

the rest OF THE STORY

Whether you're juggling projects at work or divvying up the check at girls' night out, everything seems easier after a good night's sleep. Just your imagination? A study in the journal *Sleep* says no. People in the study who logged seven to eight hours per night performed the

best on tests that assessed cognitive function, such as reasoning and vocabulary. Bottom line: Getting enough sleep is just as important for good health as eating well and exercising regularly.

psst! my sleep secret

"I used to go to bed at 10:30, but my boys still get up in the middle of the night sometimes, and they're early risers, too. I finally faced the fact that sleep is more important than catching my favorite TV shows. Now I program the DVR and hit the sack by 9:30."

—Maureen, Collierville, Tennessee

sweet&sour POWER

Grapefruit and oranges are loaded with vitamin C. Add a tangy twist to meals and snacks with these easy serving ideas.

Grapefruit Cobbler: Top a halved grapefruit with a dollop of vanilla yogurt and crumbled low-fat shortbread cookies.

Sweet and Sunny Salad: Drizzle grapefruit and orange slices with honey; sprinkle with ground cinnamon.

Grapefruit Whip: Toss grapefruit slices in a blend of equal parts

light whipped cream and lemon-flavored yogurt.

Citrus Parfait: In a parfait dish or glass, layer 3 ounces vanilla yogurt, ¼ cup granola (or other cereal) and ¼ cup peeled grapefruit and/or orange wedges; repeat. Top with a dollop of whipped cream, if desired.



best pick Publix offers fresh citrus year-round, but in January you'll find the tastiest oranges, grapefruits and tangerines in our aisles. That's because they're **At Season's Peak**, so you know you're savoring them at the absolute height of good taste.



WE'LL LET YOU KNOW
Now you can use your smartphone to learn when your favorite fruits and vegetables are at their ripest, fullest flavor. Go to publix.com/atseasonspeak on your computer or m.publix.com on your phone's browser to learn more.



DOG OWNERS WHO **walk** THEIR PETS REGULARLY ARE

34 PERCENT MORE LIKELY THAN NON-DOG-OWNERS TO ACHIEVE THE RECOMMENDED

150 minutes PER WEEK OF MODERATE OR **vigorous** exercise

—*Journal of Physical Activity and Health*, 2011

A CHILD'S BRAIN GROWS TO ABOUT **80 PERCENT** OF ADULT SIZE BY **AGE 3.**

—*Zero to Three: National Center for Infants, Toddlers, and Families*

START A COOL NEW TRADITION

What to do with a holiday houseful of cousins, siblings, in-laws and maybe even an adventuresome grandparent or two? Pack up the station wagon and head to the nearest ice- or roller-skating rink. Skating is a lifetime activity you can enjoy together, and it offers an effective lower-body workout. After a spin or two around the rink, your hips, hamstrings, quads and calves are bound to feel it. Everyone will glide (well, some may wobble) their way to better balance and aerobic fitness. And the best part? The average 150-pound adult burns up to 500 calories in an hour of ice skating—but who's counting when you're having so much fun? To find a nearby rink online, search "skating" and the name of your city and state.

healthy & fun winter break idea



should kids eat **low-fat** foods?

Not initially. "Until age 2, foods like whole milk, full-fat yogurt and cheese rule," says Sarah Krieger, R.D., with the American Dietetic Association in St. Petersburg, Florida. Kids' rapidly developing brains thrive on the fat. After your child's second birthday, brain growth begins to subside. That's when it's time to switch to foods low in artery-clogging trans- and saturated fat, such as low-fat and nonfat milk and yogurt. Meanwhile, serve lots of plant-based foods (such as whole-grain breads, fruits and vegetables) and fish with heart-healthy omega-3 fatty acids (such as salmon and sardines). For more food for thought, visit kidshealth.org (search "fats and your child") and kidseatright.org.