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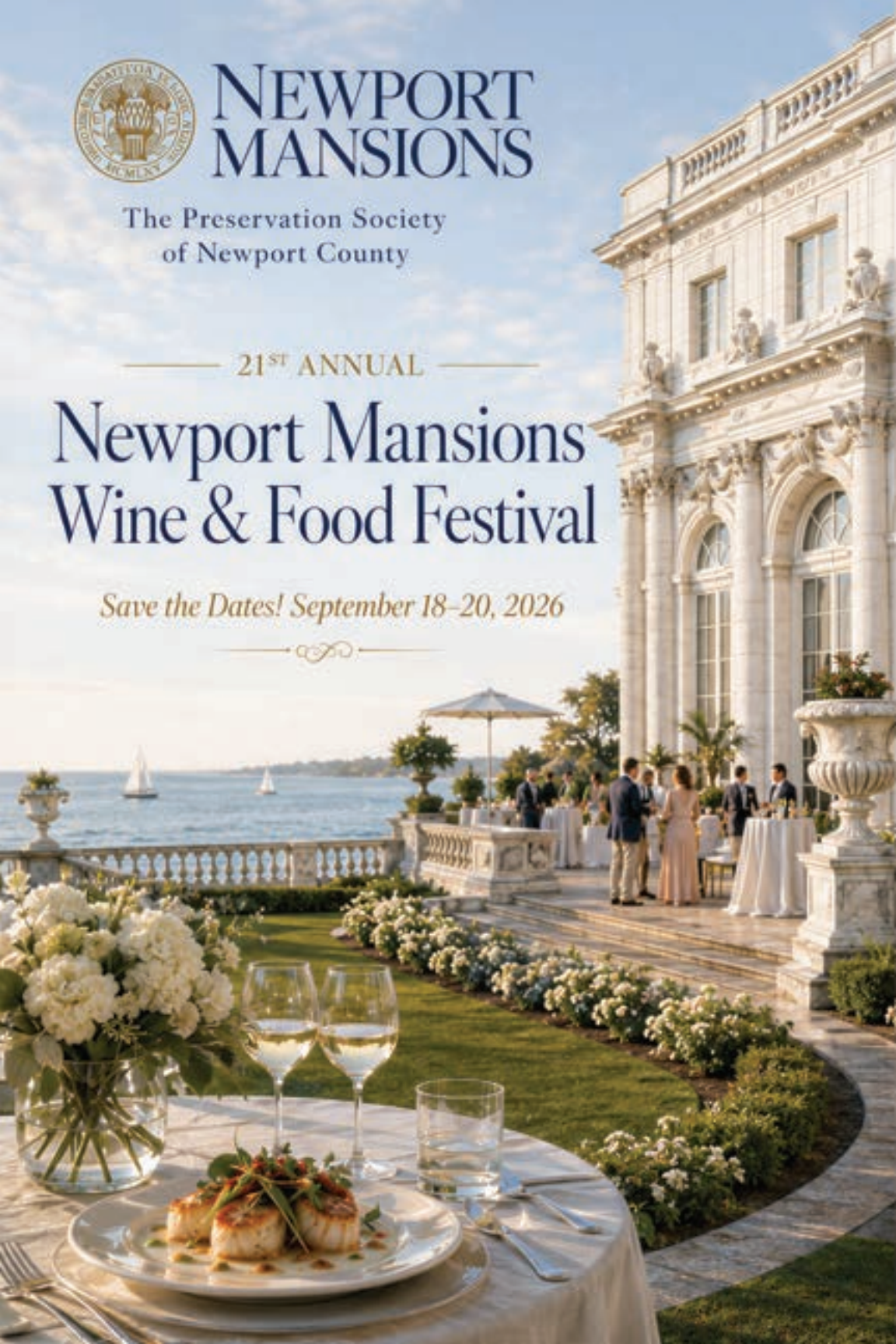
NEWPORT MANSIONS

The Preservation Society
of Newport County

— 21ST ANNUAL —

Newport Mansions Wine & Food Festival

Save the Dates! September 18-20, 2026



THE ULTIMATE WEEKEND OF WINE, FOOD & NEWPORT ELEGANCE

One of New England's premier epicurean events, the Newport Mansions Wine & Food Festival offers the chance to taste wines and spirits from around the world, along with flavors from fine chefs, culinary vendors and local restaurants. Set against the stunning backdrop of Rosecliff, this elegant weekend is an experience guests will savor and treasure.



