

#FIND30

# HEALTH *for the* HOLIDAYS

Expertise from wellness gurus  
to get you through the  
holidays in good health.



VIONIC®  
WALK. MOVE. LIVE.™



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START *your* NEW YEAR'S RESOLUTIONS *now*



The New Year is a popular time to start focusing on health and wellness — but why wait until after the holiday festivities to get started? Forming healthy habits takes time and dedication, which is why so many New Year's resolutions tend to fall flat (even with the best intentions). We've compiled expertise from our favorite wellness gurus to help you on your way, so you can equip yourself with the tools you need to make 2016 a success.



## ▶▶▶ PRIME YOUR MIND: *Learn how to meditate actively* ◀◀◀

**Around the holidays**, it's especially hard to find the time to devote to our mental, emotional and physical health. According to Dr. Jim Nicolai, a board-certified family practitioner and a graduate of the Integrative Medicine Fellowship at the University of Arizona, one of the best ways to silence your mind and reap the benefits of meditation is to do it while walking — something that we all do throughout the day. The goal of “breath walking,” the technique that he swears by, is to take strong, purposeful strides and walk in rhythm. The beauty of the practice is that it can be done anywhere—on a busy street, on your way to work, or even in a crowded mall. The best part? You don't need anything but a good pair of shoes. Here are some of Dr. Jim's tips for successful practice:



Dr. Jim Nicolai - Author of “Integrative Wellness Rules: A Simple Guide to Healthy Living”

- ▶ **FUNDAMENTAL RHYTHM:** Breath walking follows a fundamental rhythm of four short segmented breaths in, one after another, followed by four short segmented breaths out. These breaths should be in time to your steps as follows: in-in-in-in | out-out-out-out.
- ▶ **STAIR BREATHING:** The breaths in should come in through the nose and out through the mouth, taking a step forward on each in-breath and each exhale.
- ▶ **THE WAVE:** Periodically, you may alternate Stair Breathing with this fluid 4-in-4-out pattern. There is no start or stop to the breath, but rather a fluid transition from inhale to exhale. With this method, your steps can flow naturally to mimic your breathing.

\* Check out Vionic's exclusive ZenFitness30 Method, debuting in January 2016, for more breath walking tips from Dr. Jim Nicolai and fitness tips from Vionic Innovation Lab member and celebrity trainer Juliet Kaska.

## EXERCISES YOU CAN DO *in your slippers!*

Part of the reason we shy away from activity during the fall and winter months has to do with the changing temperatures. It can be so much more enticing to stay inside and curl up with a good book than to brave the cold outside. That's why we've teamed with SparkPeople to bring you an effective workout that you can do right at home—and in your slippers, no less! Here are a few quick and easy exercises that will get your blood pumping.



### **1.** WIDE-LEG MODIFIED HAMSTRING STRETCH

#### *Starting Position:*

Stand tall with back straight, feet wider than the hips, and arms at your sides. Turn from the waist to face your right leg.

#### *Action:*

Bend forward from the waist, placing your hands on your right thigh for support, until your back is flat. Think of reaching your chin out towards the floor in front of your right foot. Breathe deeply and hold for 10-30 seconds. Repeat on opposite side.

**SPECIAL INSTRUCTIONS:** Stretch to the point of "mild discomfort," not to the point of pain. Never bounce. Keep your abs engaged to protect your back. Bend your knees, if necessary, to decrease the intensity of this stretch.

## 2. GENIE SIT

### *Starting Position:*

Kneel on a mat or rolled-up towel with feet together, knees slightly apart. Cross arms over chest.

### *Action:*

**INHALE:** Keep abs tight and back straight as you lean backward. Pause.

**EXHALE:** Lean forward to return to start.

**SPECIAL INSTRUCTIONS:** Very small movement. If your back hurts, do not lean back as far. You can also have a partner hold your feet for support.

## 3. SEATED KNEE LIFTS WITH CHAIR

### *Starting Position:*

Sit on edge of chair, knees bent, feet flat. Grasp sides of chair, lean back slightly.

