrate with very little nutritional benefit and a heavy load of calories. Foods and beverages high in sugar generally contribute to extra unwanted calories in your diet.

Q: Why is sugar in so many foods we eat?

A: Taste is the number one reason sugar is added to so many products. However, sugar can also play an important function in many products. Baked products require sugar not only for taste but for a desirable texture and color. A little is needed in bread to help it rise effectively. Sugar also helps to balance the acidity of foods containing vinegar and tomatoes, and it preserves produce in jams and jellies.

Q: Are artificial sweeteners a healthy option?

A: Artificial sweeteners are a better option if you are trying to cut your calories. They can still satisfy that sweet tooth. Just don't overdo it. Everything in moderation!

Q: How much sugar should we have?

A: The new dietary guidelines recommend that no more than 10 percent of your daily calories come from added sugars. For most of us this is no more than 100 to 150 calories, or 25 to 36 grams.

Q: How can customers cut back on sugar?

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

Q: Where can you find unexpected sugar?

A: Although some foods don't seem sweet, look out for the hidden sugars. Condiments like barbecue sauce, salad dressing and even ketchup can have some extra sugar. Most fat-free products cut out fat but may replace it with sugar, so get in the habit of reading the label.

GET TO KNOW YOUR SWEETENERS

**RAW SUGAR**

From sugarcane or sugar beets. Keep in mind it has 16 calories per teaspoon.

**PURE MAPLE SYRUP**

Derived from maple tree sap; has a relatively high sugar content. About 17 calories per teaspoon.

**HONEY**

From bees; an all-purpose sweetener, including for baking. Has 21 calories per teaspoon.

**COCONUT SUGAR**

From the coconut palm. Has a lower glycemic index (rate at which blood sugar rises) than raw sugar. About 90 calories per teaspoon.

**STEVIA**

Derived from a plant; has no calories. Commonly used as a beverage sweetener.

**AGAVE**

A plant extract; comes in granular or liquid form. Low glycemic index and has about 20 calories per teaspoon (liquid).

“I often encourage customers to opt for natural sugars such as honey or raw sugar or coconut sugar. But someone with diabetes managing their glucose levels will want to opt for stevia or agave.” —JULIE McMILLIN

6 WAYS TO HELP CURB YOUR SWEET TOOTH

1. Freeze bananas and blend up an ice cream substitute.
2. Make a trail mix with dark chocolate chips.
3. Fill up on water.
4. Snack on apples and natural peanut butter.
5. Finish meals with a dessert of fresh fruit.
6. Distract yourself from cravings with exercise.

Sources: <https://www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html>
<http://ajcn.nutrition.org/content/early/2013/06/26/ajcn.113.064113.abstract>



19 TSP.

AMOUNT OF SUGAR CONSUMED BY THE AVERAGE AMERICAN PER DAY. (THAT'S AN EXTRA 285 CALORIES!)

A RECENT STUDY SHOWS THAT FOODS WITH A HIGHER GLYCEMIC INDEX CAN INCREASE HUNGER AND STIMULATE THE BRAIN TO FORM CRAVINGS OVER A PERIOD OF TIME.

50% OF THE ADDED SUGAR IN OUR DIETS COMES FROM BEVERAGES.

THE LEADING SOURCES OF ADDED SUGARS in U.S. diets are sugar-sweetened beverages, grain-based desserts like cakes and cookies, candy and dairy desserts like ice cream.

WAKE UP

like Chris Doyle



CHRIS DOYLE

- Executive Director of University of Iowa Football
- Director, Strength and Conditioning for Iowa Football
- Certified Strength and Conditioning Coach (CSCCa)

STRONG FOUNDATION

In his 19th season with the University of Iowa Hawkeye Football program, Chris Doyle is one of the top strength and conditioning coaches in America and a centerpiece of the team's success. He helped coach the program to 14 bowl games since 2001, of which 10 have been prestigious January bowl games. Throughout his career, Doyle has coached 202 student athletes to the NFL, NHL and NBA and mentored 21 of his former assistants to become head strength and conditioning coaches elsewhere.

Over the past 15 years, 89 percent of Iowa's senior starters were selected in the draft or signed a free-agent contract.



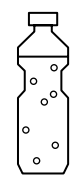
"Our role in strength and conditioning is to **reduce the risk of injury while maximizing performance.** That includes functional corrective exercise, mobility, recovery, nutrition, speed development, strength training and conditioning, as well as preparing mentally. We're not training track athletes, body builders or weight lifters. **Improving football ability** is what matters most. We are simply trying to help develop our guys into productive players on the field who perform consistently at a high level."

—Chris Doyle

MORNING GRIND



» Doyle is up at **5 a.m.** to lead team weight lifting, but first he takes a few moments to collect his thoughts.

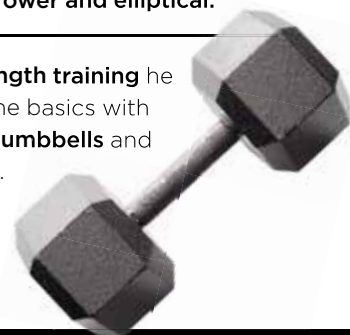


» "[I] drink **16 ounces of water.** Then I take about 20 minutes to get ready for the day mentally." This includes **reading, journaling and 10 minutes of meditation.**



» After team workouts, Doyle makes time for his own fitness. "I like to condition with the **bike, run intervals, rower and elliptical.**"

» For **strength training** he sticks to the basics with barbells, **dumbbells** and kettlebells.



For breakfast, Coach Doyle prefers coffee and a nutrient-dense green smoothie with protein powder, spinach, kale and blueberries.



TIP

Create healthy habits with simple daily discipline. Follow through with any routine that you want to stick to for at least 21 days and it's likely to become a habit, according to notable research on psycho-cybernetics by Dr. Maxwell Maltz in the 1950s.

PHOTO Cameron Sadehnpour (smoothie), Courtesy of Brian Ray/The University of Iowa Athletics (Doyle)

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We think less is more. So our new and improved **Chewy Granola Bars** are tastier, chewier, and have nearly half as many ingredients as before. They're still our chewy classics, just with even more to love.



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Kashi Waffles or Bowl:
select varieties
8 to 10.1 oz. \$3.29

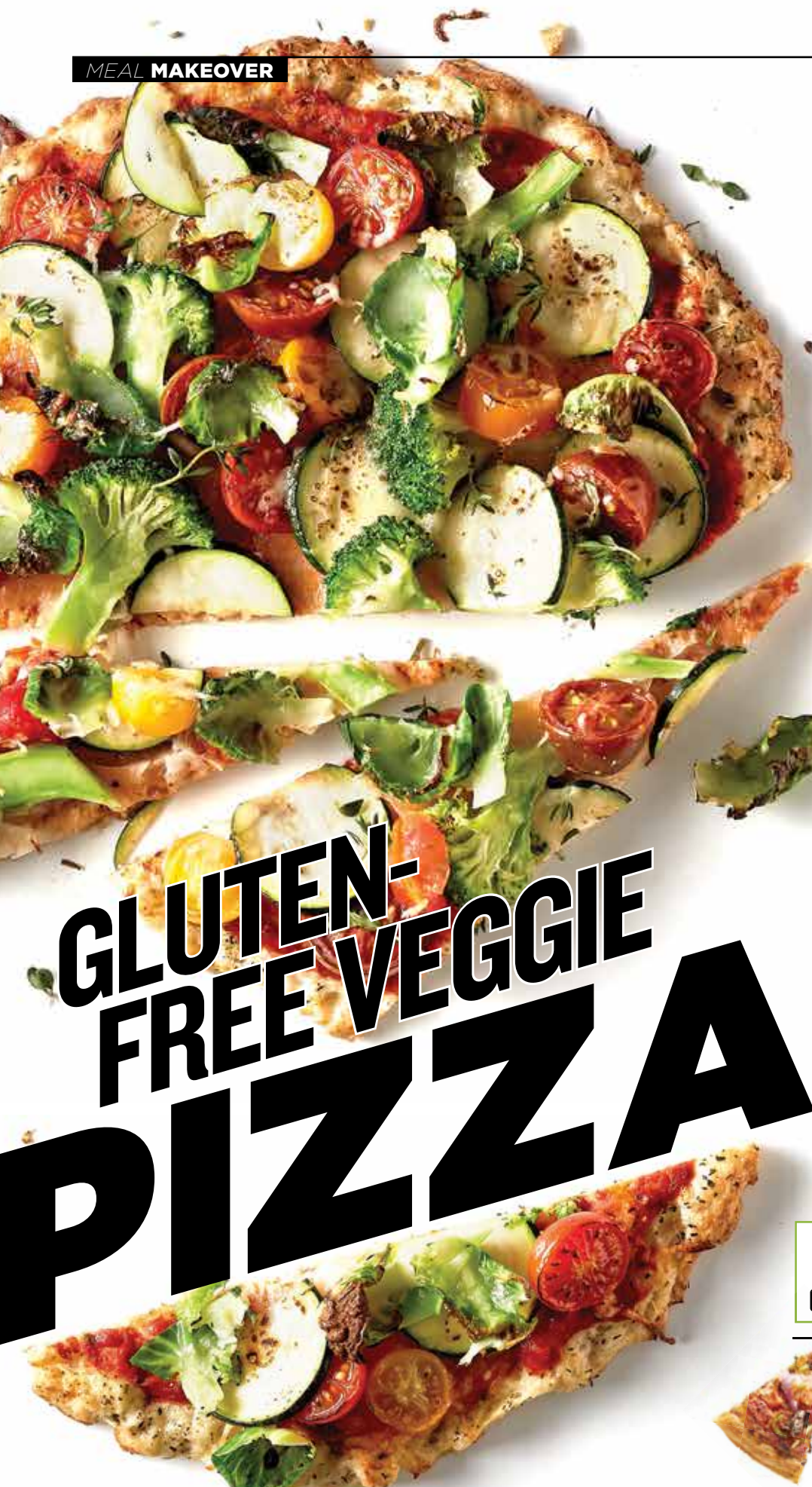
Kashi Go Lean Cereal,
Crackers or Cookies:
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4.25 to 16.3 oz. 2/\$6.00

Kashi Chewy Granola Bars
or Chewy Nut Butter Bars:
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6.15 to 7.4 oz. 2/\$7.00

25% off Kashi Go Lean
Powder: select varieties
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25% Off Kashi Go Lean
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1.58 oz.

25% Off Kashi Go Lean
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GLUTEN-FREE VEGGIE PIZZA

Total Time 1 hour 10 minutes Serves 12

1 cup warm water (105°F to 115°F)
 1 (¼-oz.) packet active dry yeast
 1 tsp. agave
 1 egg white
 2 Tbsp. Hy-Vee Select extra virgin olive oil
 2¾ to 3 cups gluten-free all-purpose baking flour, divided
 2 tsp. golden flaxseed meal
 1 tsp. Hy-Vee Italian seasoning
 ½ tsp. Hy-Vee kosher sea salt
 Hy-Vee nonstick olive oil cooking spray
 ½ cup Hy-Vee pizza sauce, divided
 ½ cup Hy-Vee shredded part-skim mozzarella cheese, divided
 ¾ cup broccoli florets, steamed, divided
 ½ cup halved cherry tomatoes, divided
 ¾ cup thinly sliced zucchini (about 2 oz.), halved, divided
 ½ cup Brussels sprout leaves, blanched, divided*

- 1. COMBINE** water, yeast, and agave in a medium bowl and let stand 5 minutes. Whisk in egg white and oil.
- 2. COMBINE** 1½ cups flour, flaxseed meal, Italian seasoning and salt in a large bowl. Add yeast mixture. Beat with an electric mixer on high for 1 minute. Gradually stir in remaining 1¼ to 1½ cups flour until dough pulls together into a mound. Lightly spray with cooking spray. Cover with plastic wrap and let rise at room temperature for 30 minutes.
- 3. PREHEAT** oven to 450°F. Lightly coat two baking sheets with cooking spray; set aside.
- 4. DIVIDE** dough in half. Drop each dough half onto a prepared baking sheet. Moisten hands with water and spread dough halves into 9-in. rounds. Bake 10 minutes or until crusts begin to brown.
- 5. TOP** each crust with ¼ cup pizza sauce, 2 Tbsp. mozzarella, ½ cup broccoli, ¼ cup tomatoes, ½ cup zucchini and half of the Brussels sprout leaves. Top each pizza with additional 2 Tbsp. mozzarella.
- 6. BAKE** 8 to 10 minutes or until cheese is melted and toppings begin to brown. Cut each pizza into six slices.

***NOTE:** To blanch Brussels sprout leaves, carefully place in a large pot of boiling salted water. Reduce heat and simmer 3 minutes. Remove from water and drop into a large bowl filled halfway with ice water. Chill leaves until cool.

Per serving (1 slice): 180 calories, 4 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 160 mg sodium, 32 g carbohydrate, 1 g fiber, 1 g sugar, 4 g protein

180
calories

4g
fat

32g
carbs

4g
protein

FAST-FOOD PIZZA

Debating delivery? The recipe, above, stands up to takeout with bold flavor and tender gluten-free crust.

200 cal
6 g fat
27 g carbs
9 g protein

PHOTOS: Cameron Sadehpour



RenewLife

RAISING A TINY HUMAN TAKES GUTS.

MAKE SURE YOURS ARE UP FOR IT.
 A HEALTHY GUT CAN IMPROVE YOUR STAMINA.
 YOU'RE GOING TO NEED IT.

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 BY THE GLASSFUL

15g

PLANT-BASED
PROTEIN

4.5

SERVINGS OF
FRUITS & VEGGIES¹

25%

DAILY VALUE² OF
12 ESSENTIAL
VITAMINS

¹ Servings based on vitamin content. 4.5 servings of fruit and vegetables would be needed to reach 25% Daily Values of Vitamins A, C, E, K and the B-vitamins listed on Nutrition Facts Panel.
² Percent Daily Values are based on a 2,000-calorie diet. Your values may be higher or lower depending on your calorie needs. © 2017, Burt's Bees. All rights reserved.



20% Off Burt's Bees Protein Powder:
 select varieties 18 to 21.5 oz.

ON-THE-GO BREAKFAST

COUNTER THE CHAOS OF BACK-TO-SCHOOL SCHEDULES WITH HELPFUL ITEMS FROM THE HY-VEE HEALTHMARKET.

1 WATER ENHANCERS

Boost liveliness with added vitamins and nutrients.

2 BREAKFAST BARS

Fuel up with a variety of low-fat, high-protein energy bites.

3 BLENDER BOTTLES

Mix up protein shakes and smoothies to-go in various reusable containers.

4 GLUTEN-FREE TOASTER PASTRIES

Grab 'n' go with a healthier version of this popular morning treat.

5 FRUIT AND VEGETABLE POUCHES

Don't worry about squeezing produce into your diet anymore.

6 TO-GO BOWLS

No time for the table? Take your favorite cereals with you.

7 SINGLE-SERVING MILK

Get your daily amount of calcium for strong bones.

8 EGGS-QUISITE PREPARATION

Cook eggs in this microwaveable container in only 30 seconds.

9 PORTIONED PROTEIN SNACKS

Snack between meals with these portable packs of protein.

