

Stronger

Healthier

Happier

# SUNDAY MORNING WITH LARA FEBRUARY 25, 2024



## EAT

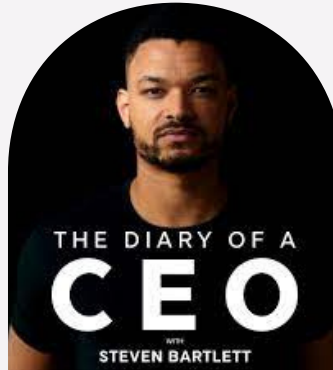
### TACO STUFFED PEPPERS

My family and I have a fondness for Tex-Mex inspired dishes and since we have a garden that yields a ton of peppers in the summer, I love this recipe. It's a simple and flavorful recipe that appeals to varying appetites.

The traditional recipe calls for beef, but you can substitute ground turkey. If you want a Vegan option, remove the meat.

If you are craving a more substantial meal, grab a large flour tortilla and make yourself a burrito.

This recipe creates a generous portion size so if you are into meal prep, you will have more than enough for lunches during the week. Enjoy!



## LISTEN

### The Diary of a CEO

Recently I listened to Steven Bartlett's podcast titled "The Fitness Scientist" featuring Kristen Holmes. She is the VP of Performance Science and Principal Scientist at Whoop. If you haven't heard of Whoop, it's a wrist monitor worn to track and measure data such as physical strain, sleep and recovery.

Kristen addresses topics such as sleep/wake cycles, exposure to light and darkness, eating cycles, environmental stress and alcohol. She breaks the information down as to the effect on your Circadian Rhythm (the physical, mental and behavioral changes that happen during a 24 hour period).

The takeaway, figure out what you care about relative to your health and wellness, then align your behaviors to create outlets in your life to make those changes happen.



## READ

### Life is Messy

A little over a year ago, I had been struggling with something pretty significant in my personal life. Working through it was difficult and processing how to handle it was overwhelming. Self-Help books are not really my thing but my Mother-in-Law gifted me "Life is Messy" by Matthew Kelly and I gave it a read.

The book is based on 3 challenging years in the author's life that at times left him broken and explores whether someone can be imperfectly put back together and be seen as a better version of himself.

A fast read with practical approaches to the complications life presents us when we may feel trapped. It may not give you all the answers but it will enlighten you. It will validate you. It will give you hope.

LARA GRADY, GROUP X INSTRUCTOR & PERSONAL TRAINER  
LGRADY@ADIRONDACKCLUB.COM