

1 spry. APRIL 2017

Living



Exclusive

JENNA ELFMAN

SPILLS HER
SECRETS
TO A HAPPY
MARRIAGE

Hello, Spring!



Easy, Healthy
Easter Recipes

Page 7



The Fitness Gadget
That Can Save
Your Back

Page 10



8 Tricks for
Instant Energy

Page 12



Save the Planet With
This Simple Swap

Page 2



The Best Pillow
for Better Sleep

Page 13

Live Better Now



Word Play

Thunderstorm Asthma

\thuhn-der-stawrm•az-muh (noun)

The Allergy & Asthma Network warns that serious breathing problems can be caused by a storm that hits during a period of unusually high pollen and humidity. Scientists theorize that thunderstorm conditions can cause pollen grains to swell with moisture and burst into fragments. Because these smaller pieces of pollen can't be filtered by nose hairs, they travel straight to the lungs and trigger an asthma attack. If you have a history of breathing problems, pay attention to the weather report as temperatures rise and flowers bloom—and always keep your rescue inhaler nearby.

Crunching Numbers

92

The age of the U.S.'s oldest organ donor, whose liver saved the life of a 68-year-old woman

The nonprofit Organize is on a mission to encourage adults over 45 to sign up to be organ donors. Many boomers mistakenly believe they're not healthy enough, but very few medical conditions automatically disqualify you. In honor of National Donate Life Month, sign up at register.organize.org.



Spry Living Challenge

Earth Day Checklist

Make Mother Earth proud this month with simple planet-pleasing moves. It doesn't take much to make a big difference.

✓ **Go meatless on Mondays.** The meat industry is responsible for a whopping 20 percent of man-made greenhouse gas emissions, which pollute our air. **Skipping meat just once a week for a year is the equivalent of taking your car off the road for 320 miles.** Find recipes at meatlessmonday.com and Parade.com/meatless.



✓ **Manage your mail.** More than 100 million trees are cut down each year to produce junk mail, Earth Day Network estimates. Use tools like catalogchoice.org and DMAchoice.org to stop getting credit card offers and circulars you don't want.

✓ **Pare down plastics.** About 300 tons of plastic is manufactured each year—but only 10 percent gets recycled and reused. One small fix: Swap plastic grocery store produce bags for reusable ones.

◀ **3B Produce Bags, \$7 for 3, Bed, Bath & Beyond**



Shelf Help

Spring Cleaning Hack

Ask yourself, "If I lost this, would I buy it again?" That simple question from Japanese best-seller *Goodbye, Things* by Fumio Sasaki can help you determine what to give away and what to keep when the urge to de-clutter strikes. "It's the things you'd be willing to buy again that give you true satisfaction," Sasaki says.



Love 'em or leave 'em

spry living

Contact us: Send mail to Spry Living, 2451 Atrium Way, Suite 320, Nashville, TN 37214, call 800-284-5668 or email sprylivingeditor@amgparade.com • spryliving.com

PHOTO CREDITS: COVER PHOTO BY MAARTEN DE BOER/GETTY IMAGES; GENERAL MILLS; ISTOCK(4); PG 2 - ISTOCK(5); PG 7 - GENERAL MILLS(2); ISTOCK; PG 8 - CHRISTOPHER POLK/NBC/GETTY IMAGES; ABC; KATIE YU/ABC; PG 10 - ILLUSTRATIONS BY AMY REID; PG 11 - ISTOCK; PG 12 - ISTOCK(5); PG 13 - ISTOCK; PG 15 - PG/SPLASH NEWS/NEWS.COM