WHAT YOU NEED TO KNOW



Rosecliff
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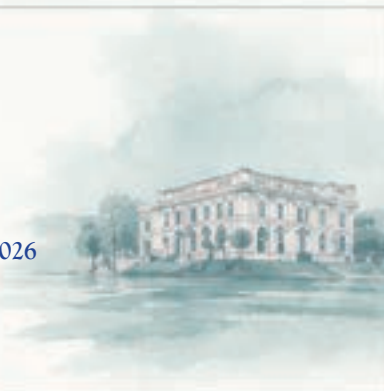
September 18–20, 2026



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Whether you're gathering with friends, celebrating a milestone, or having a romantic evening, The Valley Inn sets the perfect stage for unforgettable moments. Create lasting memories with loved ones as you relish the ambiance and delightful cuisine that make every occasion truly special.

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*East Greenwich
Chamber of Commerce*

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Rotary
Foundation

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an indoor/outdoor dining event to kick-off East Greenwich Restaurant Week

*This fabulous event takes place late September,
you can check for the exact 2026 dates on the
East Greenwich Chamber of Commerce Website ,
which will be published as they
approach closer to fall.*

Local East Greenwich Restaurants

*Besos, Safehouse, The Trap, Pasta Patch, EG Yacht
Club, Fresco, Rasa, Silver Spoon Bakery, Whalers
Brewery, Tio Mateo's/Greenwich Bay Gourmet,
Blackstone Steakhouse, Sport and Leisure,
Scotti's Salumeria, Shayu*

*For more information and ticket purchase, contact the
East Greenwich Chamber of Commerce at:
(401) 885-0020 ex. 2 or donna@eastgreenwichchamber.com*



Mon - Thurs: 4:30pm - 9:30pm • Fri & Sat: 4pm - 10pm • Sun: 4pm - 9pm

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PREPARE / PROTECT / STAY SAFE

RHODE ISLAND STORM READY

BE PREPARED. STAY PROTECTED. WEATHER ANY STORM.



Rhode Island may not face hurricanes, but powerful nor'easters, coastal storms, heavy snow, high winds and flooding can all disrupt our lives in a moment.

A little preparation today can make all the difference tomorrow.



YOUR PLAN. YOUR PROTECTION.

Follow these steps to keep you and your loved ones safe before, during and after the storm.



BEFORE THE STORM

- ✓ Stay informed. Monitor local forecasts and alerts.
- ✓ Sign up for notifications from RIEMA and your local city or town.
- ✓ Secure outdoor items – grills, patio furniture, garbage cans, decorations.
- ✓ Check your home – clear gutters, trim trees, inspect windows and doors.
- ✓ Know your evacuation routes and have a plan for your pets.



DURING THE STORM

- ✓ Stay indoors and away from windows.
- ✓ Avoid driving – roads can flood quickly.
- ✓ Use flashlights, not candles.
- ✓ Conserve phone battery and power.
- ✓ Check on neighbors, especially seniors.



AFTER THE STORM

- ✓ Check for injuries and seek help if needed.
- ✓ Avoid downed power lines and flooded areas.
- ✓ Report outages to Rhode Island Energy.
- ✓ Document damage and contact your insurance company.
- ✓ Help your community and stay patient – recovery takes time.



STAY INFORMED. STAY CONNECTED.

Follow local news, RIEMA and your city or town's emergency management for updates.

*We may not stop the storm,
but we can be ready for it.*

BUILD YOUR STORM KIT

Have supplies ready for at least 3–7 days.



WATER

1 gallon per person per day



NON-PERISHABLE FOOD

Easy-to-prepare items & manual can opener



LIGHT & POWER

Flashlights, batteries, power bank



FIRST AID & MEDICATIONS

First aid kit, prescription meds, sanitizer



COMMUNICATION

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WARMTH & SHELTER

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EXTRAS

Cash, important documents in waterproof bag



EMERGENCY NUMBERS TO KNOW

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RIEMA: 401-946-9996

RIDOT Road Hazard: 401-222-2378



NEWPORT
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The Newport Car Museum's mission is to spread the car lover's enthusiasm for automotive design, history, technology and culture to all.