10 GRANOLA ON-THE-GO

Get your fiber fix with whole grains you can fit in your purse.



HY-VEE HEALTH:
KRISTIN WILLIAMS
Senior Vice President,
Chief Health Officer,
Hy-Vee, Inc.

Q. How many health clinics are now open in Hy-Vee stores?

A. There are currently more than 58 health clinics open in Hy-Vee stores throughout the eight-state region, with more scheduled to open in the future.

FAQ: AT THE PHARMACY

Flu shots are a first line of defense and are available at your local Hy-Vee. Stop by your store's pharmacy for more information.

- The Centers for Disease Control and Prevention (CDC) recommends adults and children 6 months and older get flu shots. The best way to protect infants under 6 months old is to have everyone around them vaccinated.

- Each year's vaccine is updated to fight the most recent strain(s) of the flu virus.
- There is a nominal fee that's covered by most insurance companies, including Medicare and Medicaid.

Q. Why has Hy-Vee decided to put health clinics in stores?

A. Along with culinary expertise and customer experience, health and wellness is one of Hy-Vee's three foundational pillars. In-store health clinics provide customers with access to convenient, affordable, high-quality health care and medical services within our stores and allow Hy-Vee to support customers' health needs.

Q. What is Hy-Vee's role in these clinics?

A. A variety of health care providers operate the clinics and staff them with professionals who are able to offer care to customers who walk in or call for an appointment. Hy-Vee provides space for the clinics through contractual agreements.

Q. How do customers benefit from visiting a clinic?

A. In conjunction with Hy-Vee dietitians and pharmacy services, the addition of retail health clinics in Hy-Vee stores allows customers to seek health, wellness and preventive care all in one place. With today's busy lifestyles, these clinics are critical to those in need of convenient medical care for minor ailments, often at a lower price than a visit to the doctor's office.

Q. What types of services can customers expect?

A. Specific services vary from clinic to clinic but overall, the health clinics offer an easy way for people to seek treatment for minor illnesses or medical conditions. Specifically, clinics can help customers avoid a trip to the doctor's office or emergency room for minor health issues such as allergies or a sore throat. At some clinics, customers can obtain a physical for work or school.

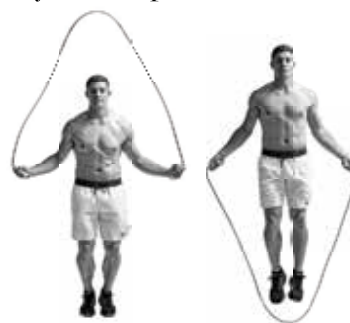
Visit hy-vee.com/health to locate a clinic near you.

JUMP, ON THE ROPES JUMP!

Skip your way to killer calves. Jumping rope offers a triple-threat workout of speed training, cardio and conditioning, so you can gain muscle while you lose pounds.

1 → BASIC JUMP ROPE FULL-BODY WORKOUT

Tuck upper arms close to sides, using wrists and elbows to rotate rope rather than shoulders. As rope's rotation approaches floor, jump high enough to clear with feet together. Land on balls of feet with soft knees to protect joints from injury. Continue for 30 to 60 seconds.



2 → BOXER'S SHUFFLE CARDIO

Begin jumping rope with left foot forward and right foot back. With each revolution of the rope, alternate foot positions, landing on both feet simultaneously. Continue for 30 to 60 seconds.

3 → CRISSCROSS COORDINATION

Begin jumping rope normally. When rope passes overhead, start to cross hands, completing the motion at hip level. Hands should reach opposite hip as rope touches the floor. Jump over rope, keeping hands crossed while rope rises. Uncross as rope passes overhead a second time.



4 → DOUBLE UNDER SPEED

Begin jumping rope normally. Then, increase both the speed of the rope's rotation and the height of the jump so the rope passes beneath feet twice between each jump.



Learn how to **Jump Rope** like a pro. Visit youtube.com/Hy-Vee

Download a 30-day Jump Rope Challenge at hy-vee.com

HONEYCRISP APPLES

80
CALORIES
1 APPLE

7%
CARBS

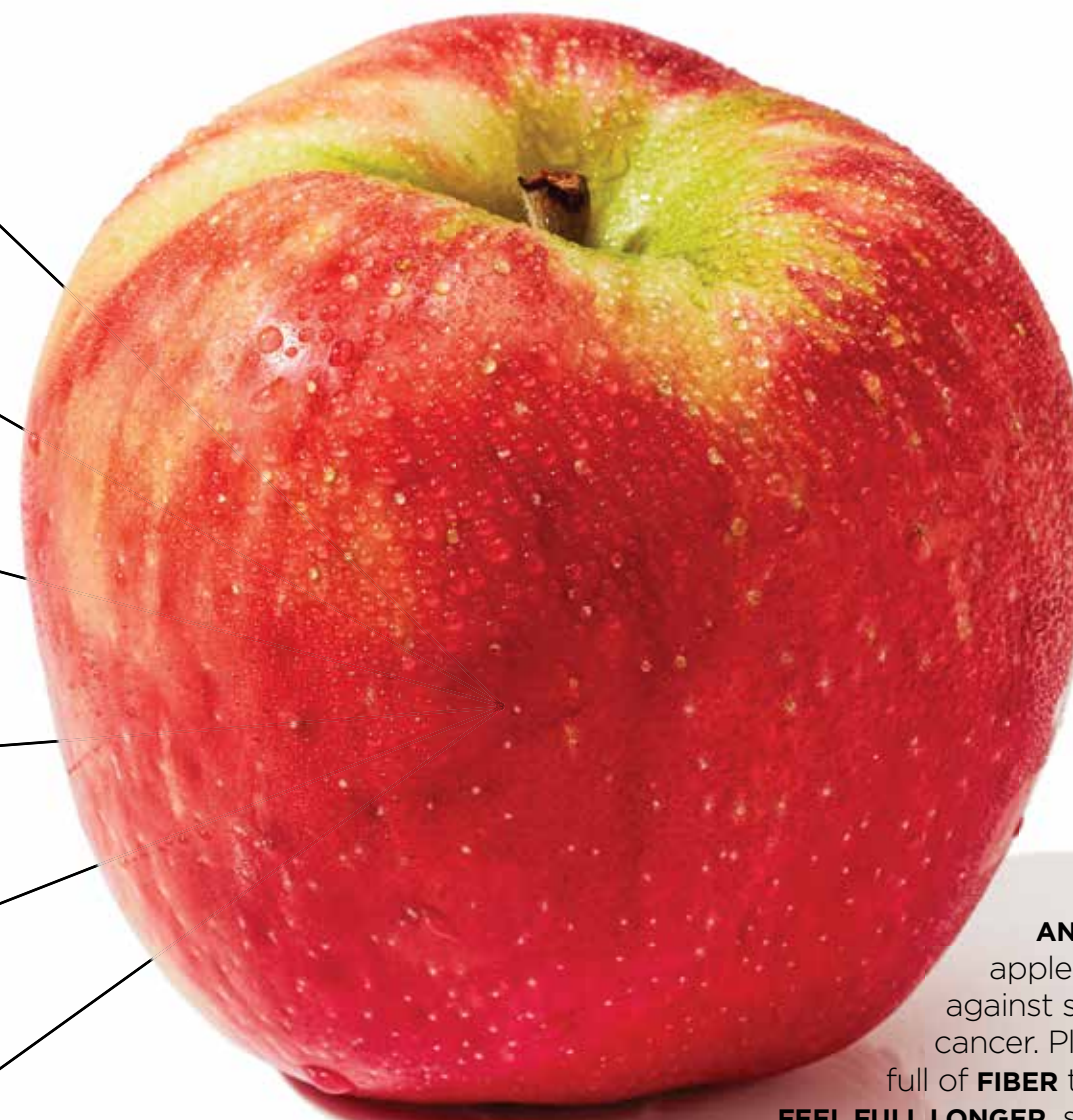
2%
VITAMIN A

8%
VITAMIN C

2%
IRON

20%
FIBER

Percentages represent daily values.



HONEYCRISP apples are exceptionally **CRUNCHY** and **SWEET**. The **ANTIOXIDANTS** in apples may protect against some forms of cancer. Plus, apples are full of **FIBER** that helps you **FEEL FULL LONGER**, so you're likely to consume fewer calories daily.

FRESH PICKS

SNACK

Rinse and pack an apple for a healthy bite on the go, or dip precut slices into nut butters for extra protein.

BAKE

Layer apple slices onto a flatbread with grilled chicken and blue cheese. Heat until cheese is melted.

PRESERVE

Soften apples in a saucepan with water and a sprinkle of cinnamon. Blend mixture into homemade applesauce.

PHOTOS: Cameron Sadehpour (this page and opposite)

Sources: <https://www.hy-vee.com/health/healthy-bites/honeycrisp-apples.aspx>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC442131/>
www.fruitsandveggiesmorematters.org

FALL SALAD WITH CRISPY APPLE CHIPS

Total Time 45 minutes plus baking
Honeycrisp Apple Chips **Serves** 4

1 recipe Honeycrisp Apple Chips,
below right

Hy-Vee nonstick olive oil
cooking spray

2 boneless, skinless chicken
breast halves

$\frac{1}{4}$ cup chopped Honeycrisp apple

$\frac{1}{4}$ cup Hy-Vee canola oil

2 Tbsp. Hy-Vee apple cider vinegar

1 tsp. finely chopped shallot

1 tsp. chopped fresh parsley

$\frac{1}{2}$ tsp. Hy-Vee kosher sea salt

$\frac{1}{2}$ tsp. Hy-Vee Dijon mustard

$\frac{1}{8}$ tsp. Hy-Vee black pepper

8 oz. Hy-Vee spring salad mix

1 medium head radicchio (about
4 oz.), cored and chopped

$\frac{1}{2}$ cup thinly sliced red onion

$\frac{3}{4}$ cup Hy-Vee sliced almonds
(about 3 oz.), toasted

$\frac{1}{2}$ cup crumbled goat cheese

$\frac{1}{4}$ cup dried cherries

1. PREPARE Honeycrisp Apple Chips. Spray a medium nonstick skillet with cooking spray and heat over medium heat. Add chicken. Cook 20 minutes or until chicken is lightly browned and cooked through (thermometer inserted into the center of chicken reads 165°F), turning once. Set aside and keep warm.

2. COMBINE chopped apple, oil, vinegar, shallot, parsley, salt, mustard and pepper in a blender or small food processor. Cover and blend until combined.



Sweet and crispy
homemade apple chips
add flavorful crunch to a
salad. Use a mandoline to
easily cut thin slices.

3. TOSS

together salad
mix, radicchio
and red onion.

Arrange salad mixture on
four plates. Cut chicken into
thin slices. Top salad with chicken,
almonds, goat cheese, dried cherries
and Honeycrisp Apple Chips. Spoon
1 Tbsp. dressing over each salad;
reserve remaining dressing for
another use.

HONEYCRISP APPLE CHIPS: Preheat
oven to 225°F. Line two baking sheets
with parchment paper. Slice two
Honeycrisp apples crosswise into
 $\frac{1}{4}$ -in.-thick slices. Arrange slices on
baking sheets in a single layer. Bake for

2 $\frac{1}{2}$ hours. To crisp, remove from oven
and cool. Store for up to 3 days at room
temperature in an airtight container.
Makes about 3 cups apple chips.

Per serving with 1 Tbsp. dressing:
440 calories, 24 g fat, 3.5 g saturated fat,
0 g trans fat, 75 mg cholesterol,
420 mg sodium, 28 g carbohydrates,
7 g fiber, 15 g sugar, 35 g protein



Make **Apple
Chips** at home.
To learn how,
visit [youtube
.com/Hy-Vee](https://www.youtube.com/Hy-Vee)

SEPTEMBER

ISSUE VOL. 1

ALEX SMITH
JOINT EFFORT
SUM IT UP!
TO THE BEAT
BRAIN GAMES
READY, SET, GO!
6 CLEANSING MYTHS DEBUNKED
AN OUNCE OF PREVENTION
FOODS THAT REDUCE
INFLAMMATION
RAISE THE BARRE



PHOTO Dominic DiSala

CHIEFS' PRO BOWL QUARTERBACK ALEX SMITH IS MORE THAN A GAME MANAGER. HE'S ONE OF THE MOST EFFICIENT AND DEPENDABLE PLAYERS IN THE LEAGUE. HE'S THE BACKBONE OF A FOOTBALL REVIVAL IN KANSAS CITY THAT'S TRANSFORMED THE CHIEFS INTO A TOP FIVE WINNINGEST TEAM OVER THE PAST FOUR YEARS. THOUGH HE'S KNOWN FOR HIS LEVELHEADED CONSISTENCY ON THE FIELD, HE'S HAD A WINDING ROLLER-COASTER RIDE OF A CAREER.

Contagious passion is everywhere in Kansas City, and Smith credits his ongoing love of the game to the Chiefs' unstoppable support system. "Around the community, the support they have for you here is so crazy," Smith says. "The sense of pride for the Chiefs, the colors and Arrowhead Stadium...it all jumps out at you. You show up to Arrowhead on game day and it's such a different feel of fans." Smith thrives in the close-knit community, which brings back memories of playing college football, the fulfillment of his childhood dream.

In his first season with the Kansas City Chiefs in 2013, Smith led the team to a 9-0 start and the team's first playoff win since 1994, rebounding from a two-win season the year before. Smith was recognized for his individual performance as well, earning his first Pro Bowl selection. The team benefited from opening its playbook to him, implementing his previously underutilized rushing ability and making him a legitimate dual-threat option.

ALEX SMITH

WORDS Aaron Ventling PHOTOS Dominic DiSaia and courtesy of the Kansas City Chiefs



In his four seasons as the Chiefs' starting quarterback, Smith already holds the franchise record for career rushing yards by a quarterback (2,078), and his 312 consecutive completions without an interception during the 2015 season ranks second all-time behind Tom Brady. Statistically, Smith has had the best four-year start ever by a Chiefs quarterback, leading the team to 41 regular season wins and three playoff appearances, closing out the 2016 season with his second Pro Bowl appearance.

PATH TO VICTORY

In college, Smith led the University of Utah to victory at the 2005 Fiesta Bowl and a national top-five finish during his junior season. He was an All-American quarterback with all of the tools to be great. "I was a huge college football fan. My uncle coached at the college level, my dad played college football. I loved being a student-athlete, playing for your school and the selflessness," Smith says.

Smith, a three-year graduate, was drafted in 2005 No. 1 overall and praised as a savior by the San Francisco 49ers; he was given the keys to a franchise in distress and expected to lead it to the promised land. He was a talented rookie with high expectations. But after several disappointing seasons filled with growing pains and a revolving door of coaches and teammates, Smith became a target of blame for eager fans and national pundits. His perceived inability to make game-breaking plays and his conservative approach made some question whether he was the right fit.

But Smith tuned out the noise, learned from his experiences and continually looked ahead at the bigger picture. "You learn to embrace the challenge. I learned to embrace game day...to embrace the expectations a little

more," Smith says. "I think when I was younger, sometimes I felt the weight of all that pressure in the form of anxiety." His experience and boosted confidence, along with an aggressive new coaching staff, transformed the team into a winner. The 49ers took the league by storm and broke an eight-year playoff drought in 2011.

