

EAT SMART BE FIT LIVE WELL

Cooking Light

MAY 2009

MENU & GAME PLAN
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CLASSICS REINVENTED

Healthy new twists on your favorite foods

**7 Superfast
suppers!**
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and ready in
30 minutes

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**8 new chicken
dishes you'll
want to try**

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**Heart-smart
cooking**
with avocados,
nuts, oils & more

**Tasty, tender
cupcakes**



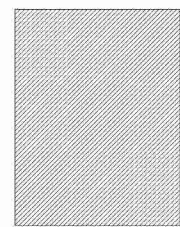
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HIKING CAN BURN 30 PERCENT MORE CALORIES THAN WALKING.

Take your walking routine off-road

Hiking is a natural next step for a workout that builds stamina.

IF YOU'RE A FAN OF WALKING, hiking is a great way to add variety to your activity. "The uneven terrain engages more muscles and burns extra calories (about 30 percent more) than walking on flat paved surfaces," says Tina Vindum, American Council on Exercise faculty member and author of *Tina Vindum's Outdoor Fitness*. Hiking targets the muscles of the lower body (going uphill tones the calves, hamstrings, and butt, while downhill hiking shapes the quadriceps).

Stride right

■ **Uphill:** Swing your arms as you walk, take short strides, and keep your eyes on the trail by looking about 10 feet ahead. The natural instinct is to lean forward, but the key is not to overdo it. "You can't breathe well that way. Lean into the hill just slightly," Vindum says.

■ **Downhill:** Let gravity guide you down the hill. Keep strides short and fluid with your nose over knees, knees over toes, and hands always in your peripheral vision.

Hiking helpers

■ **Backpack:** A good pack holds your gear, keeps hands free, and makes your load seem lighter. Look for one with a sturdy hip belt to transfer the weight from your shoulders to your hips. **Try:** Osprey's Stratos 24 Pack ▲ (\$129; www.rei.com or 800-426-4840). This lightweight pack is ideal for day hikes. An internal frame provides added support, and a ventilated back panel keeps air flowing between your back and the pack. Check out other Osprey packs at www.ospreypacks.com.



■ **Poles:** Use trekking poles to help propel you uphill, negotiate tricky terrain, maintain balance downhill, and lessen overall impact on legs—especially knees. Poles also engage your upper body, adding an arm-toning element to your hike. **Try:** Leki Trail Trekking Poles ▶ (\$80; www.leki.com or 716-683-1022). The poles have rubber handgrips, nylon wrist straps, and collapse for easy storage.



■ **Drink:** Bring water to stay hydrated. Generally, take 16 ounces for each hour on the trail. **Try:** CamelBak Better Bottle ▶ (\$14 for a 25-ounce bottle; www.rei.com or 800-426-4840). It's free of bisphenol A, a chemical used to make plastics, and has a clip to attach to your pack.



■ **Snack:** If hiking for an hour or more, bring along a sensible snack (nuts or dried fruit) to help keep you moving.

—Megan McMorris