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- One-time use guest passes
- Joining Gift – Newport Car Museum Hat or T-Shirt
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- Adults: \$20.00
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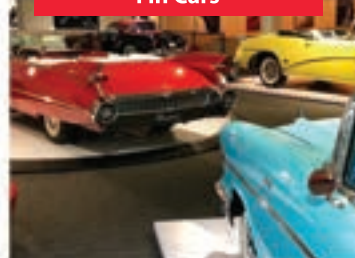
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NEWPORT INTERNATIONAL BOAT SHOW



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September 17th - 19th, 2026 • 10am-6pm
September 20th 2026 • 10am-5pm

Newport, Rhode Island
www.NewportBoatShow.com

Experience the Ultimate Maritime Extravaganza at the Newport International Boat Show (NIBS), where nautical dreams come to life on the shores of historic downtown Newport, Rhode Island. As one of the largest and most prestigious boat shows in the nation, NIBS spans an impressive thirteen acres, offering an awe-inspiring showcase of cutting-edge sailboats and powerboats, some making their first-ever debut in the United States.

Stroll along the picturesque docks, adorned with a glittering display of shiny new vessels, each embodying the pinnacle of marine engineering and design. But the wonders don't end there. On land, immerse yourself in a world of marine products, services, and accessories that promise to elevate your boating lifestyle to new heights.

The excitement continues with a lineup of enriching experiences, including educational seminars and in-water boating courses. Expand your knowledge and hone your boating skills as experts share their insights and expertise, empowering you to embark on memorable voyages with confidence.

While at NIBS, take the opportunity to explore national historic sites, indulge in shopping at trendy boutiques, and savor delectable culinary delights at world-class restaurants. It's the perfect way to complement your love for boating with the splendors of Newport, all while basking in the enchanting ambiance of fall in New England.



RHODE ISLAND

Vineyards & Wineries

Rhode Island's coastal climate and sea-kissed breezes create an ideal setting for distinctive, cool-climate wines. From historic farms to modern vineyards, the Ocean State's wineries offer exceptional varietals, warm hospitality and beautiful places to sip, unwind and take in the views.



Hours, tastings and reservation requirements may vary. Check with individual wineries before visiting.

BLACKSTONE VALLEY WINERIES



Diamond Hill Vineyards CUMBERLAND, RI

A family-owned vineyard known for elegant, handcrafted wines and a picturesque setting overlooking the Blackstone Valley.



Mulberry Vineyards CHEPACHET, RI

Set on rolling farmland, Mulberry Vineyards offers a welcoming tasting room, estate-grown grapes and a friendly, laid-back atmosphere.

NEWPORT COUNTY WINERIES



Carolyn's Sakonnet Vineyards

LITTLE COMPTON, RI

Overlooking the Sakonnet River, this boutique vineyard produces small batch wines with a true sense of place and spectacular coastal views.



Newport Vineyards MIDDLETOWN, RI

Rhode Island's largest winery offers a full range of award-winning wines, a beautiful vineyard setting, dining, live music and seasonal events.



Greenville Vineyards PORTSMOUTH, RI

A historic farm and vineyard offering estate-grown wines, scenic grounds and a relaxed tasting experience in the heart of Aquidneck Island.

SOUTH COUNTY WINERIES



Gooseneck Vineyards

NORTH KINGSTOWN, RI

A distinctive winery offering a selection of wines sourced from premier growing regions, along with tastings and a warm, welcoming atmosphere.



Langworthy Farm Winery

WESTERLY, RI

A working farm winery offering handcrafted wines, seasonal charm and a true farm-to-glass experience in a beautiful country setting.



Leydon Farm Vineyard & Winery

WEST GREENWICH, RI

Set on a historic family farm, Leyden Farm produces distinctive small-batch wines and offers a relaxed tasting experience in a scenic rural setting.



Tapped Apple Cidery & Winery

WESTERLY, RI

A unique, family-owned cidery and winery crafting hard ciders and wines with locally sourced ingredients in a fun and inviting setting.