Even in light of this success, many still questioned whether Smith was the solution for the hottest team in football, powered by a physical run game and an attacking defense. Heading into the next season, an underestimated Smith took this disrespect as a challenge and quickly became one of the league's most efficient quarterbacks, guiding his team to a 6-2 start and thoughts of a championship. Just when things couldn't get better, he was sidelined with a concussion and replaced in the starting lineup. He was later traded during the 2013 off-season to a struggling Kansas City Chiefs squad. This move turned out to be the perfect fit for a guy who's fueled by a deep passion for the game and values the loyalty of die-hard Chiefs fans.

A 13-year veteran, Smith has experienced the gamut of professional football. He's used those experiences to grow as a player, but more importantly to him, he has gained the confidence to be comfortable with himself. "Nobody has an easy road, nobody. Tom Brady, Peyton Manning—all those guys—Joe Montana. Nobody's got it easy. Everybody's road is different. Everybody deals with crap. It's the guys that can handle it and move on that overcome, get better and keep getting up. Those are the guys that play a long time and, I think, succeed ultimately," Smith says.

He's no longer a wide-eyed rookie, only looking to avoid mistakes. He's a resilient, battle-tested quarterback—a calculated surgeon between the hashes. He's the real Chief of Kansas City.

"I DON'T EVEN THINK ABOUT **LEGACY**. WHEN YOU PUT IN THIS MUCH TIME, I THINK IT'S MORE JUST THE CHALLENGE OF, '**CAN WE DO THIS RIGHT?** CAN WE FIND A WAY AS A TEAM? CAN I FIND A WAY **AS A QUARTERBACK?** CAN WE FIND A WAY TO **GET IT DONE?**' OBVIOUSLY, EVERY OTHER TEAM AND GUY IS TRYING TO DO THE SAME THING, AND WHO'S **GONNA DO IT THE BEST?**" -ALEX SMITH



ALEX SMITH BIO

AGE 33
HEIGHT/WEIGHT
6'4" / 217 lbs.
EXPERIENCE
13 years
COLLEGE Utah
HIGH SCHOOL
Helix HS
(La Mesa, CA)

CAREER STATS (AS OF 2016 SEASON)

PASSING TDS 157
PASSING YARDS
27,846
COMPLETIONS
2,536
**COMPLETION
PERCENTAGE** 61.7%
RUSHING TDS 13
RUSHING YARDS
2,078

"THE CHALLENGE TO WIN A CHAMPIONSHIP. THE CHALLENGE TO BE THE BEST THAT I CAN BE, KNOWING THAT I HAVEN'T DONE EITHER OF THOSE THINGS," SMITH SAYS ABOUT WHAT MOTIVATES HIM.



Q&A

QUESTION. How do you find balance in your life?

ANSWER. Obviously, in season, football takes a priority and rightfully so. It's actually a fun dynamic. It's so fun every year to buckle down and have this big goal to work and strive for. A lot of people don't get that in life. In the off-season, it definitely shifts. My family takes a priority, because they sacrifice so much in season.

QUESTION. Was it your dream to play professional football?

ANSWER. No. I dreamt about playing college football. I was a huge college football fan. I grew up on the West Coast, so you name the PAC 10 team.

QUESTION. Did you play any other sports besides football?

ANSWER. I grew up playing soccer, but I also played golf, basketball and baseball growing up. I've skied since I was 2 years old. Snowboarding, skateboarding, you name the sport, I feel like I've done it. And that's just the way it was. I was just very active, and that was the best part about growing up in San Diego. There was no winter. Year- round, I was playing sports.

QUESTION. How important is the mental side of sports?

ANSWER. There certainly are a portion of plays, playing quarterback, that you can't prepare for. Your preparation is going to help you on those plays and timing and all the reps we do on the practice field and that stuff. Football also is just an instinctive sport, and things break down and stuff happens, and your instincts have to take over and you have to trust them.

QUESTION. What are your thoughts on injuries from football?

ANSWER. Very real. I won't let my kids play until high school. They can play flag football and play all the other sports. I loved high school football and at that point, I think everybody's kind of mature and there's an even playing field.

QUESTION. What's the best way to keep a healthy lifestyle?

ANSWER. There are so many different ways to do it. Everybody has different ways. Yoga, dance, working out, CrossFit, you name it. Playing pickup, jogging, running, whatever. Whatever your deal is, go do it. Just keep doing and keep trying new things. Don't be afraid. I think it's easy to shy away from stuff. I think just keep going, learning, doing more.

QUESTION. What's your diet like?

ANSWER. When I'm in a routine, I try to eat really healthy, but at the same time I think you also have to have balance, and there's gotta be times to let loose and you gotta know when you can do that. You can't be so strict that you go crazy with it. I eat pretty clean, mostly natural and organic stuff and certainly low-sugar. But there's certainly times when you splurge.

QUESTION. Most surprising death on Game of Thrones?

ANSWER. (Spoiler alert!) Oh, you gotta go to Season One and Ned Stark. You were such a fan of his, I couldn't actually believe it, especially because it was the first season. His wife and son would be like number two in line. That was definitely pretty rough.

QUESTION. Has there been a new activity you're terrible at?

ANSWER. Oh, for sure. We have a basketball hoop in our locker room. The deal is, especially during the season, the quarterbacks play once a week. So every Thursday, we play "C-H-I-E-F-S." I didn't play in high school, but I grew up playing basketball. These guys are ridiculous. They shoot all day in there, and they're really good. So, yeah, I get crushed at "C-H-I-E-F-S," so I make them play with trick shots. No straight shots. You gotta do trick shots. It gives me a much better chance.

QUESTION. Any childhood nicknames?

ANSWER. Axe Handle, because I was skinny.

QUESTION. What are your plans after football?

ANSWER. I have this huge wealth of knowledge and I could take it straight into something geared around football, whether it be coaching, or TV or analyzing. Part of me, though, is definitely of the mind-set that when football is done, I'm done, and I want to go do something else. Life is too short to keep it about the game, and I have too many other interests to not go try to explore those. So, I'm really torn with that. Luckily, I don't have to make that decision today.

“
NOTHING
MAKES
YOU **WALK**
THE WALK
MORE THAN
HAVING KIDS,
ESPECIALLY
LITTLE
BOYS THAT
WATCH MY
EVERY MOVE.
SO THAT
CERTAINLY
AFFECTS ME.”

— ALEX SMITH



QUESTION. What inspired you to start the Alex Smith Foundation?

ANSWER. I just grew up always giving back, being grateful for what I have and knowing there are others out there that are less fortunate. It's always been ingrained in me. I grew up volunteering. And then when I got drafted, I knew I wanted to do something.

QUESTION. How did you decide you wanted to help support foster children?

ANSWER. When I first got exposed to the reality of what happens to foster kids as they age out of the system, I was 20 or 21, and a lot of these kids were 18 or 19 years old, so I wasn't that far removed from them. But I was in a different world as far as life experiences. My parents drove me up to college and moved me into the dorms, and if anything went wrong they were a phone call away. These kids were 18 and were the complete opposite. They were getting dropped off at a shelter, not college, and their stuff got thrown into a trash bag and handed to them. They had a different reality. I was worried about being a college

kid and getting up for class and practice, and these guys had to worry about where they were gonna sleep and what they were gonna eat that day. I couldn't imagine doing what these kids were doing.

QUESTION. What do you hope to help them achieve?

ANSWER. It's all about staying in school, finishing school and being a normal kid. None of these kids finish high school. They have so many mounting obstacles and walk that path alone. So for me, the whole goal is to help these kids focus on what they should be focusing on. That's just being a student and focusing on finishing school.

QUESTION. How does the foundation help these kids focus on school?

ANSWER. If these kids are ever gonna have a chance, you have to take some of that burden off of them. [The foundation] helps with that, provides support, motivates, takes out some of that stuff and lets them be normal kids, normal 18-year-olds, worried about normal things.



Not one to sit on the sidelines when there are others in need, Alex Smith is committed to embracing and serving the communities in which he plays. Shortly after being selected as the No. 1 overall pick in the 2005 NFL Draft, Alex Smith got to work.

ON THE FIELD, ALEX SMITH IS A TENACIOUS LEADER WITH **UNFALTERING SELFLESSNESS**. OFF THE FIELD, HE IS NO DIFFERENT. IN 2005, HE FOUNDED **THE ALEX SMITH FOUNDATION**, WHICH **HELPS FOSTER TEENS** TRANSITION TO ADULthood. TWENTY-THREE FORMER FOSTER YOUTHS HAVE GRADUATED FROM SAN DIEGO STATE UNIVERSITY SINCE 2005 THROUGH THE ALEX SMITH FOUNDATION **GUARDIAN SCHOLARS PROGRAM**.



JOINT EFFORT

IT'S TIME FOR YOUR KIDS TO TAKE A KNEE AND LEARN THE BASICS OF ONE OF THE MOST STRESSED JOINTS IN THE BODY, BECAUSE YOUTH ATHLETES ARE BEING SIDELINED AT AN ALARMING RATE.

WORDS Aaron Ventling
PHOTOS Tobin Bennett

Each year, nearly 2.5 out of 35 million adolescent athletes across the United States suffer sports-related injuries, 60 percent of which involve the knee.

But the pain doesn't stop there. A 20-year-long study by the American Academy of Pediatrics discovered that the rate of ACL tears, the most common knee injury, has increased 2.3 percent annually among adolescents (ages 6–18). The worst part is, according to the Centers for Disease Control and Prevention (CDC), more than half of these sports-related injuries were preventable. If injury treatment and prevention have advanced farther than ever, why the increase? Many experts credit overtraining as the main factor in the rise of knee-related injuries. "This increase is likely the result of aggressive sports participation, rather than any change occurring within children," says Dr. Matthew DeWall, a hip and knee surgeon at DMOS Orthopaedic Centers, who specializes in sports medicine. "It's becoming more and more common for children and adolescents to participate in competitive sports, often nearly year-round," DeWall

says. An ultracompetitive environment has youth athletes playing more than ever, with 60 percent of kids playing organized sports outside of school-based teams. To put it simply, kids are being pushed harder than ever to achieve athletic success and it's costing them their health. Developing growth plates and lack of proper muscle maturity make it difficult for children to sustain such rigorous activities without injury. "Adolescent knees may be more susceptible to chronic or overuse injuries, as younger athletes are often the least involved in cross-training and strength, stretching and conditioning exercises," DeWall says. "These more 'boring' aspects of sports are often overlooked or resisted by the younger athlete but can be vital to joint health."

APPLY THE **R.I.C.E. TECHNIQUE** (REST, ICE, COMPRESS AND ELEVATE) TO ANY INJURED JOINT FOR THE FIRST 24–48 HOURS TO RELIEVE PAIN, LIMIT SWELLING AND PROMOTE HEALING UNTIL YOU SEEK A MEDICAL PROFESSIONAL.



Children ages 5 to 14 account for nearly **40 PERCENT** of all sports-related injuries treated in hospitals, according to the American Orthopaedic Society for Sports Medicine.

INJURY PREVENTION WITH DR. JOSEPH BRUNKHORST, D.O., SPORTS MEDICINE AND KNEE, HIP AND SHOULDER SURGEON AT DMOS ORTHOPAEDIC CENTERS:

Q. WHAT ARE THE MOST COMMON KNEE PROBLEMS THAT YOU SEE IN ADOLESCENTS?

A. Overuse injuries are seen very commonly and include “jumper’s knee” (pain or damage to the patellar tendon) and “runner’s knee” (pain from abnormal contact and movement patterns of the patella). I also see patella dislocations, meniscus tears and ligament tears. In adults, the main knee problem is osteoarthritis. This is a degenerative breakdown of the cartilage of the joint and the cause is multifactorial, but genetics seems to play the biggest role.

Q. ARE THERE MOVEMENTS WE SHOULD AVOID?

A. Pivots, cutting and sudden stops put the knee ligaments and menisci at increased risk of injury. As one ages, these structures become more vulnerable to injury when undergoing the maneuvers.

Q. ARE THERE WAYS TO PREVENT JOINT DISEASES, LIKE ARTHRITIS?

A. Unfortunately, there really isn’t a pill you can take to prevent arthritis. Some people are more at risk to suffer from arthritis due to their genetics. Trauma is a predisposing factor, and if one can avoid injury or repeated injury to the knee, they can reduce

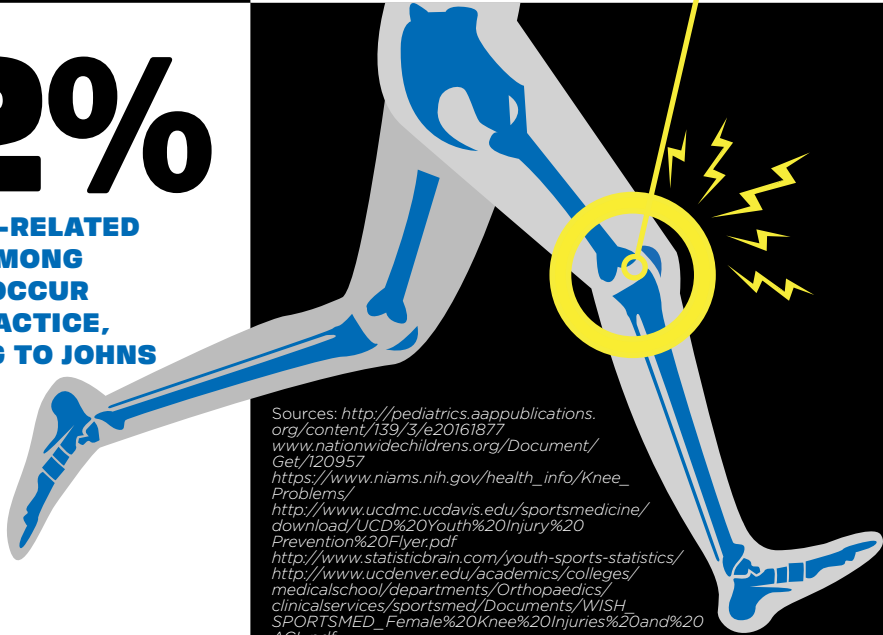
the risk of arthritis. Also, maintaining a healthy weight is important in decreasing the risk of developing arthritis.

Q. HOW CAN PARENTS WITH CHILDREN PLAYING SPORTS PREVENT KNEE INJURIES?

A. Listen and talk to [your] kids. Make sure they are getting enough rest and are not trying to play through pain. There are also ACL prevention prehab programs that can be initiated through sports and usually involve specific dynamic warm-up routines. Every parent with a kid in sports and every coach should be familiar with the website stopsportsinjuries.org. This website discusses how sports injuries can be prevented. For example, it details what types of pitches should be thrown and how many pitches can be thrown in baseball, based on a player’s age.

