

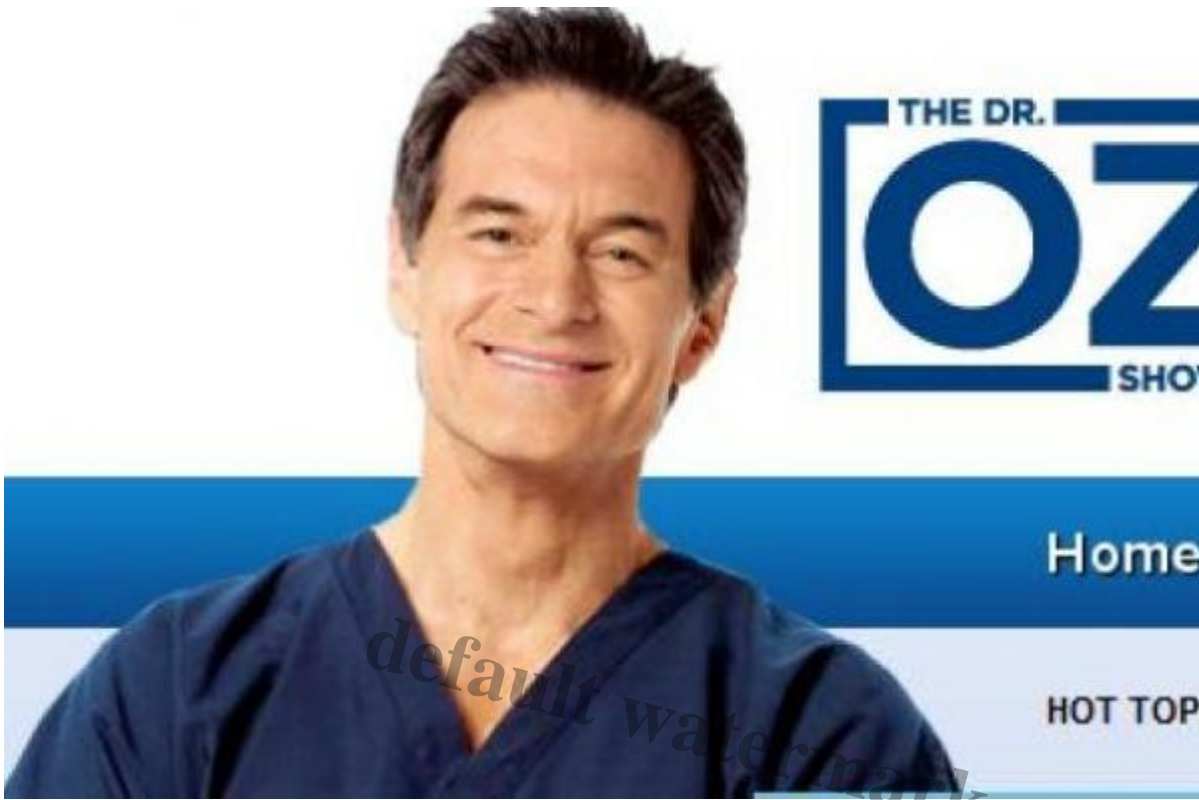


Country Concerts and Magazines

Description



These are a few things that made my **smile list** over the weekend. A good friend invited us to the Flatlands Country Music Festival. For three consecutive days several country artists performed in concert at the Sporting KC Stadium in Kansas City. Anyone that knows me well knows Iâ€™m not a huge country fan. It was our good friendâ€™s birthday and the tickets were in a suite. Anytime thereâ€™s free food and drink involved you can usually count me in. My husband and I had a great time with good friends. We saw Rodney Atkins, Darius Rucker (I knew him from Hootie & The Blowfish) and Luke Bryan perform. Iâ€™m pretty sure Luke Bryan makes most women **smile**.



I was also able to catch up on a few magazines this weekend. I love reading magazines, but when they start piling up I get a little overwhelmed. Dr. Oz shares some good news for bad habits in the September issue of *O Magazine*. I love Dr. Oz, but I had to quit watching his show. If I took every supplement he recommended I'd be swallowing 100 pills a day and go broke. However, I do like his following findings on bad habits that can be good.

- **Habit:** Skipping the gym when you're short on time. I can be guilty of this one.
- **Good news:** You can work out less if you move more.
- **Bad news:** In the study the people stood for a total of two hours and walked for four. This works if I'm on vacation in NYC
- **Habit:** Downing cup after cup of coffee. I love my morning cup of coffee.
- **Good news:** A wealth of research has shown that people who drink coffee daily were shown to have a 4% lower risk of developing heart disease, type 2 diabetes and cancer.
- **Habit:** Scarfing down carbs. Guilty as charged!
- **Good news:** Resistant starch which is created when foods like pasta and potatoes are cooled after cooking doesn't break down like other starches. It stays intact in the large intestine and produces fatty acid which may prove useful in the prevention of colorectal cancer.

I'm also excited about Dr. Brené Brown's new column in *O Magazine*. Her simple advice makes me smile. If autumn finds you harried and spent, Brené Brown has one word for you: NO. Have a great Monday!

Date Created
2013/09/16

Author
queenie

default watermark