WinterHawk Vineyards

WEST KINGSTON, RI

A boutique vineyard known for handcrafted wines, a peaceful setting and a relaxed weekend tasting experience.

WARWICK & WEST BAY WINERIES



Nickle Creek Vineyards

FOSTER, RI

A small, family-run vineyard producing handcrafted wines in a relaxed country setting where guests can enjoy the vineyard grounds.



Verde Vineyards

JOHNSTON, RI

A picturesque vineyard offering handcrafted wines, traditional winemaking techniques and a relaxed tasting experience overlooking the surrounding countryside.



*Explore Rhode Island
Wineries*





Roy's RHODE ISLAND Retreat

Roy's Retreat is a beautiful, custom built staycation / vacation home with spectacular views! Complete with high end appliances, 2 big screen tv's and luxury finishes. This peaceful adult only retreat is available for a short as a night or as long as a month. Located on the water in Tiverton RI. minutes away from great restaurants, bars and entertainment. There is plenty to do, or you can relax, lounge out, and simple do nothing!



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Call Roy with the dates your would like & he will let you know if his Beach House is available.

— ★ *Taking reservations now for Biketoberfest* —

MUST HAVE



Pumps

Pumps are highly fashionable this year as they are feminine, sexy and vintage. All these characteristics are the key to a pair of gorgeous shoes suitable for casual chic and elegant occasions. There are a variety of designs to choose from as not all women benefit from the same shoe designs. The most popular pumps this year seem to be platform pumps which due to their design offer a slimming effect to the legs and a very feminine posture. Choose the color and the heel length that works for you best just make sure to have a pair as pumps are definitely a pair of must have shoes.

Ballet Flats

Flats are a must as they match the casual chic trend of this year and ensure the comfort and style every woman needs to benefit from. Ballet Flats look fabulous and match the current fashion trends, completing different outfit styles. There are so many designs to choose from it's unbelievable so finding a pair that matches your style will not be difficult.

Peep Toe Booties

Peep toe boots can be seen everywhere from your favorite celebrity to every shoe store this year as they are one of the hottest trends of the year. Suitable for several occasions peep toe booties look stunning if paired with the right dress or skirt outfit. The sexy cut which reveals the toe area attracts attention and creates a very feminine look. Suitable for different seasons and occasions peep toe booties are a definite must have this year.

Wedges

Wedges are highly popular as they bring comfort and style to a casual outfit. There are a variety of wedges designs you can choose from to match the style of your outfits so make sure you have a pair standing by so you can look and feel great whenever you wish.

Stylish Boot

Definitely a fully functional and supremely stylish boot. With the ability to dramatically dress things up with just a detail (fur trim, python skin), toughen a look with studs and buckles, or work as a comfortable but chic alternative to an evening stiletto, the boot fills many shoes.



NEWPORT
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909 E MAIN RD, MIDDLETOWN RI 02842



Shellfish Chowder



20 Minute Prep Time

Shrimp, scallops, and lobster mingle quite amiably with diced potatoes and a little smokey bacon in this New England-style shellfish chowder enlivened with cilantro and chives. Feel free to vary the mix and proportions of the shellfish, depending on what you find at the market.

- 5 bacon slices, finely chopped
- 2 boiling potatoes (3/4 lb total), cut into 1/4-inch dice
- 1/2 cup finely chopped shallots (2 large)
- 3/4 cup bottled clam juice
- 2 1/2 cups whole milk
- 1/8 tsp cayenne
- 1/4 lb shrimp, shelled, de-veined, and cut into 1/2-inch pieces
- 1/2 lb sea scallops, quartered and tough ligament removed from each side if necessary
- 1 tsp salt
- 1/2 lb shelled cooked lobster meat, cut into 1/2-inch-thick pieces, or 1/2 lb lump crab meat, picked over
- 2 Tbsp chopped fresh cilantro
- 2 Tbsp chopped fresh chives

Cook bacon in a 5-quart heavy pot over moderate heat, stir occasionally, until crisp, about 5 minutes.

Transfer bacon with a slotted spoon to paper towels to drain.

Pour off all but 1 tablespoon fat from pot and stir in potatoes, shallots, and clam juice.