62%

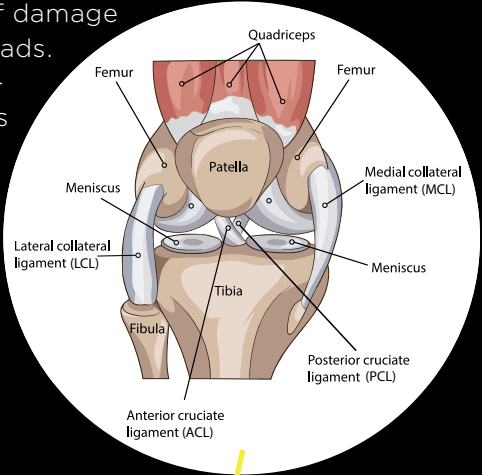
OF SPORTS-RELATED INJURIES AMONG CHILDREN OCCUR DURING PRACTICE, ACCORDING TO JOHNS HOPKINS MEDICINE.



Sources: <http://pediatrics.aappublications.org/content/139/3/e20161877>
www.nationwidechildrens.org/Document/Get/120957
https://www.niams.nih.gov/health_info/Knee_Problems/
<http://www.ucdmc.ucdavis.edu/sportsmedicine/download/UCD%20Youth%20Injury%20Prevention%20Flyer.pdf>
<http://www.statisticbrain.com/youth-sports-statistics/>
http://www.ucdenver.edu/academics/colleges/medicalschool/departments/Orthopaedics/clinicalservices/sportsmed/Documents/WISH-SPORTSMED_Female%20Knee%20Injuries%20and%20ACL.pdf

KNEE'D TO KNOW

The knee is a complex joint that allows the leg to bend and support body weight. It connects the thigh bone (femur) and lower leg (tibia and fibula) with four main ligaments (ACL, LCL, MCL and PCL) and a group of muscles. Known as soft tissue, this area is shielded by the kneecap (patella). The kneecap is a sesamoid which is an uncommon type of bone embedded within soft tissue. Because of this somewhat unusual soft tissue attachment, the knee is highly flexible. However, range of motion comes at a cost, as it puts the knee at a greater risk of damage from stress loads. Two crescent-shaped pieces of cartilage (menisci) act as shock absorbers to protect the knee.



FEMALE ATHLETES are four to six times more likely to injure their ACLs than male athletes, according to the *International Journal of Sports Physical Therapy*.



PHOTO Viktoriia Panchenko/Shutterstock.com (anatomy of the knee illustration)



sum it up! healthy lunch

PACK A PUNCH WITH A COMPARTMENTALIZED LUNCH. BENTO BOXES, AVAILABLE AT HY-VEE, WILL HELP YOU SEGMENT THE RIGHT RATIO OF CARBS, PROTEIN AND HEALTHY FATS TO POWER YOU THROUGH ANY DAY.

PHOTOS Cameron Sadeghpour



CARBS

Whole grain crackers have complex carbohydrates that are more satiating than refined grains found in white bread. These carbs take longer for your body to process, but are higher in fiber and other vital nutrients.



PROTEINS

Build and repair your cells with two hard-cooked eggs and cheese for roughly a quarter of your daily protein needs. Filled with healthy unsaturated fat, these proteins keep you full.



FRUITS & VEGGIES

A colorful mix of antioxidants and fiber, strawberries and purple grapes offer vitamins A, C and E while broccoli florets provide vitamin K and the minerals needed for bone health and to help prevent blood clots.

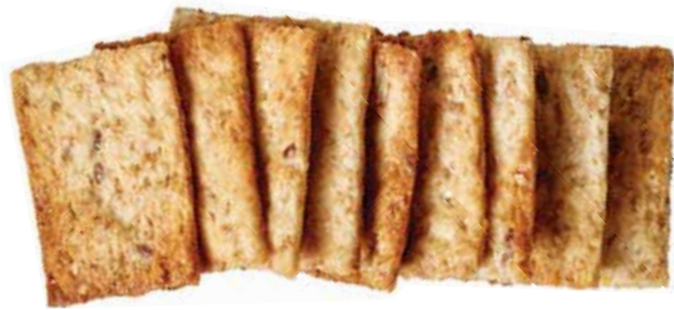


What's in the box?

- 2 hard-cooked eggs
- 1 cup strawberries
- 1 cup broccoli
- .75 oz. spreadable cheese
- 15 grapes
- 6 multigrain crackers

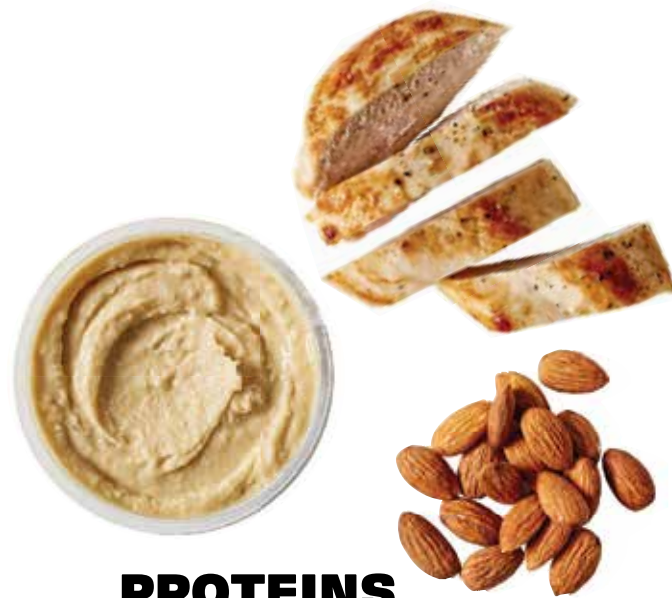
TOTAL NUTRITION:

410 calories, 20 g protein, 46 g carbohydrates, and 18 g fat



CARBS

Multigrain pita chips are a nutrient-dense alternative to refined chips and crackers, which are notorious for being high in sodium and saturated fats, known to increase risk of heart disease.



PROTEINS

Two ounces of grilled chicken, a handful of almonds and hummus form a healthy serving of protein. Made from chickpeas, hummus is also a good source of fiber. For convenience, grill chicken breasts in advance to use throughout the week.



CARBS

Pack a multigrain sandwich thin, cut into wedges, for this satisfying on-the-go lunch to curb appetite and improve digestion.



PROTEINS

Fuel up with a Hy-Vee Greek yogurt, walnuts and to-go pack of almond butter, each filled with magnesium, lacked by over half of Americans. Magnesium supports bone development and the immune system and has been found to relieve certain levels of anxiety and depression.



FRUITS & VEGGIES

Lend a crunch with apple slices, filled with fiber and antioxidants that can lower the risk of cancer, diabetes and heart disease. Golden raisins provide a natural, sweet alternative to processed candies.

FRUITS & VEGGIES

Fiber-filled dried cranberries take up little space. Foods you can cut or peel ahead of time make packing a lunch easy. Load up on B vitamins to prevent weakness and fatigue with sliced cucumber, and fight viral infections with vitamin C-filled oranges.



What's in the box?

- 2 oz. grilled chicken breast
- 1 medium orange, sliced
- 1/2 cup cucumber slices
- 1/4 cup dried cranberries
- 2 Tbsp. almonds
- 9 multigrain pita chips
- 3 Tbsp. hummus

TOTAL NUTRITION:

600 calories, 27 g protein, 76 g carbohydrates, and 24 g fat



What's in the box?

- 4 oz. Hy-Vee vanilla Greek yogurt
- 1/2 oz. walnuts
- 2 Tbsp. golden raisins
- 1 apple, sliced
- 32 g or 2 Tbsp. almond butter
- 1 multigrain sandwich thin, cut into wedges

TOTAL NUTRITION:
610 calories, 24 g protein, 78 g carbohydrates, and 28 g fat



Eco One Bento Box:
select varieties
each \$8.99

NOW AVAILABLE AT YOUR LOCAL HY-VEE

Sources: <https://health.gov/dietaryguidelines/2015/guidelines/>
<http://fnic.nal.usda.gov>
<https://health.clevelandclinic.org/2012/05/what-you-need-to-know-about-protein/>
<https://www.ncbi.nlm.nih.gov/pubmed/16542786>



EXERCISE IS THE ULTIMATE DEFENSE AGAINST HIGH BLOOD PRESSURE, HEART DISEASE, DEPRESSION AND OTHER HEALTH PROBLEMS. IT'S TEMPTING TO GIVE IT YOUR ALL. NO PAIN, NO GAIN, RIGHT? NOT ALWAYS. MEGADOSING ON WORKOUTS CAN CAUSE MUSCLE AND JOINT PAIN OR INJURY, NOT TO MENTION BURNOUT. LUCKILY, THERE'S A SWEET SPOT. HIT IT WITH WORKOUTS AND GET RESULTS WHILE KEEPING YOUR BODY SAFE.

WORDS Kristi Chew PHOTOS Cameron Sadeghpour

Listen to the beat of your heart to gauge how to get the max from an aerobic workout without oversteering your body and hurting yourself.

"Starting moderate and building up to a higher intensity is a good idea," says Craig Horswill, Clinical Associate Professor, Kinesiology and Nutrition, University of Illinois Chicago. Although he's a fan of interval training (short periods of intense anaerobic exercise with lower-intensity active-recovery periods), he warns against overdoing it. "When you overdo it, you risk hurting your joints and spraining muscles," he says. "Mix it up. Walk a day, swim a day, bike a day, so you can rest body parts."

To exercise most effectively you need to understand your heartbeat. It tells whether you're working hard enough to get results without going overboard. Before you exercise aerobically, find this heartbeat zone or range, and monitor it throughout your routine.

Here's how health and exercise experts generally suggest you find the bull's-eye:

- First, determine your maximum heart rate (MHR). This is the upper limit of what your cardiovascular system can handle during strenuous exercise. It can be found by subtracting your age from 220. The result represents the maximum number of beats per minute your heart should reach during exercise.
- Next, calculate a percentage of your maximum as a cruising zone for most of your workout. The American College of Sports Medicine suggests 50 to 65 percent of your MHR if you are just beginning to exercise regularly and up to 85 percent if you are more experienced.

EASE IN & OUT

EVERY WORKOUT SHOULD START WITH A WARM-UP AND END WITH A COOLDOWN. A WARM-UP PREPS YOUR BODY FOR EXERCISE BY SLOWLY INCREASING HEART RATE AND BLOOD FLOW. THE COOLDOWN ACCLIMATES IT TO RESTING STATE. FOLLOW IT WITH STRETCHES WHILE YOUR MUSCLES ARE STILL WARM AND ELASTIC.

COUNT ON IT

Periodically check your heart rate to ensure it is gradually increasing during warm-up, at targeted speed for the workout, and slowly dropping during your cooldown.



PULSE READING.

To limit interrupting your routine, check your pulse rate for 15 seconds and multiply by 4 to get your beats per minute. Place your index and third fingers over the radial artery, located under the thumb, or on your neck to the side of your windpipe over the carotid artery.



WORKOUT MACHINE.

Some exercise machines have built-in heart rate monitors to calculate your target heart rate and provide ongoing readings. Follow the manufacturer's instructions to enter your age and other information.



HEART RATE MONITOR.

Wearable bands and watches can be inconsistent, so make sure to find your normal range over time and use manual methods if you see a surprising heart rate. Some wearable tech even include calorie counters and GPS for tracking distance and number of steps taken (biking, running).



ON YOUR OWN.

Once you're in a normal exercise routine, you can get a good idea of your target heart rate by listening to your body. High-paced breathing, heavy sweating and inability to carry a conversation after 10 minutes might mean you should slow down.

TO THE

BEAT

HEART-HEALTHY TRAINING

BODY TALK

If your doctor says you can rev up the intensity, go for it! If you're not there yet, build up to it. "The average person isn't doing that much physical activity to start, and a moderate level is a good idea," says kinesiology and nutrition Professor Craig Horswill. A good starting point could be walking 100 steps per minute on level terrain, starting with a 10-minute walk and eventually moving on to a 30-minute walk (3,000 steps). Going beyond your ability risks burnout, muscle strains, tendonitis and more. Listen to your body. These signs will tell you when you're working too hard:

SORE, TIGHT MUSCLES

Start workouts slowly and build up. Otherwise, muscles and joints can tighten and become extremely sore. The American College of Sports Medicine recommends amping up in 5 percent increments each time the routine seems too easy.

IRREGULAR HEARTBEAT

Studies reported by Cleveland Clinic and Mayo Clinic said some endurance athletes who exercised extremely for marathons, triathlons and long-distance cycling developed arrhythmia and other heart damage.

INSOMNIA

Research also indicates that even moderate daytime exercise can have a hormonal effect on some people, which can affect their nighttime sleep.

IRRITABILITY/DEPRESSION

Anxiety, mood changes and depression can occur when your body is overstressed and constantly fatigued.

"HEART RATE MONITORS ... LET YOU KNOW YOU'RE AT LEAST TAXING YOURSELF AND GETTING IN THE RANGE THAT'S BENEFICIAL."

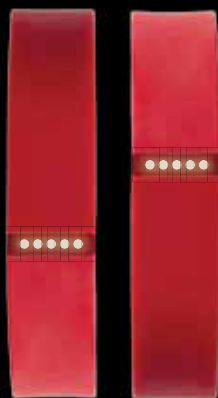
—CRAIG HORSWILL, CLINICAL ASSOCIATE PROFESSOR OF KINESIOLOGY AND NUTRITION, UNIVERSITY OF ILLINOIS CHICAGO

TOOLS OF THE TRADE

CHECK OUT THESE COMMON TECH WORKOUT ACCESSORIES FOR AN ACCURATE AND CONVENIENT WAY TO TRACK YOUR ACTIVITY. CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.

FITNESS TRACKERS

Track fitness or check vitals with these helpful workout accessories. Many common features track heart rate, number of steps taken and stairs climbed and calories burned and can even sync to a compatible smart device or desktop computer, allowing you to further analyze personal fitness data.



SMART WATCH

Many of these devices offer the same basic activity-monitoring features as fitness trackers, but with added Internet, music and GPS capabilities. However, these extra benefits often come at a higher price.



CHEST MONITOR Strap one of these devices around your chest to monitor pulse while you exercise. It can be wirelessly paired to smart devices and other tech workout accessories.

60 TO 100

BEATS PER MINUTE IS CONSIDERED A NORMAL RESTING HEART RATE. IN GENERAL, THE LOWER THE RATE THE MORE EFFICIENT THE HEART FUNCTION. FACTORS THAT CAN AFFECT RESTING RATE ARE ACTIVITY AND FITNESS LEVEL, BODY POSITION AND SIZE.



THE BRAIN MAY NOT BE A MUSCLE, BUT IT CAN STILL BE EXERCISED LIKE ONE. AND JUST LIKE MUSCLES, IT NEEDS NUTRIENTS, ENERGY, REST AND OVERALL GOOD HEALTH TO STAY IN TIP-TOP SHAPE. KEEP THE LIGHTS ON UPSTAIRS BY MAKING YOUR BRAIN A PRIORITY.

WORDS Frieda Wiley PHOTOS Cameron Sadeghpour

BRAIN GAMES

3 LBS.

The approximate weight of the average human brain—about 2% of the total body weight of an average human.

Source: <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0024736/>

IMAGINE YOUR BRAIN AS THE CAPTAIN OF A SHIP. YOUR BODY'S CONTROL CENTER, YOUR BRAIN RUNS THE SHIP, TELLING ALL OTHER BODY PARTS AND SYSTEMS WHAT TO DO. IT'S A HIGHLY COMPLEX JOB, AND TO DO IT, THE BRAIN HAS SEVERAL MAJOR PARTS. EACH ONE PLAYS A SPECIFIC ROLE IN CONTROLLING BODILY FUNCTIONS AND KEEPING THE BOAT ON COURSE.

