

SAVE AT THE SUPERMARKET...BEST BLACK PANTS...GET A GRIP ON WORRY...MORE >>>

live well

one tip a day

Forget those big, impossible-to-keep resolutions. A better way to ring in the new year (conveniently, 1-1-11) is with one small thing you can do each day this month (or really, any time this year). Follow the calendar of tips and ideas on the next pages to make this year easier, more fulfilling and a whole lot of fun.

january 1

Live your dream Have a creative idea but no cash? Go to kickstarter.com, describe your project and how much funding you need to get started, and site visitors can pledge money to help make it happen. Projects that have received funds include a writer's first novel and a film on country music.

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january

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□ **Have a family game night** Spend this Saturday night with your nearest and dearest playing *Call-It!* (\$14.95; at Nordstrom stores). Players each get a category (say, musical instruments, body parts or animals) and symbol cards (moon, stars, sun). The object is to flip the symbol cards, match with at least one other player's and be the first to shout out a word from their category. Indoor voices not necessary.



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□ **Boost your brainpower** Another reason to put on your walking shoes this weekend: New research from the University of Pittsburgh suggests that walking at least 6 miles each week may prevent brain shrinkage and, in turn, preserve memory. Brain scans of 299 participants showed that those who walked about 6 to 9 miles per week had more gray matter (less can indicate memory problems) and cut their risk of developing cognitive issues in half. "Though we're not sure why, exercise increases the growth and survival rate of neurons," says author Kirk Erickson, PhD.

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□ **Get kids to do their chores** With a marker, write chores ("Make your bed" or "Organize bookshelf") on Ping-Pong balls and mound them in a bowl, suggest Alicia Rockmore and Sarah Welch, authors of the new book *Pretty Neat: The Buttoned-Up Way to Get Organized and Let Go of Imperfection*. Set a timer for 15 minutes; let little ones choose a ball, complete the task and repeat until time runs out. Whoever finishes the most tasks wins a small prize, like a new toy.



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□ **Spice up dinner** Channel your inner Food Network star even if dinner needed to be on the table five minutes ago. Create a quick and delicious marinade, salad dressing, dry rub or salsa with cooking pro Jamie Oliver's new *Flavour Shaker* (\$29.95; amazon.com). Add the ingredients (anything from spices to nuts to oil to citrus rind) to the bowling pin-shaped container, pop in the ceramic ball and give the whole thing a good shake. The ball crushes and grinds the contents so you don't have to spend time chopping ingredients. Visit flavourshaker.co.uk/recipes for some marinade recipes.

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□ **Read a good book** You'll want to put a "Do Not Disturb" sign on the door when you sit down with this page-turner. *Call Me Irresistible*, the latest novel by bestselling writer Susan Elizabeth Phillips, is a charming only-in-Texas tale about one man who comes between his fiancée (the former president's daughter) and her maid of honor, who suspects that Mr. Perfect can't possibly be as great as he seems. (\$25.99; amazon.com)