### *Action:*

**EXHALE:** Pull knees toward chest as you crunch upper body forward using abs, not arms.

**INHALE:** Lower feet almost to floor, but don't let them touch until the end of the set.

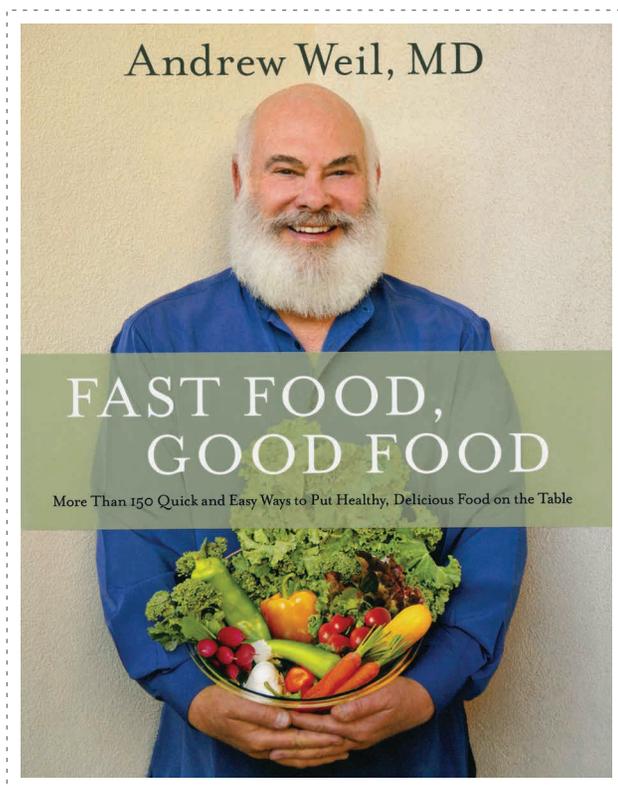
**SPECIAL INSTRUCTIONS:** This movement should be slow and controlled. Don't let the momentum of your legs do the work for you, and don't let gravity snap your legs down as you return to the starting position.



## QUICK, NUTRITIOUS RECIPES PERFECT FOR YOUR NEXT HOLIDAY GATHERING

Dr. Weil's latest cookbook, *Fast Food, Good Food*, features some of his all-time favorite go-to recipes.

Requiring minimal time in the kitchen, these delicious ideas are perfect additions to your next holiday party or family gathering.



## ► *For a Holiday Party*

### SIMPLEST SMOKED SALMON CANAPÉS

Serves 8

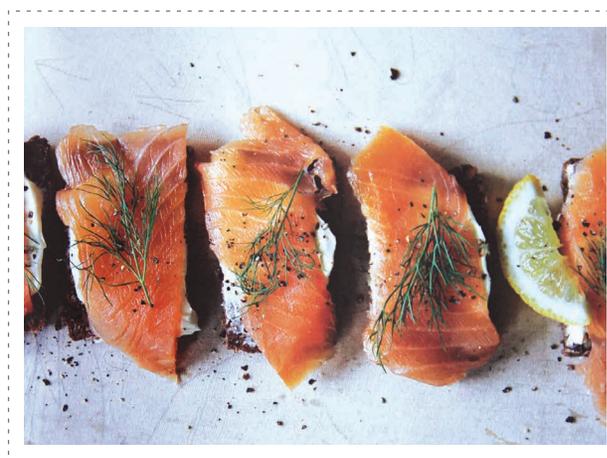
#### INGREDIENTS:

- 4 slices dark whole-grain rye bread
- ½ cup crème fraîche or plain Greek yogurt
- 16 slices thinly sliced cold-smoked salmon
- 1 lemon
- Dill sprigs or chopped chives
- Freshly ground black pepper

#### DIRECTIONS:

1. Cut the rye bread into quarters.
2. Top each piece of bread with 1½ teaspoons crème fraîche or yogurt and 1 piece of smoked salmon. Squeeze a drop or two of fresh lemon juice on each canapé.
3. Garnish with a sprig of dill or chopped chives and a sprinkle of freshly ground black pepper.