CEREBRUM

Similar to a globe, the cerebrum is split into two halves called hemispheres.

The left hemisphere controls analytical thought, reasoning, language and logic. It also processes mathematical and scientific reasoning. The right hemisphere engages in more abstract activities and increases your awareness to music, art, imagination, insight, and ability to process three-dimensional images. The right hemisphere controls the left hand, and the left hemisphere controls the right hand. One part of the cerebrum, called the prefrontal cortex, located just beneath the forehead, processes short-term memory and

stores longer-term memories.

CEREBELLUM

This heart-shaped tissue mass controls the body's balance and coordination. It also fine-tunes motor functions that allow you to eat, swim, walk and even write.

BRAIN STEM

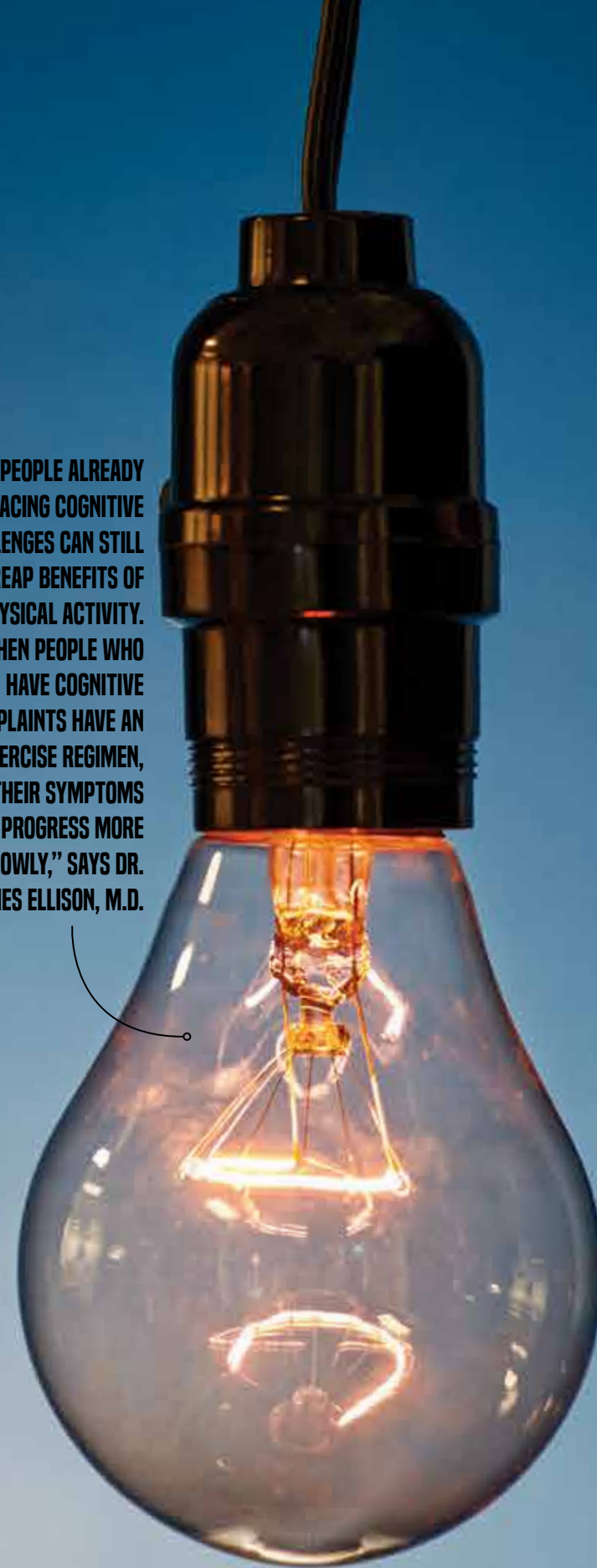
Found at the base of the brain just above the spinal cord, the brain stem controls autonomic functions in the body (the functions that do not require conscious effort or thought). These include digestion, hunger, thirst, sleep, blood pressure and emotional behaviors.

It also regulates body temperature, controls eye movements and allows you to create facial expressions.

PITUITARY GLAND

It may be only the size of a pea, but the pituitary gland plays a herculean role in many bodily functions. It regulates the release of many hormones in the body that affect growth, development and metabolism. Also known as the master gland, it produces and orchestrates the release of hormones and helps control other glands such as adrenal, ovaries, thyroid and testicles.

PEOPLE ALREADY FACING COGNITIVE CHALLENGES CAN STILL REAP BENEFITS OF PHYSICAL ACTIVITY. "WHEN PEOPLE WHO HAVE COGNITIVE COMPLAINTS HAVE AN EXERCISE REGIMEN, THEIR SYMPTOMS PROGRESS MORE SLOWLY," SAYS DR. JAMES ELLISON, M.D.



Mental health is your emotional, psychological and social well-being—how you think, how you feel and how you behave. It helps determine how you respond to stress, relate to others and make choices. A number of factors can affect mental health, including genetics, chemical imbalances in the brain, having a family member who has mental illness and experiencing abuse or trauma. "Mental health is important at every stage of life, from childhood and adolescence through adulthood," says Dr. James Ellison, M.D.

REGULAR SWEAT-PRODUCING EXERCISE INCREASES THE SIZE OF THE HIPPOCAMPUS. THIS IS THE PART OF THE BRAIN THAT AFFECTS LEARNING AND COLLECTS AND STORES NEW MEMORIES.

HEALTHY PSYCHE

Exercise is one of the best things you can do to keep your mind sharp. Regular endurance exercise can facilitate new brain cell growth and preserve existing brain cells. Additional benefits include:

- Improved heart health
- Improved metabolism
- Regulated blood sugar levels
- Reduced inflammation in the body (which can affect memory and other brain functions)

Strength training can also boost brain power and increase concentration and decision-making skills.

EAT FOODS RICH IN **OMEGA-3**. LOW LEVELS CAN CAUSE A **SLUGGISH MEMORY**. **OMEGA-3 FATTY ACIDS** MAKE UP PART OF THE **CELL MEMBRANE** AND ALSO HELP **NOURISH THE FLUID IN THE BRAIN**.

THE ACADEMY OF NUTRITION AND DIETETICS RECOMMENDS YOU EAT MORE OF THE FOLLOWING TO KEEP YOUR BRAIN HEALTHY:

- BERRIES • BROCCOLI
- CAULIFLOWER • CHERRIES • KALE
- SALMON • SARDINES • SPINACH
- TUNA • WALNUTS

FOOD FOR THOUGHT

HEALTHY HOST

Pair your brain with a healthy body. Overall well-being can help your mind stay sharp.

High blood pressure can cause structural damage to the brain. Cut down on salt, keep active and aim for a healthy body weight.

High cholesterol may increase your risk of dementia. Talk to your doctor about cholesterol-lowering medications.

Obesity can lead to diabetes, which increases your risk of dementia. Eat healthy portions and exercise regularly. Visit your Hy-Vee dietitian for help in taking control of your diet or to sign up for the Begin® for Diabetes lifestyle management program.

Research shows that a severe head injury may have a significant impact on the health of your brain. Reduce your risk of injury by wearing a seatbelt and employing protective headgear for activities such as biking.

Some medications can decrease your alertness and wreak havoc on your memory. These include anticholinergics, antihistamines, sedatives and anti-anxiety medications, certain cholesterol medications and many more. Talk to your doctor about medications that may be affecting you.

CHECK YOUR BULB

See how bright you shine with these brainteasers from American Mensa, written by Psychologist Dr. Abbie F. Salny.

1. There is at least one nine-letter word that contains only one vowel. Do you know what it is?

ANSWER

2. Tabitha likes cookies but not cake. She likes mutton but not lamb, and she likes okra but not squash. Following the same rule, will Tabitha like cherries or pears?

ANSWER

3. What is the number that is one more than one-tenth of one-fifth of one-half of 4,000?

ANSWER

4. Jane went to visit Jill. Jill is Jane's only husband's mother-in-law's only husband's only daughter's only daughter. What relation is Jill to Jane?

ANSWER

Answers: 1. Strengths 2. Cherries (Tabitha only likes food with 2 syllables.) 3. 41 (4,000/2=2,000; 2,000/5=400; 400/10=40; 40+1=41) 4. Jane's daughter (Jane's mother's husband is Jane's father, his daughter is Jane, and Jill is her daughter.)

As you age, the brain becomes less adaptable to change. Keep your mind active with simple, engaging challenges. Take an alternate route to work or brush your teeth with your nondominant hand.

2 BREAK OPEN A BOOK OR LEARN A FOREIGN LANGUAGE. WHEN YOU LEARN SOMETHING NEW, THE STRUCTURE OF YOUR BRAIN CHANGES.

3 SLEEP ON IT Relaxation helps to reduce stress and decreases inflammation (which can cause a cascade of problems, including memory loss and inability to think clearly). Sleep helps the brain rest, store memory and rejuvenate itself. "Sleep is generally more successful when a person establishes a regimen of going to bed and waking up at the same time and aims for at least 8 hours of sleep," advises Ellison.

BRAIN FACTS

The human brain works 24/7/365 and generates enough electricity to power a lightbulb.

PLAY A BRAINY GAME WITH FRIENDS. ELLISON RECOMMENDS PLAYING BOARD GAMES SUCH AS SCRABBLE BECAUSE THE IMPACT OF SOCIALIZING NOT ONLY BOOSTS YOUR MOOD BUT MIGHT ALSO ADD SOME YEARS TO YOUR LIFE. ACCORDING TO THE CLEVELAND CLINIC, STUDIES HAVE SHOWN THAT WITHIN A COMMUNITY, THOSE INDIVIDUALS WITH THE GREATEST RATES OF SOCIAL INTERACTION EXPERIENCE THE SLOWEST RATE OF MEMORY DECLINE.

4

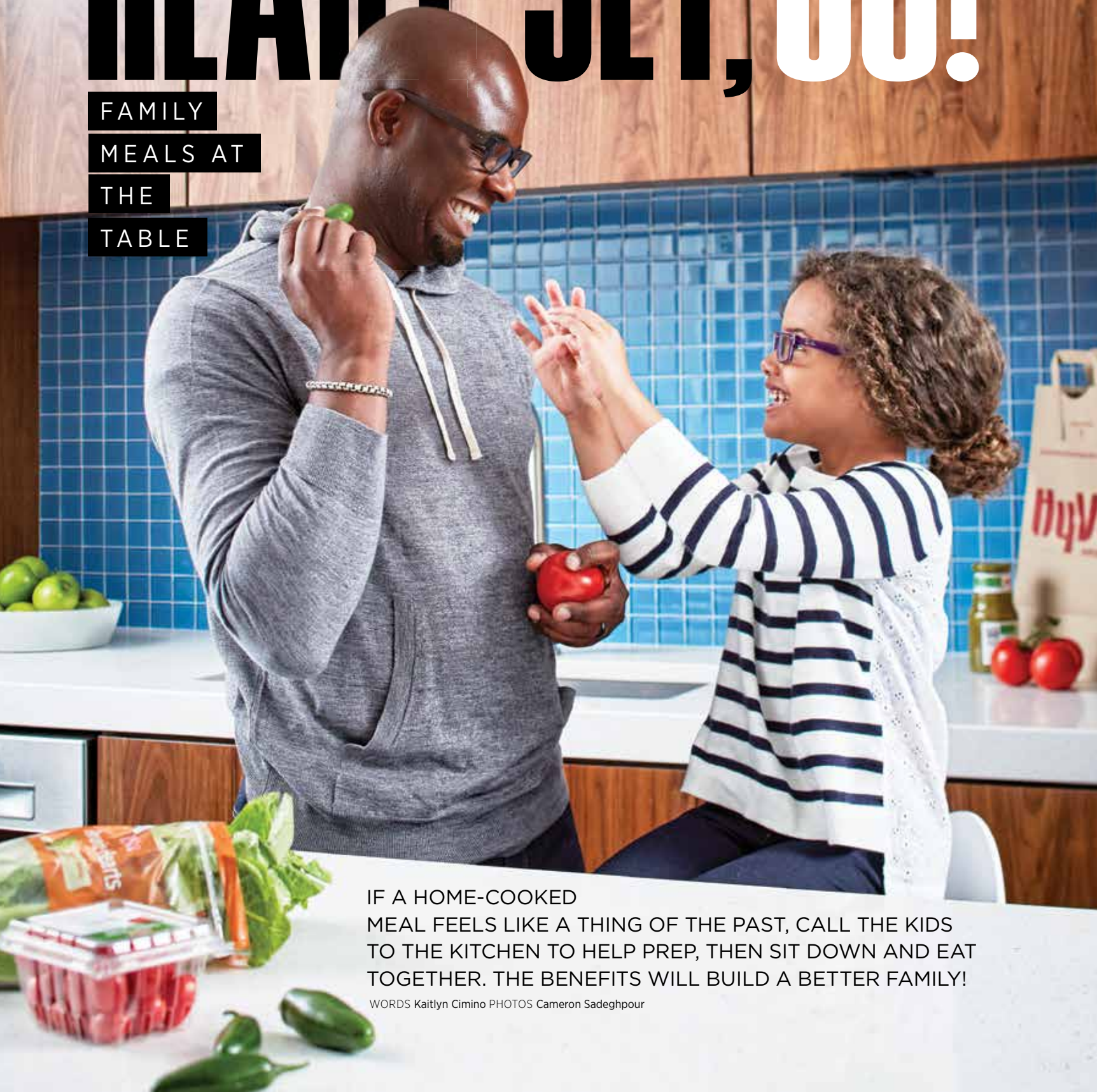
BUILD YOUR BRAIN

ONE IMPORTANT ASPECT OF MENTAL HEALTH IS COGNITION, THE MENTAL ACTION OR PROCESS OF ACQUIRING KNOWLEDGE AND UNDERSTANDING THROUGH EXPERIENCE, THOUGHT AND THE SENSES. BRIGHTEN THE BULBS WITH REGULAR BRAIN-TEASING TRICKS AND EXERCISES.

Sources: <https://healthybrains.org/brain-facts/>

READY SET, GO!

FAMILY
MEALS AT
THE
TABLE



IF A HOME-COOKED MEAL FEELS LIKE A THING OF THE PAST, CALL THE KIDS TO THE KITCHEN TO HELP PREP, THEN SIT DOWN AND EAT TOGETHER. THE BENEFITS WILL BUILD A BETTER FAMILY!

WORDS Kaitlyn Cimino PHOTOS Cameron Sadeghpour



Hy-Vee is proud to be a recognized leader in National Family Meals Month, a nationwide event designed to promote the significant benefits of regular family meals. This September, gather your family and reap the rewards of time around the table. With an assortment of products and services to help take the stress out of meal prep, Hy-Vee makes it easy to fit this important practice into even the busiest back-to-school schedules. Peak through the pages ahead and visit hy-vee.com/familymeals for more information and ideas!

