

Healthy giving for healthy living

Help your friends and family stay healthy!

Active living:

- Pedometer, sports/GPS watch, heart rate monitor, Apps for tracking physical activity and more: Nike+ Sports Kit Mobile , BodyMedia , UP by Jawbone
- iPod, iTunes cards, phone headset/microphone
- Workout equipment: yoga blocks, balance pods, small weight balls, reaction balls, yoga mat, kettle bell weights, adjustable weight dumbbells, medicine ball, stability ball, fitness hoop, jump rope, elastic bands or tubes, treadmill, elliptical
- Active video games: Wii Fit Plus, Just Dance III
- gift card to sporting goods store
- outdoor gear: reflective vest, hat, gloves, hand and foot warmers, ice grippers for shoes
- personal training sessions, sports coaching or lessons, dancing, aerobics, yoga or pilates classes
- gym or pool membership, new gym bag
- exercise DVDs
- infusion water bottle, self-filtering water bottle

Healthy eating:

- healthy recipes -- cookbooks (American Heart Association series, Weight Watchers, Ellie Krieger's books, many others) or magazines (Eating Well, Cooking Light)
- healthy meal ingredients and recipes (check www.stepaheadprogram.com)
- healthy cooking classes
- Tufts Health and Nutrition Letter
- flavored vinegars or oils, spray bottle for olive oil
- special coffees or teas, kettle, coffeemaker
- herbs and spices, spice grinder
- kitchen knives, cutting boards, cast iron or nonstick pans, kitchen scale, slicers, graters

Stress relief:

- stress management classes, books -- we like UMass authors Saki Santorelli (Heal Thy Self) and Jon Kabat-Zinn (Coming to our Senses and others)
- relaxing music on CD
- massage gift certificate

Recipe of the Week: German Apple Pancake

adapted from cookinglight.com

Serves 6

- ½ cup whole wheat pastry flour
- ½ teaspoon baking powder
- 2 large eggs
- 4 egg whites
- 1 cup fat-free milk
- 1 teaspoon vanilla extract
- Cooking spray
- 2 tablespoons butter
- ½ cup granulated sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon grated nutmeg
- 1 large apple, peeled and sliced thin
- ½ tablespoon powdered sugar (optional)

1. Preheat oven to 425°.

2. Combine flour, baking powder, eggs and egg whites, milk and vanilla in a blender or stir with a whisk, till smooth.
3. Spray bottom and sides of a 10-inch ovenproof skillet. Melt butter over medium-low heat. Combine granulated sugar, cinnamon, and nutmeg; sprinkle evenly over bottom and sides of pan. Arrange apple in an even layer. Cook a few minutes until mixture bubbles. Slowly pour batter over top.
4. Bake for 15 minutes. Reduce oven temperature to 375° (do not remove pancake from oven); bake an additional 13 minutes or until center is set. Serve from pan or loosen with spatula and slide onto a plate. Sift powdered sugar over top if desired. Cut into 6 wedges; serve immediately.

Nutrition information:

Calories: 174	Total Fat: 6 g	Saturated Fat 3g
Cholesterol 73mg	Sodium 82 mg	Carbohydrate 23g
Dietary Fiber 2g	Protein 7.6 g	

Tip of the Week: Make a quick, easy gift: the dry ingredients for a healthy recipe. Include in your "mix" items like dried beans (for soups or chili), dry spices and herbs, and for baked goods or pancakes, flours, baking powder, baking soda, oats, sugars, dried fruit, chocolate chips, and cocoa. Include instructions with the amounts of wet ingredients needed and how to prepare the recipe. You aren't doing the cooking so you save time, and eliminate nibbling and leftovers. – www.nytimes.com and *Weight Watchers Magazine*