NOTE: *For a crispier canapé, toast the rye bread or use rye crispbread.*



## ► *For a Cozy Night In*

### **FIVE-SPICE WINTER SQUASH SOUP**

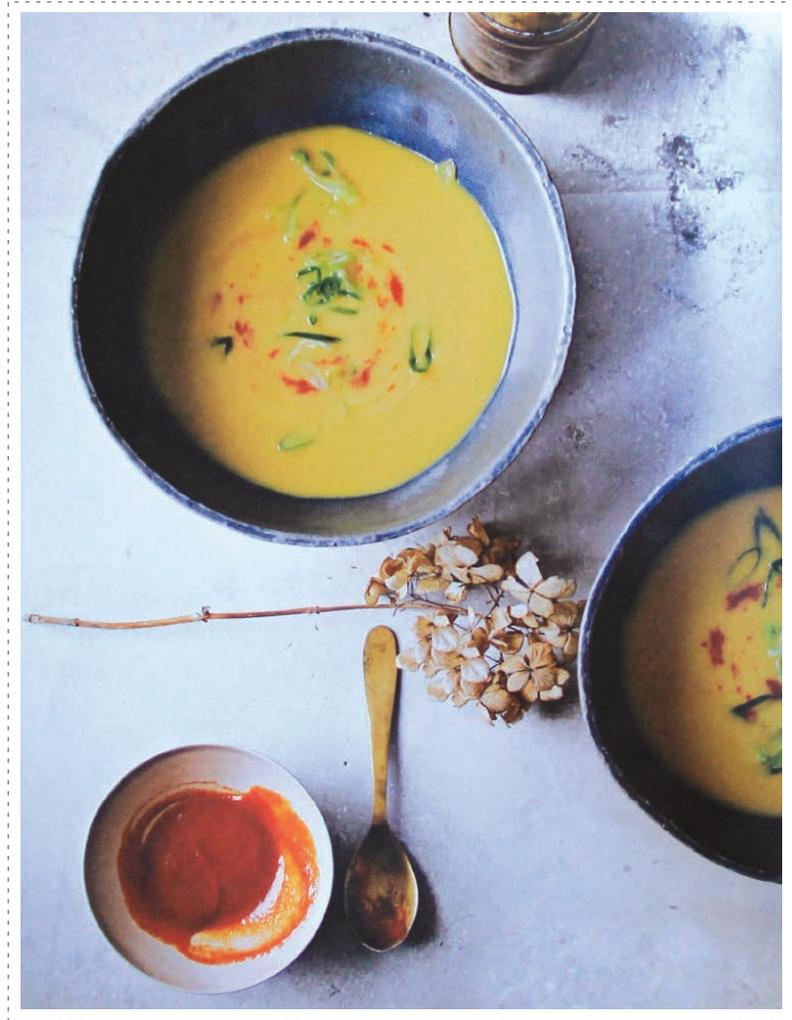
Serves 4 to 6; vegetarian, gluten-free

#### **INGREDIENTS:**

- 1 tablespoon grapeseed oil
- 1 pound butternut squash, peeled, seeded, cut into ½-inch pieces
- 1 Asian (or russet) pear, peeled, cored, and roughly chopped
- 3 large shallots, chopped
- 2 garlic cloves, pressed and allowed to sit for 10 minutes
- 4 scallions, finely sliced (keep white and light green parts separate)
- 1 tablespoon dry sherry
- 2 teaspoons grade B maple syrup
- ½ teaspoon Chinese five-spice powder
- Sea salt and freshly ground black pepper, to taste
- 4 cups vegetable broth
- Sriracha or other hot sauce

#### **DIRECTIONS:**

1. Heat the oil in a soup pot over medium-high heat. Add the squash and sauté until golden, about 6 minutes.
2. Add the pear, shallots, garlic, and white parts of the scallions and continue cooking until the shallots are translucent, about 2 minutes.
3. Stir in the sherry, maple syrup, five-spice powder, salt, and pepper and cook for a minute or two. Add the broth, raise the heat to high, and bring the soup to a boil. Reduce the heat to medium-low, partially cover the pot, and cook at a low boil for 8 to 10 minutes or until the squash is tender.
4. Puree the soup in a blender or with an immersion blender. Taste and adjust with salt or maple syrup, if necessary. Serve garnished with the green parts of the scallions and a dash of Sriracha sauce, to taste.





