

## What is on your 2012 Bucket List?

from [www.fudiet.com](http://www.fudiet.com) by Sherry Pagoto, Ph.D., Associate Professor, UMass Medical School

New Year's Resolutions. We come up with lofty aspirations that crash and burn a few days later. Resolutions to lose weight, start exercising, eat more fruit and veggies, cut back on red meat, all sound .well... BORING. It's no wonder people don't stick to them! Instead, I challenge you to create your very own **2012 BUCKET LIST**. A Bucket List is your list of FUN and EXCITING healthy activities and events to put on the 2012 calendar. Why schedule GOALS when you can schedule FUN?! To make sure they happen you can even start scheduling/booking them right now!

Here are 10 fun, healthy BUCKET LIST suggestions.

**1. GET STARTED WITH A BANG!** A great kickoff to the 2012 Bucket List is by joining the #TwitterRoadRace on Jan 21, started by Doug Cassaro aka @seedouglasrun. By signing up you will be 1 of 100's if not 1000's of people all over the world who will be doing a 5K in their neighborhoods on the very same day. All you do is sign up and then log in your finish time that day. There is something exciting about knowing that we will all be doing it together. Read the #TwitterRoadRace stream for some exciting chatter. Sign up. It's FREE.

**2. GIVE CANCER THE BOOT.** Sign up for a 2- or 3-day walk for breast cancer. This is sure to be one of the most profound experiences of your life. The Avon Walk for Breast Cancer is a 2-day 39-mile walk and is coming

to 9 US cities in 2012. Check out their website to sign up and see some great training plans. If 39 miles isn't enough for you try the Komen 3-day 60-mile walk, coming to 14 US cities in 2012. The experience will change your life. Guaranteed.

**3. GET HIGH.** Is there a hiking mountain you've always wanted to tackle, but never really felt in shape to do it? 2012 is your YEAR! Pull out your schedule and book the trip to do it. With the trip on the books, you'll be more motivated to work out because if you don't... that mountain is going to kick your ass.

**4. I WANT TO RIDE MY BICYCLE.** Do you love to ride your bike but find it kind of boring at times? Plan a bike tour vacation. Check out the biking trips offered by [Backroads.com](http://Backroads.com) and bike through the beautiful countryside anywhere from Massachusetts to Tuscany. On [GoSojourn.com](http://GoSojourn.com) you can arrange private biking trips with a group of friends. You don't have to go far, some may be very close to your home and can make a nice day or weekend trip.

**5. WHAT'S COOKING?** Did you know Whole Foods Markets offers FREE healthy cooking classes at almost every location? Check out the schedule events at the Whole Foods near you. Some classes are even geared towards kids and include story telling along with cooking lessons.

*Look for Bucket List items 6-10 next week!*

### Recipe of the Week: Baked Stuffed Potatoes

serves 4 -- from Jane Brody's Good Food Book

4 baked potatoes, about 7 oz. each  
½ cup skim milk, warmed  
1 cup part-skim ricotta  
2 small cloves garlic, minced or pressed  
2 cups chopped cooked broccoli or spinach  
¼ cup grated Parmesan cheese, divided

1. Cut potatoes in half lengthwise. Scoop out flesh with a spoon. Put empty skins on a baking sheet.  
2. Mash potato flesh with warm milk. Combine well

with ricotta, garlic, salt and pepper if desired, broccoli or spinach, and 2 Tbsp. Parmesan cheese.

3. Spoon potato mixture into potato skins. Sprinkle stuffed potatoes with remaining Parmesan.

4. Bake at 350 degrees for 20 minutes (or longer if the potatoes were cold to start with) or heat in microwave.

**Nutrition Facts:**

Calories: 340	Total Fat: 7g	Saturated Fat: 4g
Sodium: 251mg		Carbohydrates: 54g
Dietary Fiber: 5.6 g		Protein: 16.5 g

**Tip of the Week:** How nutritious are your favorite recipes? Get nutrition information including calories, total fats and other fats, sodium, fiber, carbohydrates, protein, vitamins and minerals, by using an online recipe calculator such as the one at Spark People:

<http://recipes.sparkpeople.com/recipe-calculator.asp>