

Live Better Now

Pizza Party

BUILD A BETTER-FOR-YOU PIE WITH THESE SIMPLE SWAPS

Low-Carb Crust

Made with fresh cauliflower and two full servings of vegetables,



Outer Aisle Plantpower

Pizza Crusts (120 cal, 6g fat) have only 3g carbs per serving and are available in Italian and Jalapeño flavors.

So Saucy

Otamot Spicy

Organic Sauce

(110 cal, 5g fat per serving and no added sugar) is a zesty blend of crushed red pepper, chile powder and vitamin C-rich red jalapeños, which are slightly hotter than the green ones, thanks to more time spent on the vine.



Easy, Cheesy

Plant-based Daiya

Mozzarella Style Shreds (90 cal, 6g fat per serving) melt and stretch like cheese but are dairy free and have 152mg calcium per serving.



All products available at major grocery stores and big-box retailers. Otamot Spicy Organic Sauce available at Whole Foods.

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Take a Mental Health Break

Many of us have turned to relaxation techniques during the pandemic. In fact, meditation app downloads have skyrocketed, and Google searches for relaxation are at an all-time high. One group figured that healthcare workers could use a break too. Launched as a response to COVID-19 burnout, **Caring For Our Caregivers** has delivered more than 500 tablets preloaded with meditation, wellness and relaxation resources for healthcare workers to more than 150 hospitals around the globe. caring4ourcaregivers.org

ISTOCK

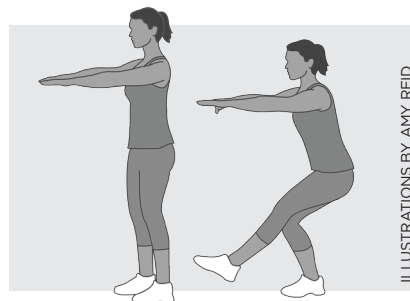
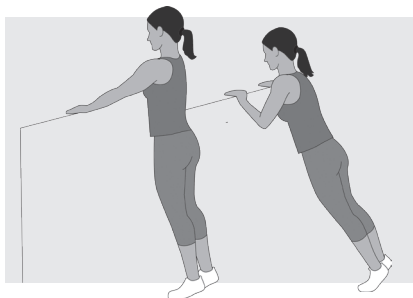


SMART MOVES

No Gym? No Problem Regular exercise benefits immunity—even in isolation—say U.K. researchers at the University of Bath. To keep up regular, daily exercise at home, personal trainer Pam Sherman, founder of health and fitness community The Perfect Balance, says to look no further than your kitchen.

▼ Kitchen Counter Pushups

Waiting for your coffee to brew? Heating dinner in the microwave? Perfect timing! Stand two feet away and put your hands on the counter. Lower yourself down, keeping your body in a straight line, and push back up. Beginners: Try 5-8 pushups. Regular exercisers: Go for 15-20.



ILLUSTRATIONS BY AMY REID

▲ **Balance Stands** Keeping your arms straight out, position yourself less than arm's length away from the counter. Standing on one leg, lower yourself slowly until your hand touches the surface and slowly come back up. Repeat 5 times on each side.



SHELF HELP

Confused by COVID-19 info overload? Cutting through the noise is microbiologist Philip M. Tierno, Ph.D. His new book, **First, Wear a Face Mask: A Doctor's Guide to Reducing Risk of Infection During the Pandemic and Beyond**, offers brief, straightforward advice to protect yourself from a pandemic and the germs that imperil us year-round.