

Today's Diet & Nutrition

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HEALTH • NUTRITION • FITNESS • LIFESTYLE • DIET & WEIGHT • CUISINE

Cooking for **HEALTH**

Diabetes-Friendly
Recipes >>

A white plate filled with a healthy meal. It features several slices of cooked beef arranged in a row. The beef is surrounded by a fresh salad of diced tomatoes, green herbs, and small white onions. The background is a light, neutral color.

Macrobiotic
Sweets

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Kid-Pleasing **Breakfasts**

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HOLIDAY ENTERTAINING

page 40

HORSERADISH

Not Just
for Passover

page 28

● Need help finding the right fitness trainer? Try Smashfit.com, a matchmaking Web site that helps link clients and trainers based on their individual needs.

● Gyms are loaded with germs, so Matt Barker, once the victim of a nearly deadly staph infection acquired at a gym, has devised the Safe Side Towel to help you keep your distance from germs carried on exercise equipment. Made of eco-friendly and naturally antibacterial bamboo, one side is labeled gym and the other is labeled face.

www.athleteoutfitters.com



● Conventional wisdom says running is hell on your knees. Marathoner and running coach Danny Dreyer says that isn't necessarily so. Learn about his approach at ChiRunning workshops or in the book and DVD *ChiRunning: A Revolutionary Approach to Effortless, Injury-Free Running*.

www.chirunning.com



● Say so long to baby weight. Prenatal fitness expert Tracey Mallet offers a fitness plan designed to encourage a healthful pregnancy and banish postpregnancy pounds quickly and healthfully in her latest book *Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back After Baby*. And if you need more help, try her new DVD, *Super Fit Mama: Lose the Belly Flab*.

www.dacapopress.com
www.traceymallet.com

● You don't have to go to Finland to experience Nordic walking. Get some walking poles and pick up a copy of *Nordic Walking* by Malin Svensson and learn how walking with poles offers a number of fitness benefits such as burning more calories and increasing upper body strength and aerobic capacity.

www.humankinetics.com



NEW FITNESS DVDS

Take aim against belly flab by using your feet. Join a foremost walking expert on a workout with three 1-mile walks you can do individually or consecutively plus 10 minutes of hard-core ab exercises with Leslie Sansone's *Walk at Home: Walk Your Belly Flat*. Love to walk? You'll also like *Walk at Home: 5K With a Twist*, which lets you work all your muscles in a 3.1-mile calorie-burning walk, all without leaving your home. For an even bigger boost, try *The Big Burn: 2 Miles of Intervals*.

www.walkathome.com



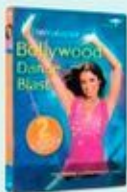
Two new releases from the Element series offer something for everyone. For a fit pregnancy, try *Element: Prenatal & Postnatal Yoga*, gentle workouts by celebrity yoga instructor Elena Brower. For help winning the battle of the bulge, get moving with *Element: Yoga for Weight Loss* by yogi Ashley Turner.

www.amazon.com



Shake your way to fun, fitness, and even stress control with *Hemalaya: Bollywood Dance Blast*, with two new workouts guaranteed to make you smile while you shimmy away the calories.

www.acadacatalog.com



This one is pure fun: *Dance and Be Fit: Hip Hop Cardio*. Dancer/choreographer Sarita Lou leads you through two 20-minute programs that will leave you sweating and smiling.

www.acadacatalog.com

