



Cranberry Apple Stuffing Muffins

How about a low-fat festive muffin or treat? Try making Cranberry Apple Stuffing Muffins.⁵

Ingredients

- 2 tsp canola oil
- 2 celery stalks, finely chopped
- 1 medium onion, finely chopped
- 2 tsp thyme
- 2 tsp sage
- 2 tsp rosemary
- 8 C breadcrumbs, toasted
- 1 apple, peeled and chopped
- 1 C dried cranberries
- 1 egg, beaten
- 2 C vegetable broth

Directions

1. Coat a 12-cup muffin pan with nonstick cooking spray. Preheat oven to 375 degrees.
2. Heat oil on medium heat in a large skillet. Sauté celery, onion, and herbs for 5 minutes.
3. Add apples. Sauté for 2-3 minutes. Remove from heat.
4. Place bread crumbs and dried cranberries in a large mixing bowl. Add sautéed vegetables.
5. Season with salt and black pepper.
6. Add egg followed by broth. Stir well.
7. Spoon mixture into muffin pan. Bake for 18-20 minutes.

The Surprisingly-Simple Way to Live Longer

Even a little running boosts longevity by 27 percent

Julia Hawkins liked to work in her yard. And if the phone rang, she'd run inside to answer it. At her age, that was pretty active...even for a lot of adults half her age.

But that wasn't enough for the retired teacher from Baton Rouge, La., who's earned the nickname "The Hurricane." Last month, at 105 years old, she laced up her running shoes at the Louisiana Senior Games.

On your mark...Get set...Go!

At the sound of the starting gun, Julia took off. With arms pumping and feet churning, she kept her eyes on the 100-meter finish line. And she set a new world record, finishing in 1:02.95.

"I love to run, and I love being an inspiration to others," says Hawkins. "I want to keep running as long as I can. My message to others is that you have to stay active if you want to be healthy and happy as you age."

Want to be healthier, feel better and live longer? Run. It's a proven way to...

- **Live longer.** One recent study found that *any* amount of running may lower the risk

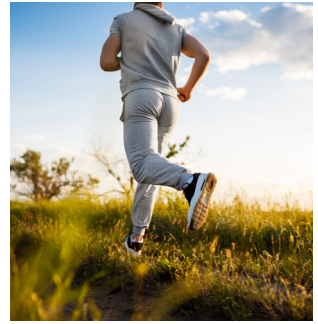
for early death by 27 percent.²

• **Prevent disease:**

Researchers also found that running lowers the risk of death from heart disease by 30 percent and cancer by 23 percent.

If you're not a runner... Pick an activity you enjoy to be more active. Aim for 30 minutes of aerobic activity a day, or 150 minutes a week...

- Take a brisk walk.
- Ride a bike.
- Swim.
- Clean your house as fast as you can.
- Exercise during commercials.
- Hit the gym
- Work in the yard.
- Pick a fitness video and follow along.



MORE

9 ways to stay active during the holidays
<http://tinyurl.com/y7gyktjb>

Manage Your Weight in Just 10-Seconds a Day (continued from page 1)

In a recent study, researchers found that people who weighed in every day during the holidays and visually recorded it...¹

- Maintained their weight, or...
- Lost weight

MORE

How to lose weight & keep it off
<https://tinyurl.com/59syp6wa>

It's a simple way to train your brain to make smart choices about food and exercise during the holidays. Want to keep your weight in check during the holidays? It only takes 10 seconds a day.

References

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2. Pedisic, Z., et al. (2020). Is running associated with a lower risk of all-cause, cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis. *British Journal of Sports Medicine*, bjsports-2018-100493. From: <https://tinyurl.com/2madvd98>
3. Juraschek, S., et al. (2017). Effects of sodium reduction and the DASH diet in relation to baseline blood pressure. *Journal of the American College of Cardiology*, 70: 23. From: <https://tinyurl.com/y7xyug8t>
4. Borges, M.C., et al. (2017). Artificially sweetened beverages and the response to the global obesity crisis. *PLOS Medicine*, 14(1): e1002195. From: <https://tinyurl.com/27h4hw6n>
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Take the December Health Challenge!

Practice Gratitude: Adopt simple habits to give thanks

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:

What are some healthy ways to reduce stress?