

EXERCISE
ESSENTIALS

HEALTHY
HOUSEPLANTS

SNACK
MAKEOVERS

FamilyCircle

the wellness issue

6 TRICKS
FOR LOSING
WEIGHT

EAT YOUR
WAY TO
GREAT SKIN

&

Win a visit
to the
MasterChef
Junior
set!

1-MINUTE
MEDITATION

WHAT YOU
NEED TO KNOW
ABOUT DNA
TESTING

beyond bacon & eggs — 5 smart breakfast ideas!

Be Well!

I have a couple of people in my life who I consider the definition of “healthy”—they exercise four to five times a week, eat wholesome foods for (almost) every meal and diligently drink 64 ounces of water a day. I am not that person. I’m just a mere mortal with a fondness for bread, cheese and wine, and zero desire to be at a gym at 6 a.m. I aspire to do more and be better, of course. Still, there is one small thing I do daily no matter what: **I floss** (dentists everywhere are cheering). I once heard that dental hygienists say it’s the single most effective preventive action you can take for oral health, and I guess I bought in. That, to me, is the spirit of wellness in a nutshell—actively doing small things that make everyday life just a bit better for your mind or body. That’s also what this issue is all about. We don’t expect you to become a triathlete, but we do want you to feel good and be strong and well for your families.

Since I shared my habit, I asked the staff for theirs. And we want to hear from you too—don’t be shy! What health habit are you hooked on? Tell us on Twitter or post a pic on Instagram with #FamilyCircleMag or email us at health@familycircle.com.


Cheryl E. Brown, Editor in Chief
cheryl@familycircle.com



Cocofloss in Fresh Coconut, cocofloss.com, \$8



“I drink water all day, every day. H2O keeps me hydrated, makes my skin glow and helps with digestion. It’s so simple yet so beneficial.”

—ARDENIS PEREZ, ASSOCIATE EDITOR

BKR Spiked Elle 16 oz water bottle, mybkr.com, \$42



“I never skip my evening mental health TLC routine: light a candle and unwind with TV or a book. It helps me feel that, no matter what, I’ve taken a little me time.”

—CAROLINE MULLEN, EDITORIAL ASSISTANT

“No matter how exhausted (or lazy!) I feel, I never go to bed without removing my makeup. A good night for me is double cleansing (using an oil and a cream or foam). But on my laziest nights, I at least use micellar water and a cotton pad!”

—DORI PRICE, BEAUTY & FASHION DIRECTOR



“Having a large salad every night at dinner means I eat a wide variety of veggies—without having to cook them!”

—SUE KAKSTYS, MANAGING EDITOR



“At bedtime everyone in the family leaves their phones in a central location in the dining room. No cells in bedrooms, no exceptions.”

—MEGAN HAVERON, MIDWEST ACCOUNT MANAGER



“Every day at lunch, if I don’t have a client meeting, I take a 20-minute walk. The fresh air and circulation flow recharge me.”

—CAROLYN ROSE, ACCOUNT MANAGER



“I always take my daily skin, hair and nails supplement! A neighbor in her 50s who looks great told me it was part of her daily beauty regimen, so I started doing it too. What a difference! No more brittle nails, my hair is long and strong, and my eczema is better.”

—LIXANDRA URRESTA, RESEARCH CHIEF