Simmer, covered, until potatoes are tender, about 8 minutes.

Stir in milk and cayenne and return just to a simmer.

Add shrimp, scallops, and salt and simmer, stirring occasionally until shellfish is just cooked through, 3 to 5 minutes.

Stir in lobster and half of herbs and simmer 1 minute.

Serve chowder topped with bacon and remaining herbs.



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NEWPORT INTERNATIONAL POLO SERIES

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USA vs. Mongolia

SATURDAY, JUNE 13, 2026

Veuve Clicquot Cup

SATURDAY, JUNE 20, 2026

Newport vs. Boston

SATURDAY, JULY 4, 2026

Independence Cup

SATURDAY, JULY 11, 2026

USA vs Italy

SATURDAY, JULY 18, 2026

Vanderbilt-Carnegie Cup

SATURDAY, JULY 25, 2026

USA vs Ireland

SATURDAY, JULY 31, 2026

Diamond Jubilee Ball

SATURDAY, AUG 1 2026

Diamond Jubilee Challenge Cup

16th Annual Lobster Boil

SATURDAY, AUG 8, 2026

USA vs South Africa

SATURDAY, AUG 15, 2026

Newport vs New York

SATURDAY, AUG 22, 2026

USA vs Jamaica

SATURDAY, AUG 29, 2026

Newport vs Palm Beach

SATURDAY, SEPT 5, 2026

USA vs England

SATURDAY, SEPT 12, 2026

American Polo Classic

SATURDAY, SEPT 19, 2026

USA vs Switzerland

SATURDAY, SEPT 26, 2026

Turkish Airlines Finals

SUNDAY, SEPT 27, 2026

All Charity Day

Schedule Subject to Change
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Main gates open at 8:00 am daily.

Tickets Go On Sale July 20th, 2026

Grand Prix Sunday Tickets

On August 30th, grandstand seating tickets include both the \$70,000 2* Grand Prix at 10:30 a.m. and the \$400,000 Longines Hampton Classic Grand Prix at 2:00 p.m. These are the only events where reserved tickets are required for the grandstands. There is no standing room option to view the

Grand Prix. Spectators are welcome to sit in the grandstands on all other days and before 10 a.m. at no additional charge. Please note: General admission parking is an additional fee and may be pre-purchased with your grandstand tickets. No alcoholic beverages may be brought on to the Hampton Classic showgrounds, no glass containers will be allowed in the grandstands.

All patrons and belongings are subject to search.

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WICKED SIPS

5 HALLOWEEN PARTY COCKTAILS

for a Spellbinding Night

Raise a glass to a night of mischief and magic! These playful, colorful cocktails are easy to make and perfect for your Halloween gathering. From eerie eye-catching sips to chillingly delicious treats, each one is sure to cast a spell on your guests.

1 Purple People Eater

INGREDIENTS

- 1½ oz vodka
- ½ oz blue curaçao
- ½ oz grenadine
- 4 oz lemonade
- Lemon wedge
- Eyeball garnish

DIRECTIONS

Shake the vodka, blue curaçao and grenadine with ice until well chilled. Strain into an ice-filled glass and top with lemonade. Garnish with a lemon wedge and a spooky eyeball.



2

Halloween Margarita

INGREDIENTS

- 50 ml tequila blanco
- 20 ml blue curaçao
- 30 ml lime juice
- 4 drops black food coloring

DIRECTIONS

Shake all ingredients with ice and fine strain into a chilled glass.



Tip: Set up a self-serve cocktail station with fun garnishes, spooky straws, and glowing lights for an unforgettable Halloween party!

3 Black Magic Jello-O Shots

INGREDIENTS

- 2 packages purple Jell-O
- 2 cups boiling water
- 2 cups vodka
- Black food coloring
- Lime wedge
- Black sanding sugar

DIRECTIONS

Dissolve the gelatin in boiling water, stir in vodka, tint with black coloring, pour into shot cups. Chill until set, and rim serving cups with lime and black sugar.



4 Drunk Ghost

INGREDIENTS

- 2 oz coconut rum
- 1 oz vanilla vodka
- 2 oz coconut cream
- 4 oz lemon-lime soda

DIRECTIONS

Shake the coconut rum, vanilla vodka, and coconut cream with ice, strain into a glass over ice. Top with lemon-lime soda, and garnish with a ghost candy.



