

Better Homes and Gardens®

Perfect
Sticky
Buns P.190

MARCH 2010 BHG.COM

easy perk-ups

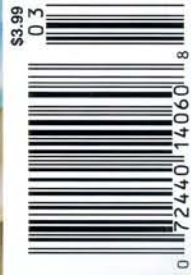
Feel-good ideas for your
kitchen and home

Hearty & Fast
Weeknight Meals

Eating Healthier?
9 Ways Your
Kitchen Can Help

Meatloaf
Makeover!
Slow-Cooker + 5 More

Appliance Savings P.76



a month of energy



1 PACK A PAIR

Take your comfortable shoes to work for a quick walk outside in the sun. Sunlight increases the production of serotonin, which lifts the mood.

PET TIME

Playing with your pet can reduce stress, a big energy zapper. Give your anxieties a breather and play fetch with Buddy.

4 Make the most of March's promise of spring and reinvigorate yourself. Make a date with a favorite funny girl—all those giggles and guffaws boost endorphins, and social connections elevate the spirit.



9 REST UP

For better sleep and more energy when you wake up, turn off the TV or computer an hour before bedtime. Kimono eye mask, \$22; flight001.com

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DIG IN

Sink your hands into garden soil to get your juices going. "Get sweaty, dirty, and earthy," says Alexandra Stoddard, author of *Choosing Happiness*.

16 MOMS ON THE MOVE

Tired moms can rewire their minds by taking a short 3-minute time-out. Find a quiet spot to close your eyes and meditate.

18 SNACK WELL

Pack a bag of nuts when you're on the go. Brazil nuts have magnesium, a mineral that helps convert sugar to energy. Avoid feeling sluggish by drinking at least eight glasses of sugar-free fluids a day. Dehydration is a major cause of fatigue.



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For a quick energy boost, breathe in peppermint or eucalyptus scents—they naturally awaken your senses.

Eucalyptus foaming bath, \$23, and cologne, \$20; thymes.com; Eucalyptus Mint diffuser, \$15; chesapeakebaycandle.com; Peppermint, Basil, and Rosemary candle, \$30; origins.com

KEEP THE MUSIC PLAYING Researchers have found that listening to your favorite music boosts energy and stimulates positive thinking.