Top 4 Exercise Excuses and How to Beat Them

1. **I’m too busy** - The US Surgeon General recommends 20 minutes of aerobic activity a day. Start looking at your schedule and find where you could fit these crucial 20 minutes. Jogging in place or doing some crunches while watching TV are a good start to ease you into an exercise routine.

2. **I’m too tired** - Physical activity is often linked to physical exhaustion. However, physical activity helps release endorphins into your body and makes you feel energized. Instead of focusing on how tired you are before a workout, try to think of how refreshed and alert you will feel afterwards.

3. **It’s too hot/cold** - Always have a backup plan for when the weather isn’t cooperating. This may mean you need to widen your exercise schedule and take up something you can move indoors, such as yoga or Pilates. Most of these workout programs come with DVDs and videos you can watch and follow at home.

4. **I hate going to the gym** - You don’t need to go to the gym to exercise. Find an activity you love and incorporate it into your workout routine. For example, if you love music, you can join a dance class set to music. Or if you enjoy reading, you can download audio books and listen to them while you go for a walk.
Say “I love you” With A Healthy Dinner and Dessert

Planning a special dinner for you significant other and/or family for Valentine’s Day?
Try these easy recipes for a dinner and dessert you are sure to enjoy.

Pomegranate Roasted Chicken
Serves 4

Ingredients
1 cup pomegranate juice
3-pound whole chicken
Extra-virgin olive oil
Kosher salt and freshly ground black pepper
1 cup low-sodium chicken stock
1 tablespoon fresh thyme
1 cup pomegranate seeds

Directions
1. Heat pomegranate juice in a small saucepan over medium heat until reduced to 1/4 cup. Set aside. Meanwhile, let the chicken come to room temperature for about 30 minutes. Heat oven to 450 degrees.
2. Brush chicken with oil and season with salt and pepper. Tie legs and transfer to a large ovenproof skillet.
3. Roast chicken, turning once, until golden and cooked through, about 50 minutes. Transfer to a serving dish and brush with reduced pomegranate juice; let stand 10 minutes. Deglaze skillet over medium heat with stock, scraping up brown bits with a wooden spoon. Cook until reduced by half. Strain fat. Add thyme and pomegranate seeds. Serve with chicken.

True Love Chocolate Cake
Makes 16 servings

Ingredients
1/4 cup butter, softened
1-2/3 cups sugar
2 eggs
1/2 cup unsweetened applesauce
2-1/4 cups all-purpose flour
2/3 cup baking cocoa
1-1/4 teaspoons baking powder
1 teaspoon salt
1-1/4 teaspoons baking soda
1-1/4 cups water
1 cup (6 ounces) semisweet chocolate chips

FROSTING:
1 package (8 ounces) reduced-fat cream cheese
1/3 cup confectioners’ sugar
1 teaspoon vanilla extract
1 carton (8 ounces) frozen reduced-fat whipped topping, thawed

Directions
1. In a large bowl, beat butter and sugar until crumbly, about 2 minutes. Add eggs, one at a time, beating well after each addition. Beat in applesauce.
2. Combine the flour, cocoa, baking powder, salt and baking soda. Add to the butter mixture alternately with water, beating well after each addition. Fold in chips. Pour into a 13-in. x 9-in. baking pan coated with cooking spray.
3. Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.