5 Witches Brew

INGREDIENTS

- 1½ oz Midori
- 1½ oz Cointreau or triple sec
- 1 oz fresh lemon juice
- Cocktail cherry
- Optional dry ice

DIRECTIONS

Stir the Midori, orange liqueur, and lemon juice with ice, strain into a lowball glass, and garnish with a cherry. Add dry ice for a bubbling, magical effect!



PARTY GARNISH IDEAS



Black sugar rims



Gummy or candy eyeballs



Dry ice for effect



Citrus wedges



Spooky cocktail picks



Ghost marshmallows



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Consistency, Not Perfection:

*Staying Healthy
Through the Holidays*

By Lisa Tesoriero

I love the holidays. I love the food, the parties, going out to dinner, a great glass of wine and spending time with the people I love. And I don't think being healthy means giving any of that up.

But I also don't think the holidays need to turn into a two-month free-for-all followed by, "I'll start January 1st."

For me, it comes down to consistency, planning and discipline. Not perfection.

A Realistic Approach

I count my macros. I know that sounds like a heavy lift at first, but once you start doing it, it becomes pretty routine. You learn what foods have protein, what portions look like and how to plan your day without obsessing over every bite.

I actually think having some structure gives you more freedom, especially around the holidays.

If I'm going out to dinner, I look at the menu ahead of time. Most of the time I already have an idea of what I'm ordering before I get there. If I want pasta, dessert or a couple glasses of wine that night, I plan around it.

That does NOT mean starving myself all day to "save calories." I'll have lighter, protein-focused meals during the day and then go out and enjoy dinner. Because that's the whole point.

Meal Prep, But Make It Realistic

Meal prep helps me tremendously, especially during the holidays when life gets even busier.

But my version of meal prep is not five identical containers lined up in the refrigerator. I prep the basics.

I'll grill a bunch of plain chicken and brown 96% lean ground beef so I have protein ready to go. I keep the seasoning simple—olive oil spray instead of pouring oil on everything, salt, pepper, garlic powder and onion powder. Then I can turn it into whatever I feel like eating.

The ground beef can become taco

night. The chicken can go into a salad, wrap or bowl. You're not eating the same boring meal every day. You're just giving yourself a head start.

For me, meal prep is really about prepping the things that take time, not necessarily the entire meal.

Cook the protein. Keep it simple. Keep it ready. I also look for easy ways to get more protein in. I use Meal Boosters Parmesan protein powder in recipes where I want that Parmesan flavor and some extra protein. Little things like that add up when you're trying to hit a protein goal.

One of my favorite meals is my spaghetti squash and ricotta bake. It feels like comfort food without being ridiculously heavy.

WHAT A TYPICAL DAY MIGHT LOOK LIKE

I personally aim for around 1,500 calories and 160 grams of protein, so a more structured day might look something like this:

BREAKFAST

- 2 whole eggs + ½ cup egg whites with spinach
- Whole-grain toast
- Fresh berries

LUNCH

- 5 oz grilled chicken breast
- Large salad with vegetables
- ½ cup quinoa
- Light vinaigrette

SNACK

- FAGE nonfat plain Greek yogurt
- ½ scoop whey protein
- Fresh berries

DINNER

- 5 oz filet mignon
- Grilled or roasted vegetables
- Small baked potato

Obviously portions and macros will vary depending on brands and what works for you. And does every single day of my life look like this? Absolutely not. Especially during the holidays.

FAGE is my favorite. It's thick, satisfying and I pretty much always have it in my refrigerator.



