

Healthy Living

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HEALTH TIPS

Exercise is critical for overall health and improving the immune system. Include stretching, weight, strength and core training as well as aerobic.

"Sitting is the new smoking" for heart issues, so if you are stuck at a desk, get up at least once an hour and move around or stretch.

Increase aerobics by taking stairs or running up and down stairs at home. Park a distance from office or stores and walk briskly.

Wear a pedometer if you need to count steps each day. Aim for 10,000 steps. Anything you can do outside gives the added benefit of fresh air and sunshine.

During this Thanksgiving season, make a commitment to have an "attitude of gratitude". Begin each morning and last thing at night with a gratitude list. That's good for physical, mental, and spiritual health.



BEMER TESTIMONIAL

"I have some major back and leg issues from a motorcycle accident many years ago. Three weeks ago, I tried the BEMER for the first time and the next day was surprised at the increased energy. I used it for two weeks and noticed more energy, improved sleep, and my back is much better. I was so impressed that I have ordered my own and plan to be a distributor. I can't wait to help others be healthier."

-Tim, age 57

BEMER TIPS

The BEMER helps remove lactic acid build up from exercise, so do a quick 8 minutes on intensity 2 or 3 after a hard workout. If you are planning a hard workout or are competing, use a higher intensity before going out to compete to increase your endurance and recovery. And throw the b-pad across any overworked areas on Program 1 or 2 to enhance the recovery.

BEMER
GROUP

Pesto Bean Soup

From the Effortless Vegan

Ingredients:

- 2 Tbsp extra-virgin olive oil
- 1/2 cup chopped white onion
- 2 ribs celery, chopped
- 1 large carrot, chopped
- 4 cups vegetable stock
- 1/4 cup pesto (like Buitoni)
- 1 (15 oz) can cannellini beans, drained and rinsed
- 2 cups kale, chard or spinach with hard stems removed
- Sea salt
- Parmesan cheese (optional)

Serves 4

Per Serving: 287 cal, 16g fat, 4 mg chol. 11g prot, 29carbs, 5g sugar, 7g fiber, 268 mg sodium

Instructions:

1. Warm the olive oil in a large pot over medium heat. Add the onion and celery. Saute for about 3 minutes. Add the carrot and saute for 2 to 3 minutes, or until the onions are soft and translucent.
2. Add the vegetable stock, pesto and beans. Stir to combine. Bring the soup to a boil. Reduce the temperature and simmer for about 10 minutes. In the last minutes of cooking, stir in the kale, chard or spinach.
3. Season with salt, to taste. Divide among bowls and sprinkle with Parmesan cheese, if using.



For non-vegans or those looking to add protein - Brown cut up chicken before adding vegetables and substitute bone broth for vegetable broth.