

# LAKE COUNTRY Journal<sup>®</sup>

May/June 2013

## Spring Clean

Your Mind & Your Plate



\$3.95



6 35374 91846 2



## Spring Clean Your Mind for Fitness

WRITTEN BY CHRIS FREYTAG

SPRING IS A SEASON OF RENEWAL AND GROWTH, AND MANY PEOPLE USE IT AS A TIME TO START FRESH—ridding closets of old sweaters and aspiring to have a spotless house from top to bottom. You also can use springtime to start anew with your fitness. Shake off the winter doldrums and spring ahead with all of the outdoor activities lake life offers. Here are a few strategies you can try.

### SPRING FORWARD WITH YOUR FITNESS.

Come out from winter hibernation. Stop hiding under baggy or thick winter clothes and get out your spring activewear for the season. Pull out your running shoes, trail running shoes, hiking clothes, and tune up your bikes. Invest in some in-line skates or do comparison shopping to find a paddleboard or kayak. You will be more likely to be an active outdoor enthusiast if you surround yourself with the gear you need to fully enjoy lake life. Whether it's a new techy gadget or a new outfit, acquiring new things is not only fun, it can also be motivating. What one cool item would motivate you to get more exercise? Maybe it's a GPS watch to track your miles, a pedometer to track your steps, or a heart rate monitor to track your fat-burning zone.

Investing in your health is a great way to spring forward. If you want an extra visual cue to stay active this season, hang up your bathing suit front and center in your closet so you see it every day. What could make you more beach-ready than a constant reminder of bathing suit season?

### START ANEW WITH ACTION.

If you still aren't doing the things you want to do to lead a healthier life, spring is a great time to start again. Start anew and decide today to stop talking about what you are going to do and start doing it. When you are in action mode, you feel so much better than you do when you are ruminating about what you haven't done. Try making two lists—one of the activities you want to begin to live a healthier lifestyle and another list of the things you want to stop because they aren't supportive of your health and fitness. Once you get clear on your next steps, you will feel rejuvenated.


### GO COLORFUL WITH WHAT'S ON YOUR PLATE.

Say goodbye to winter comfort foods and welcome the healthy flavors of spring. Lighten up your meals and try to increase the colors on your plate with a rainbow of fruits

and vegetables. Load up on colorful fruits and veggies like artichokes, arugula, asparagus, beets, carrots, spinach, broccoli, lemons, and strawberries.

### TAKE ADVANTAGE OF THE WEATHER.

As it warms up outside, get outside. After months of cabin fever, it feels great to breathe fresh air. The lake water may still be a little too cold for physical activity, but take advantage of more daylight and get in an early-morning outdoor workout or take an evening walk. Remember that preparing your cabin for summer is also physical labor. While raking the yard, gardening, or planting, you may find muscles you haven't used in a few months. Putting in the dock, the boats, and cleaning out the boathouse are all good forms of exercise. After a full day of cabin chores, remember to stretch to ease sore muscles. I liken spring-cleaning at the cabin to boot camp—lots of body-weight exercises all in a row.

Spring is the perfect time to get out of old habits and awaken your health and fitness goals. Make a difference in the rest of your year with a spring “mental reset” for your health. 

## Southwestern Quinoa Salad

**DID YOU KNOW:** This Southwestern salad is made with amazing, high-protein quinoa, which is an edible seed similar to pearly wheat or tiny grains of rice.

### Ingredients

1½ c. water  
1 c. dry quinoa  
¼ tsp. salt  
1 (15 oz.) can black beans, drained and rinsed  
1 c. diced tomatoes  
¼ c. diced red onion  
½ c. loosely packed, fresh cilantro leaves, chopped  
juice of 1 lime  
3 Tbsp. olive oil  
salt to taste

Place water, quinoa, and salt in a large saucepan over high heat and bring to a boil. Cover and let boil 1 minute before reducing heat to low. Let simmer on low 15 minutes. Remove quinoa from heat and let sit 5 minutes. Add all remaining ingredients and stir to combine. Season with salt to taste before serving warm, room temperature, or chilled.

Prep Time: 15 minutes Cook Time: 20 minutes Serves: 6  
Calories: 245 Fat: 9 grams Protein 9 grams  
Carbs: 34 grams Fiber: 7 grams

## Greek Chicken Packets

**DID YOU KNOW:** Kalamata olives contain vitamin E, polyphenols and flavonoids, which protect the body against free radicals, reduce inflammation, build the immune system, and improve heart health.

### Ingredients

4 boneless, skinless chicken breasts  
1 Tbsp. olive oil  
2 tsp. Italian seasoning  
½ tsp. salt  
½ tsp. pepper  
5 oz. fresh spinach leaves  
2 Roma tomatoes, sliced  
1 small red onion, thinly sliced  
¼ c. sliced kalamata olives (may use black olives)  
½ c. herbed and crumbled feta cheese (may use regular feta)

Preheat oven to 375 degrees F.

Unroll aluminum foil until the length is roughly equal to the width. Tear out 4 of these large squares and arrange on your counterspace. Toss chicken breasts in olive oil, Italian seasoning, salt, and pepper, and then place one breast in the center of each piece of foil. Arrange an equal amount of the spinach, tomatoes, red onion, olives, and feta cheese on top of each chicken breast. Fold the sides of the aluminum foil in to seal the chicken and toppings into a packet.

Bake packets directly on rack for 25–30 minutes (25 for small chicken breasts). Check for doneness and transfer the contents of each packet to plates before serving. Be careful of hot steam as you open the packets.

Prep Time: 20 minutes Cook Time: 20 minutes Serves: 4  
Calories: 410 Fat: 15.5 grams Protein 58 grams  
Carbs: 8 grams Fiber: 2 grams



Chris Freytag is a health and fitness expert, author, and speaker. She has been teaching fitness classes and personal training for more than twenty years. She is a contributing editor for *Prevention Magazine*; the fitness contributor for the NBC affiliate in Minneapolis; and Chairman of the Board of Directors for the American Council on Exercise. Chris has authored five books; has created dozens of fitness DVDs; and sells her signature line of healthy kitchen and fitness products on QVC. Connect with Chris at [www.chrisfreytag.com](http://www.chrisfreytag.com), [www.facebook.com/ChrisFreytagpage](https://www.facebook.com/ChrisFreytagpage), or on Twitter @ChrisFreytag.