My High-Protein Spaghetti Squash & Ricotta Bake

Makes about 4 servings

What you need:

- 1 medium spaghetti squash
- 1 lb 96% lean ground beef
- 1½ cups Michael's of Brooklyn Marinara Sauce
- 1 cup part-skim ricotta cheese
- ½ cup shredded part-skim mozzarella
- Meal Boosters Parmesan protein powder, to taste
- Olive oil spray
- Salt
- Pepper
- Garlic powder
- Onion powder

How I make it:

- 1 Cut the spaghetti squash in half and remove the seeds. Lightly spray it with olive oil and season with salt, pepper, garlic powder and onion powder.
- 2 Roast it cut-side down at 400°F for about 35–45 minutes, until tender. Once it cools enough to handle, scrape out the strands with a fork.
- 3 If I meal prepped over the weekend, my ground beef is already cooked. See? Half the work is already done.
- 4 If I'm not making homemade sauce, I use Michael's of Brooklyn Marinara Sauce. It's relatively low in calories and, to me, tastes the closest to homemade. I always keep a jar around.
- 5 Warm the marinara with the ground beef and season it if needed.
- 6 Mix the spaghetti squash with the ricotta and some Meal Boosters Parmesan protein powder. Put it into a baking dish, top with the meat sauce and mozzarella and sprinkle a little more Parmesan protein powder on top.
- 7 Bake at 375°F for about 20 minutes until it's hot and bubbly. If you want the cheese a little browned, broil it for a minute or two at the end.

*Dinner is done.
And hopefully tomorrow's lunch too!*

Meal prep certainly doesn't have to mean eating dry chicken and broccoli out of the same sad container for five days.

And Because I Need Dessert...

My High-Protein Cheesecake Bowl

I have a sweet tooth. I'm not giving up dessert. One of my favorites takes about two minutes.

Ingredients: FAGE nonfat plain Greek yogurt, sugar-free Jell-O cheesecake pudding mix, graham cracker crumbs, protein powder and/or berries, to taste.

Mix a little cheesecake pudding mix into the yogurt until it gets thick and creamy. If I need more protein that day, I add protein powder. Then a little graham cracker crumbs and berries on top. Sometimes berries. Sometimes protein powder. Sometimes both. It tastes like cheesecake, takes two minutes and gives me something sweet while still helping me hit my protein goal.



Holiday Health Tips

REAL LIFE STRATEGIES THAT WORK

1 Plan around dinner —don't starve all day.

Have lighter, protein-focused meals earlier so you can enjoy the food, the party, and the moment.

2 Prep the protein.

Cook chicken, beef or turkey ahead of time so healthy choices are easy.

3 Enjoy the wine. Eat the cake. Then get back to your routine.

One day (or one meal) doesn't define you

4 Not Perfection. Consistency.

Small, realistic choices add up to big results.

The Gym Is My Mental Medicine

Strength training has become even more important to me as I've gotten older. Maintaining muscle and bone strength matters.

You do not need to become the Hulk. You do not need to lift insanely heavy weights. But you do need to lift weights. For me, though, the gym has become about so much more than what my body looks like. The gym is my mental medicine.

There are days when I'm tired, stressed, overwhelmed and honestly don't want to do anything. Those are the days I prioritize the gym the most. I know myself. I know I'm going to feel better afterward.

Maybe it isn't my best workout. Maybe I don't lift as heavy. Maybe I'm there for 30 minutes and call it a day. Who cares? I went.

I have never walked out of the gym thinking, "Wow, I really wish I hadn't done that." It clears my head. It resets me. It gives me somewhere to put the stress of the day. And when life gets crazy—which it inevitably does around the holidays—I try really hard not to make taking care of myself the first thing I cross off the list.

Sometimes the days you least want to go are the days you need it the most.

Find Something You Actually Like Doing

This is important. Find exercise you actually enjoy. I happen to love lifting weights. Maybe you love running, Pilates, yoga, cycling, CrossFit, dancing or walking with your friends. I don't care what it is. Find your thing. Because you're much more likely to keep doing something you actually enjoy.

And then find your people. Having a tribe around you makes a huge difference. People who support you, push you, make you laugh and notice when you're missing. Sometimes you go to the gym because you're motivated. Other times you go because you know somebody is going to ask, "Where the hell have you been?" Both work. There's something about having people who expect to see you that keeps you accountable. And it makes working out more fun. Find people who want to see you do well. And be that person for them too.

My Go-To Workouts

Glutes & Legs

Personally, I LOVE leg day. Give me glutes and legs all day.