FIVE

► **BENEFITS**
OF EATING
TOGETHER
AS A
FAMILY

MAKE TIME FOR FAMILY MEALS AND RAISE KIDS WITH **GOOD MANNERS**. CHILDREN WHO EAT REGULAR FAMILY MEALS ARE MORE LIKELY TO **RECOGNIZE RIGHT AND WRONG** AND DEVELOP POSITIVE SOCIAL BEHAVIORS SUCH AS **FAIRNESS AND RESPECT**. PLUS, DINNER TABLES ARE A NATURAL TEACHING GROUND FOR CONVERSATION SKILL SETS.

2 Healthy lives start with healthy eating. Keep control of your family's nutrition by prepping the foods they eat. Meals at home help parents manage kids' eating habits, plus portion sizes and ingredients. In turn, children and teens who share meals with their family three or more times per week are less likely to be overweight and less likely to develop an eating disorder.



5 DISH IT OUT

Set the scene for casual conversation with a clear purpose—to eat tasty food. A no-pressure environment, family dinners are the perfect opportunity for regular interaction. This helps strengthen three aspects of the family dynamic:

COMMUNICATION Make mealtime a meeting point for the whole family (without feeling forced or formal). For kids, regular meals at the table increase communication and take the pressure off talking through tricky topics. Teens who eat family meals at least five times a week have a much lower risk of using drugs and alcohol than teens who eat two or fewer family meals per week.

TRUST Build better relationships. According to the National Center on Addiction and Substance Abuse, dinners provide a time and place for family members to talk about their day, which helps parents show kids they are a priority. Over time, this turns into trust and interest. Studies show that children who eat frequent meals with their family have closer relationships to their siblings and parents.

AWARENESS Keep tabs on your kids. Parents who consistently spend time with their children can keep an eye on behavior patterns. This makes them more likely to recognize behavioral changes, which may be an indication of an issue.

3 TABLE TALK

Lay the groundwork for success in school. According to a Harvard Graduate School study, dinner table conversations teach children more vocabulary than reading to them. More words mean better readers, which in turn means better students. In short, children of families that eat regular meals together often show better performance in schoolwork and beyond.

4 RUN THE CLOCK

Mealtime means more time interacting. Let kids help with food prep and teach them tricks of the trade or share a top-secret family recipe. Through lighthearted meals and prep, family fun can turn a typical Tuesday into memories that will last a lifetime.

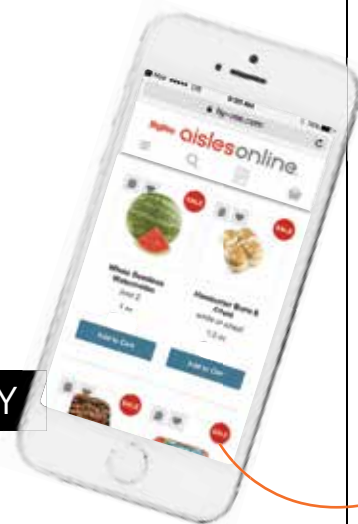


INCLUDING KIDS
IN MEAL PREP
ENCOURAGES
THEM TO TAKE
RESPONSIBILITY
FOR HEALTHY
EATING.

Sources: <https://www.fmi.org/family-meals-month/meals-matter>
<https://www.centeronaddiction.org/the-buzz-blog/family-dinners-and-their-impact-teen-substance-use---insights-family-engagement-expert>
https://www.purdue.edu/hhs/hdfs/cft/wp-content/uploads/2015/07/pfm_spellssuccessfactsheet.pdf

HASSLE-FREE WAYS TO GET

FOOD ON THE TABLE FOR YOUR FAMILY



TIP

IN A DIGITAL WORLD OF TABLETS AND SMARTPHONES, IT'S NO SURPRISE TECHNOLOGY CAN PLAY A ROLE IN MEAL PREP, TOO. USE HY-VEE AISLES ONLINE TO CREATE THIS WEEK'S SHOPPING LIST AND HAVE YOUR GROCERIES DELIVERED, OR PICK THEM UP AT YOUR LOCAL HY-VEE STORE.

1 PLANNING STAGE

LIST IT OUT Make grocery shopping a weekend task but start the planning stages early. Take stock of what you have on hand and evaluate your family's schedule for the week ahead. Be realistic about what type of cooking you can fit in between ballet, soccer practice and parent-teacher conferences. The best weeknight recipes are meals that don't require too much time in the kitchen. Choose meals that share common ingredients, which can help save money and prevent overbuying. Then, make a list and check it twice.

HEAD TO HY-VEE Avoid heading to the store hungry, stressed or in a rush. This often leads to overspending and a cart full of cookies. Instead, approach each department with your list in hand and look for helpful products that can help you save time. Pick up Hy-Vee Short Cuts, precut fruits and veggies you can toss into a recipe, or grab microwavable instant rice from the frozen aisle. These small shopping tips help you save big later.

LEAVE STRESS OFF YOUR SHOPPING

LIST. Even if you don't have the time to prep a perfectly balanced meal, you can still find family time over takeout. Visit your local Hy-Vee for ready-to-go dinner options so you can spend less time in the kitchen and more time with the ones you love.



DOWNLOAD THE NEW HY-VEE MARKET GRILLE APP AND YOU CAN ORDER MEALS TO GO AND EVEN SAVE EVERYONE'S FAVORITES TO A LIST.

3 PREP SMARTER NOT HARDER.

Aim for easy-prep recipes featuring healthful ingredients, and save time with these tips:

- **Rethink the salad course.** Don't wait until everyone's starving to start cutting and peeling. Put out prechopped fresh veggies they can eat now.
- **Double down on leftovers.** Plan coordinated meals so you can recycle Monday's ingredients for a second round later in the week.
- **Take it slow and steady.** Put your slow cooker to work with quick-prep meals that cook on their own.
- **Let Hy-Vee do the prep.** Purchase and shred a rotisserie chicken to speed up recipes like the burrito bowls, *page 49*.

FOCUS ON SIMPLE MEALS EVEN YOUR PICKIEST EATER WILL APPROACH.



THE LIST

PURCHASE THESE ITEMS FROM HY-VEE TO MAKE THREE FAMILY-FRIENDLY MEALS: RAINBOW LASAGNA, SLOW-COOKER TURKEY CHILI AND BURRITO BOWLS.

DAIRY

- ☐ HY-VEE SHREDDED CHEDDAR CHEESE
- ☐ HY-VEE SHREDDED MOZZARELLA CHEESE OR VEGAN MOZZARELLA SHREDS

MEAT

- ☐ 99%-LEAN GROUND TURKEY BREAST
- ☐ BONELESS, SKINLESS CHICKEN BREAST HALVES

NONPERISHABLES

- ☐ ANCHO CHILE POWDER
- ☐ BOTTLED HOT SAUCE
- ☐ HY-VEE 33% LESS SODIUM CHICKEN BROTH
- ☐ HY-VEE CRUSHED TOMATOES
- ☐ HY-VEE EXTRA-CHUNKY GARDEN VEGETABLE PASTA SAUCE
- ☐ HY-VEE INSTANT BROWN RICE
- ☐ HY-VEE NO SALT ADDED BLACK BEANS

- ☐ HY-VEE NO SALT ADDED DARK RED KIDNEY BEANS
- ☐ HY-VEE TOMATO PASTE
- ☐ HY-VEE TOMATO SAUCE
- ☐ RAW CASHEWS
- ☐ RED OR GREEN SALSA

PANTRY STAPLES

- ☐ GROUND CORIANDER
- ☐ HY-VEE GARLIC POWDER
- ☐ HY-VEE GROUND CUMIN
- ☐ HY-VEE KOSHER SEA SALT

- ☐ HY-VEE NONSTICK OLIVE OIL COOKING SPRAY
- ☐ HY-VEE SELECT EXTRA VIRGIN OLIVE OIL

PRODUCE

- ☐ AVOCADO
- ☐ BEET
- ☐ BUTTON MUSHROOMS
- ☐ CILANTRO
- ☐ CORN
- ☐ FRESH GARLIC

- ☐ GREEN BELL PEPPER
- ☐ GREEN ONION
- ☐ JALAPEÑO
- ☐ LIME
- ☐ RED BELL PEPPER
- ☐ RED ONION
- ☐ SWEET POTATO OR YAM
- ☐ TOMATOES
- ☐ YELLOW ONION
- ☐ YELLOW SUMMER SQUASH
- ☐ ZUCCHINI

SLOW-COOKER

TURKEY CHILI

Total Time 20 minutes plus 3 hours on high or 6 hours on low **Serves** 8

Hy-Vee nonstick olive oil cooking spray
1½ lbs. 99%-lean ground turkey breast
1 medium yellow onion, chopped
1 red bell pepper, seeded and chopped
1 green bell pepper, seeded and chopped
1 recipe Chili Seasoning Mix, *below*
1 Tbsp. Hy-Vee tomato paste
1 (28-oz.) can Hy-Vee crushed tomatoes, undrained
1 (15-oz.) can Hy-Vee no salt added dark red kidney beans, rinsed and drained
1 (15-oz.) can Hy-Vee no salt added black beans, rinsed and drained
1 (8-oz.) can Hy-Vee tomato sauce
2 medium tomatoes, chopped
Toppings (optional): thinly sliced green onions, chopped cilantro, chopped tomatoes, bottled hot sauce

1. SPRAY a stockpot with nonstick cooking spray. Place turkey, onion and bell peppers in stockpot. Cook and stir over medium heat until turkey is lightly browned and vegetables are tender. Add Chili Seasoning Mix and tomato paste. Cook and stir for 1 minute.

2. TRANSFER turkey mixture to a 4-qt. slow cooker. Add canned tomatoes, beans and tomato sauce. Stir to combine. Cover and cook on high for 3 hours. Stir in two chopped tomatoes. Serve chili topped with green onions, cilantro, chopped tomatoes and/or hot sauce, if desired.

CHILI SEASONING MIX: Stir together 2 Tbsp. ancho chili powder, 1 Tbsp. Hy-Vee garlic powder, 1 Tbsp. Hy-Vee ground cumin, 1 tsp. ground coriander and ½ tsp. Hy-Vee kosher sea salt.

Per serving: 240 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 45 mg cholesterol, 570 mg sodium, 32 g carbohydrates, 12 g fiber, 9 g sugar, 28 g protein

GET LEAN

Hearty chili made in a slow cooker can be a healthy choice when made with lean turkey.

ONLY 20
MINUTES OF
PREP TIME!

RAINBOW LASAGNA

WITH SPIRALIZED ZUCCHINI

Total Time 1½ hours **Serves** 6

1 cup raw cashews
Hy-Vee nonstick olive oil cooking spray
1 Tbsp. Hy-Vee Select extra virgin olive oil
1½ tsp. minced fresh garlic
1 cup sliced button mushrooms
1 large sweet potato or yam, peeled (12 oz.)
1 large beet, peeled (6 oz.)
1 medium yellow summer squash (12 oz.)
1 large zucchini, halved (1 lb. 4 oz.), divided
1 cup Hy-Vee extra-chunky garden vegetable pasta sauce, divided
½ cup Hy-Vee shredded mozzarella, divided

1. BRING 2 cups water and the cashews to boiling over high heat in a medium saucepan. Remove pan from heat and let cashews soak for 30 minutes.

2. PREHEAT the oven to 450°F. Lightly coat two large rimmed baking pans with cooking spray.

3. DRAIN cashews, reserving ¾ cup of the water. Add cashews and the ¾ cup cashew water to a blender. Cover and blend 1 to 3 minutes or until smooth and thickened.

4. HEAT oil in a skillet over high heat. Add garlic and cook 30 seconds. Add mushrooms. Cook and stir for 3 minutes or until mushrooms begin to brown. Remove from heat. Stir cashew sauce into mushroom mixture.

5. CUT sweet potato, beet, summer squash and a zucchini half with a mandoline into ¼-in.-thick slices. Spray with cooking spray and place in a single layer on prepared baking pans. Bake vegetable slices 20 to 25 minutes or until tender. Remove pans from oven and set aside. Reduce oven temperature to 350°F. Meanwhile, use a spiralizer to slice remaining zucchini half.

6. COAT an 8×8×2-in. baking dish with cooking spray. Spread ½ cup of pasta sauce on the bottom of dish. Add a layer of beets, followed by ½ cup cashew-mushroom mixture and 2 Tbsp. mozzarella cheese. Continue by adding a layer of roasted zucchini and sweet potatoes and then remaining ½ cup pasta sauce and 2 Tbsp. mozzarella cheese. Add ½ cup cashew-mushroom mixture and a layer of summer squash. Finish with remaining ½ cup cashew-mushroom mixture and remaining ¼ cup mozzarella cheese. Top with spiralized zucchini.

7. BAKE for about 35 to 45 minutes or until heated through and bubbly. Let stand 30 minutes before serving.

Per serving: 140 calories, 8 g fat, 2 g saturated fat, 0 g trans fat, 5 mg cholesterol, 150 mg sodium, 15 g carbohydrates, 3 g fiber, 6 g sugar, 5 g protein

GO VEGAN

Simply sub in vegan mozzarella shreds for the cheese.

KIDS EAT FREE ALL SEPTEMBER

HyVee
NATIONAL
FAMILY
MEALS
MONTH

HyVee
MARKET GRILLE

Get one free kids meal with each purchase of an adult entrée with a retail value of \$9 or more. Free meal valid for kids 12 and under on The Grillerz™ menu items. Not valid with any other discounts or coupons. Dine-in only.



Unilever

PROUD PARTNER
HY-VEE NATIONAL FAMILY MEALS MONTH

BUILD YOUR OWN

Set burrito bowl ingredients out buffet style to let each family member personalize the meal to their own taste preferences.

BURRITO

BOWLS

Total Time 45 minutes Serves 4

FOR RICE:

2 cups Hy-Vee instant brown rice
2 Tbsp. lime juice
2 Tbsp. chopped cilantro

FOR SHREDDED CHICKEN FILLING:

4 cups Hy-Vee 33% less sodium chicken broth
2 boneless, skinless chicken breast halves (about 1 lb.)
1 Tbsp. Hy-Vee Select extra virgin olive oil
1 Tbsp. ancho chile powder
1 Tbsp. fresh lime juice
1 Tbsp. chopped cilantro

TOPPINGS:

1 cup Hy-Vee no salt added black beans, rinsed and drained
1 cup chopped fresh tomato
1 avocado, peeled and sliced
1 cup sautéed bell pepper strips
1 cup sautéed red onion strips
1 jalapeño, thinly sliced*
½ cup sautéed corn kernels
½ cup Hy-Vee shredded Cheddar cheese
¼ cup green and/or red salsa

1. **PREPARE** rice according to package directions. Stir in lime juice and cilantro. Set aside and keep warm.

2. **BRING** broth and chicken breast halves to boiling in a large pot over medium-high heat. Reduce heat; cover and simmer 15 to 20 minutes or until chicken is fully cooked (165°F). Remove chicken and set aside on a cutting board until cool enough to handle. Discard broth or reserve for another use.

3. **CUT** chicken with the grain into thin slices. Using hands, shred chicken.

4. **HEAT** oil in a large skillet over medium-high heat. Add chicken and chile powder; cook, stirring constantly, until chicken is heated through and thoroughly coated with seasoning. Stir in lime juice and cilantro.

5. **DIVIDE** rice and chicken mixture among four bowls. Top with desired toppings.

