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# WAYS TO LIVE HEALTHY IN JANUARY

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## FRUIT » PEARS



**SELECTION:** Pears bought from the store often need to ripen a few days on the counter. A ripe pear gently gives into pressure when pressed near the stem.

**EATING / PREPARATION:** Wash and eat with or without skin. Or, wash and peel a room temperature pear, then cut in half lengthwise, remove seeds, brush with butter, sprinkle with brown sugar, and bake at 375 degrees for 10 minutes.

**BENEFITS:** Pears are a very good source of heart-healthy dietary fiber, as well as immune-supporting Vitamin C and bone- and tissue-building Vitamin K.

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## VEGETABLE » SWEET POTATOES

**SELECTION:** Firm with no cracks, bruises or soft spots. Store in dry place; don't refrigerate.

**EATING / PREPARATION:** Wash, peel, slit, cook in microwave 2-3 minutes, turn over and cook another 2-3 minutes. Slice open to ensure it's done, top with 1-2 tsp of butter. Or, preheat oven to 450 degrees, peel, cut in sticks or thin discs, lightly toss in olive oil or other vegetable oil, spread out on sheet pan. Cook for 30 minutes or until desired crispness. Top with a dash of salt, or try other seasonings like chipotle powder, paprika or pumpkin spice.

**HEALTH BENEFITS:** Excellent source of Vitamin A which protects the skin from UV damage and plays an important role in eye health. They are also a very good source of Vitamin C (which helps fight infections) and manganese (which helps stabilize blood sugar levels).



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## ACTIVITY » BUILD A SNOWMAN



**ACTIVITY:** Celebrate the winter season by building a snowman in your yard or neighborhood park. It's an excellent activity that requires strength and uses large muscles in the back, legs, abdomen and arms. You'll need snow that forms a ball and sticks when pressed together in your hand. So get that snow gear on, get outside and get creative!