- Hip thrusts — 4 x 8-12
- Romanian deadlifts — 3 x 8-12
- Squats or leg press — 3 x 8-12
- Bulgarian split squats — 3 x 8-12/leg
- Leg curls — 3 x 10-15
- Glute kickbacks — 3 x 12-15/leg
- Hip abductions — 3 x 5-20

A Strong, Sexy Back

And I want a strong, sexy back.

- Lat pulldowns — 4 x 8-12
- Seated rows — 3 x 8-12
- Single-arm DB rows — 3 x 10-12/side
- Reverse flies — 3 x 10-15
- Face pulls — 3 x 12-15

And Then WALK

I aim for 10,000 steps a day. Some days I get more. Some days I don't. I'm human. But having the goal keeps me moving. Always take the stairs. Park in the farthest spot. Walk while you're on the phone. Take a walk after that big holiday meal. I also don't believe you need to kill yourself with intense cardio every day. Strength train. Walk. Move your body. Exercise is not punishment for what you ate.

No Gym? Figure it out

The holidays mean travel, family and schedules getting completely screwed up. And sometimes the hotel gym has three dumbbells and somehow none of them match. You can still do something. I ALWAYS travel with a resistance band. It takes up basically no room in my suitcase. I will literally stand there drinking my coffee in the morning doing banded hip abductions.

The Anywhere Workout

Banded hip abductions — 3 x 15-20
Squats — 3 x 15
Reverse lunges — 3 x 10-12/leg
Romanian deadlifts — 3 x 12-15
Glute bridges — 3 x 15-20

Banded hip abductions — 3 x 15-20
Bent-over rows — 3 x 12-15
Reverse flies — 3 x 12-15
Push-ups — 3 x 8-15
Plank — 3 x 30-60 sec

Enjoy the Holidays. No Guilt. Not Perfection. Consistency.

Nutrition

For Your Body



Vitamins and minerals enable our bodies to work properly. They are necessary for our health, growth and reproduction.

They also boost our immune system, support natural growth and development, and help cells and organs do their jobs. We get vitamins and minerals from foods we eat everyday, although some foods have more than others. Here's a chart with some helpful information:

VITAMIN OR MINERAL	FOODS	WHAT IT DOES	RDA
A	Eggs, liver, carrots, broccoli, spinach, sweet potatoes	Essential for vision, healthy reproduction and cell growth	700 mcg/2,330 IU
B1 THIAMIN	Whole grains, pork, seeds, nuts, legumes	Increases energy production and helps the nervous system	1.1mg
B2 RIBOFLAVIN	Eggs, dairy, liver	Increases energy production and boosts metabolism [of amino acids]	1.1mg
B3 NIACIN	Whole grains, fish, nuts, eggs, meat	Generates hormones, fatty acids, amino acids, a increases energy production	14 mg Niacin Equivalent
B6	Poultry, fish, bottled milk, meat, and starchy veggies such as: potatoes	Helps the immune system, releases glucose from glycogen, creates additional amino acids	1.3mg
B9 FOLIC ACID	Spinach, beans, lentils, grains, liver	Cell strength, helps prevent neural tube birth defects, amino acid metabolism	400 mcg (Dietary Folate Equivalent)
B12	Poultry, meat, fish	Protects nerves	2.4mcg
C	Strawberries, kiwi, green/leafy veggies, citrus fruits	Antioxidant, produces collagen	75mg
D	egg yolks, oily fish, milk	Promotes bone health and strength	Adequate Intake
E	Seeds, whole grains, vegetable oil, nuts	Antioxidant	15mg/22.5 IU
K	Green veggies such as: Brussels sprouts, spinach, broccoli	Bone health and strength and helps prevent blood clotting	90 mcg
CALCIUM	All dairy products! Such as: milk and cottage cheese. Also, tofu, almonds, broccoli	Strengthens teeth & bones. Also helps with muscle contraction	AI: 1,000mg
IRON	Shellfish, lentils, meat, broccoli, spinach, bagels	Helps transport oxygen in the blood	18 mg
MAGNESIUM	Nuts, fish, whole grains, seeds, leafy veggies, sesame seeds	Helps promote protein synthesis, and muscle contraction	19-30 years old: 310mg 31 and + years old: 320mg
SELENIUM	Fish, meat, Brazil nuts	Metabolism function, antioxidant (Can lower the risk for breast cancer)	55mcg

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