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

Per serving: 330 calories, 6 g fat, 0 g saturated fat, 0 g trans fat, 55 mg cholesterol, 670 mg sodium, 37 g carbohydrates, 2 g fiber, 1 g sugar, 34 g protein

THE FAMILY TABLE

CONVERSATION

STARTERS

1. SCHOOL BELL

Use dinnertime to check in and keep a pulse on your child's schoolwork. Find out about upcoming tests and assignments.

2. DAY TO DAY

Keep conversation casual and be specific when asking questions. "What did you do at practice?" can turn into a lengthy discussion of sportsmanship or reveal a newly acquired ache or pain.

3. MEMORY LANE

Relive the good old days. Talk about a family trip everyone enjoyed or tell kids a story they may not remember.

4. OPINION SECTION

Toss around subjective questions and give everyone a voice. Ask about each person's likes and dislikes or pose an "imagine if" scenario. No one-word answers allowed.

5. DAYDREAMS

Encourage everyone to set goals. Ask your kids about their aspirations for the future and talk about ways they can achieve them.



6 CLEANSING MYTHS DEBUNKED

MYTH: TOO MUCH WASHING DAMAGES SKIN. Some people believe that cleansing your skin too much strips it of oils, encouraging it to make more. This might be true if you use a drying, harsh product. Instead, stick to a gentle cleanser, like Dove. Or try new **Dove Shower Foam** for a lightweight, airy lather that rinses quickly and hydrates skin.

MYTH: HOT WATER IS BEST. Wave good-bye to those hot, long steamy showers: Hot water can actually be bad for your skin. It can strip skin's natural moisturizing oils, leaving it dry and sensitive. So if you've been experiencing dry skin, stick to warm water in the shower.

MYTH: YOU DON'T NEED MOISTURIZING WASH IF YOU HAVE OILY SKIN. THIS IS A BIG MISCONCEPTION. WHATEVER YOUR SKIN TYPE, IT ALWAYS NEEDS HYDRATION IN ORDER FOR IT TO STAY LOOKING HEALTHY. ALL DOVE BODY WASHES CONTAIN A NOURISHING FORMULA, WHICH HELPS KEEP ALL SKIN SOFT AND SMOOTH.

MYTH: CLEANSERS DRY OUT SKIN. ACTUALLY, A REGULAR SOAP BAR CAN DRY OUT YOUR SKIN. TRY A BEAUTY BAR FOR A MORE HYDRATING FEEL, LIKE DOVE PURELY PAMPERING SHEA BUTTER BEAUTY BAR. THOUGH IT MIGHT LOOK LIKE A NORMAL SOAP BAR, DOVE BEAUTY BAR IS DIFFERENT. MADE WITH ¼ MOISTURIZING CREAM, IT CLEANSES SKIN WHILE ALSO NOURISHING AND HELPING TO MAINTAIN ITS NATURAL MOISTURE.

MYTH: SCRUBBING SKIN MAKES IT GLOW. Exfoliating a few times a week can be an important part of your skin cleansing routine, but remember to be gentle with yourself and avoid rough loofahs or scratchy sponges.

MYTH: IT'S NORMAL FOR SKIN TO FEEL TIGHT AFTER WASHING. If your skin feels tight after washing, you're using the wrong shower products. All Dove body washes are made with 100% GENTLE CLEANSERS AND 0% SULFATES and are the #1 DERMATOLOGIST RECOMMENDED BODY WASHES.

**SO FRESH
AND SO
CLEAN**
TRY NEW
**DOVE
SHOWER
FOAM!**

Dove Body Wash, Shower
Foam or Dry Sprays:
select varieties
3.8 to 22 oz. \$6.99



Dove



SICK OF BEING SICK? INSTEAD OF STAYING ON DEFENSE, GO ON THE OFFENSE. PREVENT ILLNESS RATHER THAN FIGHT IT. TALK TO A HY-VEE PHARMACIST FOR STRATEGIES FOR A HEALTHY LIFE. FEEL BETTER AND SAVE MONEY.

AN OUNCE OF PREVENTION

Put a Hy-Vee pharmacist on your family's health care team. Pharmacists can't take the place of doctors, but they can offer you services that physicians can't.

The focus for pharmacists has been changing in recent years. Not long ago, their jobs were all about fulfilling prescriptions. The task seemed more about pills than people. But now the focus is shifting to the patient. Filling orders is part of the process, certainly, but so is helping people understand more about options, such as disease prevention.

"We are the most accessible health care professional out there," says Jane Allen, pharmacy manager at the Fleur Drive Hy-Vee in Des Moines. "You don't have to make an appointment to see us; you don't have to go to the doctor's office. We are always here and we will always take your phone call."

Preventive care is key to avoiding big medical bills, and pharmacists are trained to guard against disease. You might stop at the pharmacy for a flu shot or get a pharmacist's suggestion for a supplement that can prevent a chronic condition from getting worse.

Instead of buying an over-the-counter mixture with three or four ingredients, these professionals can offer a single treatment that will prevent complications and work best for your condition.

"Pharmacists are truly—in our hearts—educators. We want to make sure that you are getting everything you need. The biggest preventative really is just talking with a pharmacist and letting them know about what is going on in your life and what you are concerned about. Maybe we can help," Jane says.

“

Pharmacists are encouraging patients to talk more with us,” says Hy-Vee pharmacist Jane Allen. “I might find out there is a family history of colon cancer—and know it’s time to recommend a health screening. Just in case.”

IF YOU HAVE DIABETES OR ARE PREDIABETIC, BUY A **GLUCOMETER**, WHICH MEASURES SUGAR IN YOUR BLOOD. **TEST YOUR BLOOD** AT LEAST TWICE A DAY AND KEEP TRACK OF YOUR NUMBERS.

Over-the-counter drugs

Patients often ask about taking a daily small-dose, 81 mg aspirin to lower risk of heart attack. It is recommended for those who have had or are at high risk of having a heart attack or stroke. Other low-cost, over-the-counter drugs include pills to tame seasonal allergies, prevent upper respiratory tract infections and avoid irregularity.

Vitamins

Though multivitamins aren't necessary for all of us, Jane says they can help people with poor diets or those whose bodies lack some essential vitamins that may not be properly absorbing. To prevent health issues, Jane says, "If someone is lacking in specific nutrients, they will definitely need to start taking a multivitamin. Nobody's diet is perfect." Ask for your pharmacist's advice in selecting a multivitamin.

Supplements

While not intended to be a substitute for food, dietary supplements can provide you with essential fiber, nutrients and protective substances. Talk to your Hy-Vee pharmacist about the research backing products' health claims. Jane says, "Some supplements are helpful but only if you take the right type."

VACCINES AT HY-VEE

The Centers for Disease Control and Prevention estimates flu shots prevented 71,000 flu-related hospitalizations last season. Stop by your local Hy-Vee Pharmacy without an appointment to receive a flu shot. Most are covered by insurance or Medicare. Vaccinations include:

- Pneumonia (2 kinds)
- Shingles
- Measles
- Hepatitis
- DPT, or diphtheria, pertussis (whooping cough) and tetanus combo shot

168

MILLION DOSES

The maximum projected number of **FLU SHOTS** given nationally during the 2016-2017 flu season.

HEALTH SCREENINGS: *Your body by the numbers*

Prevent future medical problems, such as diabetes, by going through regular health screenings. These include measuring your blood sugar, cholesterol, triglycerides, weight and more. Pharmacists often recommend screenings, which are usually carried out by Hy-Vee dietitians.

Hy-Vee also offers the Begin® Healthy Lifestyle

and Weight Management Program, a 10-week course which helps patients manage their weight and reduce risk for disease. Hy-Vee also has a diabetes-specific Begin® program to help customers better manage their diet.

Some pharmacists also offer special screenings. For instance, Jane Allen occasionally sets up free

osteoporosis screenings using equipment from Drake University. Patients' foot bones are analyzed to determine if there is any indication of osteoporosis—a deterioration of the bones—becoming a future problem.

Hy-Vee pharmacists are always ready to answer your health questions.

“IF YOU DON'T HAVE TIME TO SEE YOUR DOCTOR, YOU CAN ALWAYS SEE A HY-VEE DIETITIAN FOR COMMON HEALTH SCREENINGS,” JANE ALLEN SAYS.

Sources: <https://www.cdc.gov/flu/professionals/vaccination/vaccinesupply.htm>
<https://www.cdc.gov/chronicdisease/pdf/2009-power-of-prevention.pdf>
<https://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/preventivehealth.html>

foods that reduce INFLAMMATION

In short bursts, a healthy immune system uses inflammation to naturally stop damage and initiate the repair process after an injury or infection. But in a weakened state, often influenced by poor diet and other unhealthy lifestyle choices, our immune system can be confused into attacking healthy tissue, leading to long-lasting inflammation that opens our bodies to disease. "Chronic inflammation has side effects that aren't good," says Hy-Vee Dietitian Amber Groeling in Topeka, Kansas. "Eating deeply colored green, red and orange vegetables and fruits, plus proteins rich in omega-3 fats, combats that problem." Try the recipes ahead to fill up on foods that help reduce inflammation.

PHOTOS Cameron Sadehpour

Sources:
<http://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
<http://www.umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>
<http://atvb.ahajournals.org/content/23/2/151>

TIP
THE OMEGA-3 FATS FOUND IN FISH ARE MORE POTENT INFLAMMATION FIGHTERS THAN THE OMEGAS FOUND IN PLANTS. ADD SALMON TO A SALAD OF SPINACH AND BERRIES, WHICH HAVE PHYTOCHEMICALS THAT ALSO WORK AGAINST INFLAMMATION.

Total Time 40 minutes Serves 4

- 1 cup dried farro
- 4 (4-oz.) salmon fillets
- Hy-Vee nonstick olive oil cooking spray
- 1 Tbsp. Hy-Vee Select extra virgin olive oil
- 1 Tbsp. fresh lemon juice
- 2 garlic cloves, minced
- 1 Tbsp. finely chopped parsley, plus more for garnish
- 4 cups baby spinach
- 2 cups sliced strawberries
- 1 small jicama, peeled and cut into matchsticks (about 1 cup)
- 1 cup blueberries, halving large berries
- 1 oz. Gorgonzola cheese, cut into thin slices
- 1 recipe Strawberry Vinaigrette, right
- Lemon wedges, for serving
- Fresh parsley, for garnish, optional

- 1. PREHEAT oven to 450°F.
- 2. PREPARE farro according to package directions. Cool for 15 minutes.

3. HALVE salmon fillets lengthwise and place on a baking sheet. Lightly spray with cooking spray. Bake for 12 minutes or until fillets flake easily with a fork.

4. WHISK together oil, lemon juice, garlic and parsley in a medium bowl. Add farro and toss until combined.

5. DIVIDE farro mixture, spinach, strawberries, jicama and blueberries among four plates. Top with salmon and cheese. Serve with Strawberry Vinaigrette and lemon wedges. If desired, garnish with parsley.

STRAWBERRY VINAIGRETTE: Combine ¼ cup white balsamic vinegar, ¼ cup Hy-Vee Select extra virgin olive oil, 1 tsp. Hy-Vee stone ground Dijon mustard, ¼ tsp. Hy-Vee kosher sea salt and four strawberries (with tops removed) in a blender. Cover and blend until smooth. Makes ¾ cup.

Per serving with 1 Tbsp. vinaigrette: 610 calories, 27 g fat, 6 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 60 g carbohydrates, 15 g fiber, 11 g sugar, 34 g protein

BERRY-FARRO salad with baked salmon

30
minutes
or less

BLUEBERRY-

*orange
power
smoothie*

Total Time 10 minutes **Serves** 6

- 1 cup unsweetened vanilla almond milk
- 1 orange, peeled and halved
- 2 cups Hy-Vee frozen unsweetened blueberries
- ½ banana, peeled and sliced
- 1 scoop vanilla vegan protein powder
- 1 Tbsp. chia seeds, plus more for garnish
- 3 Tbsp. fresh lemon juice
- 1 cup ice cubes

1. PLACE almond milk, orange, blueberries, banana, protein powder, 1 Tbsp. chia seeds, lemon juice and ice cubes in a blender in the order listed. Cover and blend until smooth. Pour into six 6-oz. glasses and garnish with chia seeds. Serve immediately.

Per serving: 80 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 50 mg sodium, 13 g carbohydrates, 3 g fiber, 8 g sugar, 5 g protein

"Blueberries have anthocyanins ... that can fight off inflammation. Plus they're high in fiber," says Hy-Vee Dietitian Amber Groeling.



MORE FOODS THAT FIGHT INFLAMMATION

PRODUCE

- BEETS
- BROCCOLI
- CHERRIES
- KALE
- ORANGES
- RED PEPPERS
- TOMATOES

FISH

- MACKEREL
- SARDINES

NUTS + SEEDS

- ALMONDS
- CHIA SEEDS
- WALNUTS

OTHER ITEMS

- DARK CHOCOLATE
- GREEN TEA
- EXTRA VIRGIN OLIVE OIL
- TURMERIC
- WHOLE GRAINS

tuna-tomato SKEWERS

Total Time 30 minutes
Serves 4 (two skewers each)

30
minutes
or less

- Hy-Vee nonstick olive oil cooking spray
- 2 small red onions, cut into wedges
- 4 1-in.-thick tuna steaks (1½ lbs.), cut into 1-in. cubes
- 16 cherry tomatoes
- 8 (12-in.) metal or wooden skewers*
- 2 fresh lemons, halved
- ½ tsp. Hy-Vee kosher sea salt
- 2 Tbsp. fresh oregano leaves, optional

1. PREPARE a charcoal or gas grill for direct cooking over medium-high heat. Grease grill racks with cooking spray.

2. SKEWER red onions, tuna and cherry tomatoes on eight skewers. Lightly coat skewers and lemons with cooking spray and season with salt.

3. GRILL skewers and lemon halves for 2 minutes. Remove lemon halves once grill marks form. Turn skewers and grill 2 minutes more or until desired doneness.

4. GARNISH skewers with oregano, if desired, and serve immediately with 3 lemon halves on the side for squeezing over skewers. Slice remaining lemon half and serve with skewers.