## ► *To Satisfy Your Sweet Tooth*

### **RIDICULOUSLY GOOD TRIPLE CHOCOLATE BROWNIES**

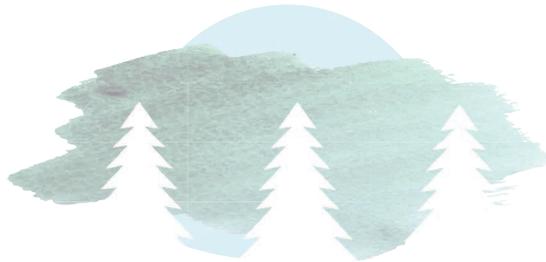
Makes 16; vegetarian, gluten-free

#### **INGREDIENTS:**

- ⅓ cup almond flour
- 2 tablespoons natural unsweetened cocoa powder
- ½ teaspoon ground cinnamon
- ½ teaspoon baking soda
- ⅛ teaspoon sea salt
- 8 ounces chopped dark chocolate
- ⅓ cup extra-virgin olive oil
- 2 large eggs
- ⅔ cup evaporated cane sugar
- 1 teaspoon vanilla extract
- 2 tablespoons cocoa nibs
- Pinch of fleur de sel or fine sea salt

#### **DIRECTIONS:**

- 1.** Preheat the oven to 350°F and lightly oil an 8-by-8-inch baking pan.
- 2.** Put the almond flour, cocoa powder, cinnamon, baking soda, and salt in a bowl and stir to combine.
- 3.** Put half of the chocolate in a heatproof bowl and set the bowl over a sauce-pan of simmering water. Heat, stirring often, just until the chocolate is melted and smooth. Remove from the heat and whisk in the olive oil.
- 4.** Crack the eggs into a large bowl and whisk until frothy. Slowly add the sugar, whisking all the while, and continue whisking until the mixture is smooth. Add the vanilla extract, then gradually add the chocolate, whisking vigorously all the while, and continue whisking until smooth and glossy.
- 5.** Add the flour mixture and stir until just combined. Stir in the remaining chocolate and the cocoa nibs. Scrape the mixture into the prepared pan and smooth the top with a spatula.
- 6.** Bake for 15 minutes, then sprinkle with a pinch of fleur de sel. Continue to bake for another 10 minutes or until a toothpick inserted in the center comes out clean. Let cool to room temperature in the pan before cutting. Brownies that don't get eaten right away can be stored in the freezer in a zip-top bag for up to a month.



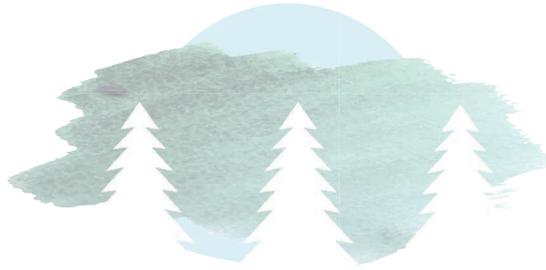
▶▶▶ *Holiday Style Tips* ◀◀◀

# UP YOUR HOLIDAY STYLE GAME *with* FABULOUS FOOTWEAR

Curated Outfits From Fashion Blogger Cecilia Harvard (dearestlou.com)

Whether you're heading to a fabulous holiday party or huddling around the fireplace with friends and family, Vionic's versatile styles hug your arches and support your feet in comfort. One of our favorite fashion bloggers has styled three of her must-haves with cold-weather ensembles to take you anywhere you need to go this season.





# VIONIC®

WALK. MOVE. LIVE.™

Vionic® Footwear merges unparalleled biomechanical technology with versatile, modern design fit for every occasion. Our innovative Orthaheel® orthotic technology supports natural alignment to help align the feet from the ground up.

For more information on Vionic shoes and to shop our full collection, please visit [VionicShoes.com](http://VionicShoes.com).