***Note:** If using wooden skewers, soak in water for at least 30 minutes before grilling.

Per serving: 240 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 90 mg cholesterol, 300 mg sodium, 8 g carbohydrates, 2 g fiber, 4 g sugar, 40 g protein



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TUNA**



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Sources: <http://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>
<http://health.usnews.com/health-news/blogs/eat-run/2015/03/23/10-foods-that-fight-inflammation>
<http://www.mayoclinic.org/nutrition-and-pain/art-20208638>

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Palmolive Dish Soap or Murphy Oil Soap Spray: select varieties
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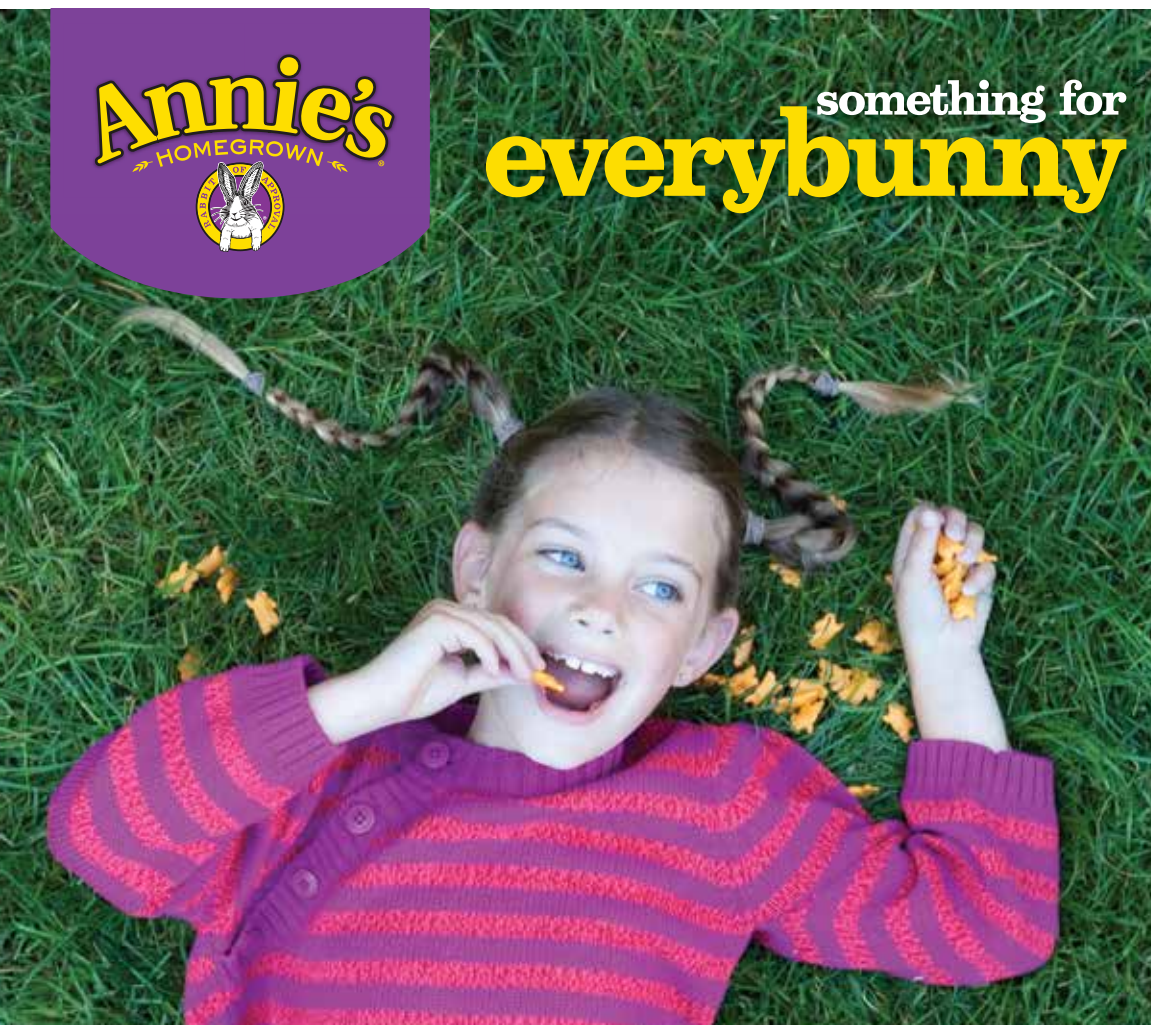
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RAISE THE BARRE

Focus on posture and core work to build strength and burn more calories. Plus, engaging core muscles around a straight spine protects the back from injury.

Pulse and plié your way to a leaner bod. Through high reps and isometric movements, this ballet-inspired workout tones muscles from the ground up.

WORDS Kaitlyn Cimino PHOTOS Tobin Bennett

Rise to your tippy toes in what ballerinas call a relevé. This position tones calves, quads and glutes for strong, sculpted legs.

TARGET EVERY MAJOR MUSCLE GROUP with micro movements that sculpt and stretch. Barre classes stem from the work of ballerina Lotte Berk, who opened her first barre studio in New York City in 1971. Looking for a way to keep her body toned and flexible, Berk developed movements that could help women strengthen their bodies in a manner that keeps muscles lean and supple. Today, typical barre classes combine Berk's work with practices from yoga as well as Pilates. Low-impact moves protect joints

means sculpted arms, toned thighs and a lifted bottom. Many barre studios integrate motivational playlists to keep students fired up and heart rates pumping so they burn fat while they break a sweat. Approachable workout sequences help engage students of all levels and include a thorough cooldown to prevent injuries and promote lean muscle growth.

EMBRACE THE SHAKE Just before the point of fatigue, many students will feel their body begin to shake.

encourages long, lean muscle development.

PROP SHOP Most studios will provide any equipment your instructors choose to implement. These often include hand weights, therapy bands and stability balls. Toss together a gym bag with plenty of bottled water and a hand towel. If you have a yoga mat, pack it as well or pick one up at your local Hy-Vee store.

SUIT UP Barre moves call for bare feet and fitted leggings or spandex shorts. These options provide the widest range of motion and

and offer a workout safe for all ages.

SLIM DOWN AND TONE UP Through small muscle contractions and micro movements, barre classes burn fat, and create long, lean physiques. Typical classes emphasize full-body work, including core, and retain many of the traditional positions of Berk's original concept. This

Don't give up! The goal of every class is to target specific muscles to be pushed to their limit, and that challenge equals change. Shaking means you are working hard enough to transform your body. At the end of class you will have plenty of time to recover and stretch out tired muscles while they are still warm and elastic. This

won't make you timid about sending legs into the air. A sports bra for women and loose-fitting tanks are the norm. For men, compression shorts are advisable under a pair of regular shorts. Many studios offer classes at increased room temperatures to pick up the workout intensity. In those cases wear quick-drying fabrics that will wick away sweat.

FIND A CLASS NEAR YOU SEARCH ONLINE FOR A BARRE STUDIO IN YOUR AREA.

BARRE WITHOUT THE BAR

BREAK INTO THE BENEFITS OF BARRE AT HOME. ALL YOU NEED IS A STURDY CHAIR AND FOUR BASIC MOVES.



Repeat 12-15 times per side

1ST POSITION PLIÉ Stand with right side to chair and right hand rested lightly on chairback, left arm lifted. Bring heels together with toes turned outward slightly. Relevé; lift heels from floor. Plié; bend at knees to lower. Knees should track over toes.



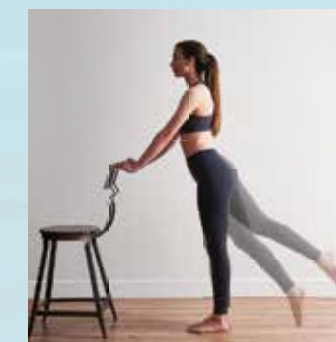
Repeat 12-15 times per side

2ND POSITION PLIÉ Stand with right side to chair and right hand rested lightly on chairback. Step feet out wider than hips, turning toes slightly outward. Relevé; lift heels from floor. Plié; bend at knees to lower. Repeat, adding a bicep curl to incorporate arm work.



Hold and pulse 30 seconds

CHAIR WITH STABILITY BALL Stand facing chairback, arm's length away; hold chairback in both hands. With ball between thighs, hinge knees and hips 90 degrees, stacking knees above ankles and shoulders above hips. Relevé; lift heels from floor. Engage core to keep spine straight. Squeeze ball with tiny pulses.



Repeat 12-15 times per leg

SINGLE LEG LIFTS Stand facing chair, and hold chairback in both hands. Lift right leg back and up, keeping hips square to chair and right toes pointed. Lower and lift leg or hold at top and pulse. Maintain a slight knee bend in standing leg to protect joints.

Rx

HY-VEE PHARMACY

YOUR QUESTIONS ANSWERED

BE READY FOR COLD & FLU SEASON

Sick days are nothing to sneeze about. Stock up on these items to fight the cold and flu, or better yet, stave them off.

Hand sanitizer Bottles come in all sizes—for a backpack, the glove compartment, a purse and every room in your house. Thoroughly wash hands with soap and hot water.

Disinfecting wipes and cleaners Clean surfaces regularly (don't forget your cell phone!), especially in the kitchen and bath. Keep a stock of disinfectant wipes handy in each room.

Basic meds Stock up on cold and flu relief, *right*, and purge your medicine cabinet of any expired products.

Symptom relief Invest in quality tissues that won't leave noses raw. Additionally, nasal saline solutions can also help thin mucus and cleanse the nasal passage. To soothe dry or itchy eyes, look for eye drops. A humidifier may help ease congestion and coughing.

TALK TO YOUR PHARMACIST

"Ask questions to make sure you're taking products appropriately," says Bob Steffl, Hy-Vee Pharmacy Manager in Albert Lea, Minnesota. Read labels, including warnings, carefully so you don't duplicate ingredients or mix incompatible ones. "Most over-the-counter drugs now are combinations," notes Steffl. "Some have acetaminophen with a decongestant and an antihistamine. Another will take out the antihistamine so it's nondrowsy." Look for medications that zero in on your specific symptoms.



BY THE SYMPTOM

• **Cough** Use an expectorant for a productive cough to remove mucus from the chest. For a dry, hacking cough try a suppressive with dextromethorphan.

• **Stuffy nose** Some prescription nasal sprays are now over-the-counter (OTC). These steroid nasal sprays help with inflammation. Decongestants in pill form that have pseudoephedrine

are found behind the counter; otherwise look for OTC products with phenylephrine. Decongestants narrow blood vessels, so people with high blood pressure or heart disease should be careful using them.

• **Runny nose** Antihistamine options include those that help you sleep and nondrowsy ones. Antihistamines can help dry out a drippy runny nose or watery eyes.

• **Aches, fever** Acetaminophen (Tylenol), ibuprofen (Advil, Motrin IB) or aspirin are common choices. Make sure acetaminophen isn't also in another remedy you're taking. For children 6 months or younger, give only acetaminophen. The Federal Drug Administration warns against using OTC cold and cough drugs for kids under age 6.

PHOTOS: Tobin Bennett

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BALANCE**

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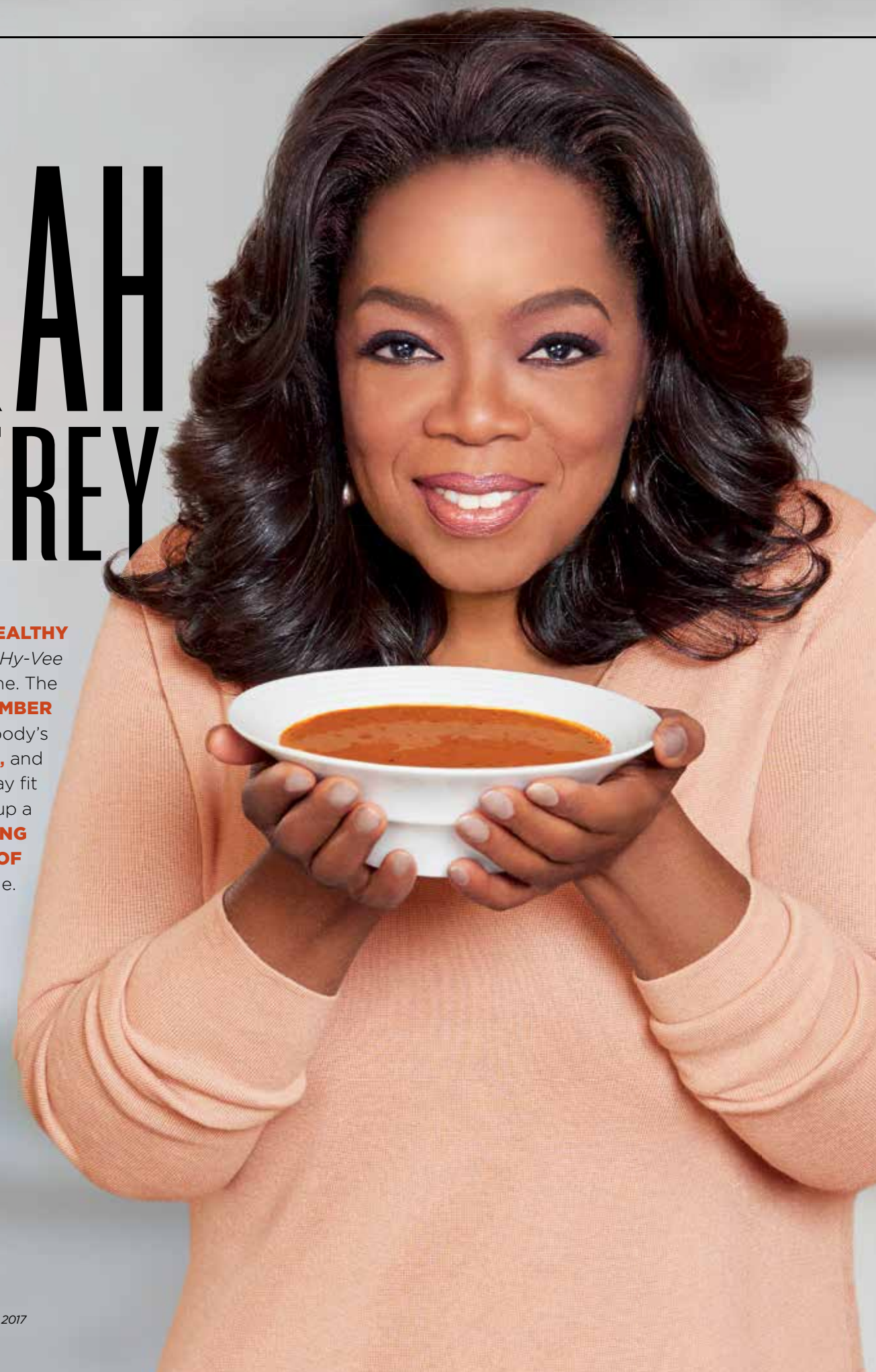
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OPRAH WINFREY

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Jennie-O Fresh Ground Turkey: original or Italian
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serving suggestion

MOO SHU TURKEY WRAPS



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INGREDIENTS

- 1 (16-ounce) package **JENNIE-O®** Lean Ground Turkey
- 8 ounces shiitake mushrooms, stems discarded and caps sliced
- 2 teaspoons minced garlic
- 2 teaspoons minced ginger root
- 1 red or yellow bell pepper, cut into short, thin strips
- 2 cups coleslaw mix (shredded cabbage and carrots) or sliced napa cabbage
- ½ cup hoisin sauce
- ⅓ cup plum sauce or sweet-and-sour sauce
- 6 tortillas, warmed

DIRECTIONS

Cook ground turkey as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer. Add mushrooms, garlic and ginger root; stir-fry 2 minutes. Add bell pepper and cook 10 minutes, stirring occasionally. Add coleslaw mix and hoisin sauce; stir-fry 3 minutes. Spread plum sauce evenly over each warm tortilla; top with turkey mixture. Fold bottom of tortilla up over filling and fold sides in and roll up. Makes 6 servings.

Look for more recipes at www.jennieo.com



GET A FLU SHOT GET



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**FUEL SAVER OFFER AVAILABLE TO MEDICARE RECIPIENTS.
SEE PHARMACY FOR DETAILS. RESTRICTIONS APPLY.**