

Everyday



MAGAZINE VOL. 4

WINTER DONE

Well

YOUR GUIDE TO
WRAPPING UP THE YEAR





Winter AWAITS

As the year comes to a close, it's a great time to **reflect on what you've accomplished and plan ahead.**

In this issue, you'll find ideas for eating well over the holidays, updating your exercise routine, relieving stress, reviewing your insurance coverage, and more. So have fun, get inspired, and learn some practical tips for the coming months!



“Winter is a season of recovery and preparation.”

- PAUL THEROUX, AUTHOR



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Eating Well OVER THE Holidays

There's nothing like great food shared with friends and family. Somehow, the festive season makes every meal seem like a celebration. Even so, it's always important to make nutritious choices, so **follow these suggestions for healthy feasting.**



TAKE 10 BEFORE TAKING SECONDS

Sometimes, it can take a while before your stomach's "I'm getting full" signal reaches your brain. After your first helping, **take a 10-minute break before going back for more.** You might realize you're not as hungry after all!



MANAGE YOUR PLATE

When you see a big spread of food, it can be tempting to pile on items one after another. **Check out all the options before making your plate,** and make sure you include something nutritious!



REMEMBER YOUR FRUITS AND VEGETABLES

Don't forget to include some fruits and vegetables in your diet along with all the seasonal treats. Root vegetables like carrots, beets, parsnips, and turnips are all in season, as are oranges and kiwis, so dig in!

DISHING ON FATS AND NUTRITION

Learn about fats and nutrition from a registered dietitian by watching a video at [EverydayCFNutrition.com](https://www.everydayCFNutrition.com).



Festive FOOD SAFETY

The holidays are a great opportunity to cook special meals for your loved ones, and you'll often end up with lots of leftovers. Whether you're busy in the kitchen or thinking about turning yesterday's dinner into today's lunch, **keep these tips in mind.**



CHECK THE TEMPERATURE

It's always important to **make sure food is cooked thoroughly.** A food thermometer is a great way to check if meat has reached a safe temperature that is hot enough to kill harmful germs.



LOOK AFTER YOUR LEFTOVERS

If you refrigerate cooked leftovers, it's best to eat them within a few days.

CHECK OUT OUR COMFORTING WINTER
RECIPES ON PAGES **14-18.**



“Winter is the time for comfort, for good food and warmth...it is the time for home.”

- EDITH SITWELL, POET



'TIS THE SEASON FOR Maintaining a Healthy Mindset

The holiday season is meant to be full of celebrations and good cheer, but it can also be challenging and stressful. Try these tips and the mindfulness exercise on the next page to help you enjoy the holidays even more.

Acknowledge your feelings

If you can't be with all your loved ones this year, it's normal to feel sadness and it's OK to express your emotions. Don't be afraid to reach out to friends and family and let them know how you're feeling.

Plan ahead

Set aside specific days for shopping, cooking, and decorating so you don't have to scramble at the last minute.

Press pause

Even when you're busy preparing for the holidays, it's important to make time for yourself. Take a break and spend 15 minutes alone without any distractions.

Maintain your routine

With everything going on, it can be easy to let your regular cystic fibrosis (CF) routine slip. Try to make sure you stick to your treatment routine and keep up healthy habits such as exercising and good nutrition.



5 SENSES

Mindfulness

EXERCISE

This simple exercise uses all your senses to help calm your mind and relieve stress. Start by sitting in a comfortable upright position, resting your hands in your lap. Breathe in and breathe out, and then follow the steps below.



1. Focus on your sight for a minute. Look around you. What can you see? What is close to you? What is far away? Look for something small you might usually miss.



2. Now focus on your hearing. Start to notice all the sounds around you. Are they loud? Are there any subtle sounds you haven't noticed before? Can you hear things outside?



3. Shift your mind to the smells around you. Do you smell anything new or anything familiar? Do you smell anything pleasant or unpleasant?



4. Now focus on touch. Notice the pressure of your hands resting in your lap. Notice how your clothes feel on your hands. What does the fabric feel like?



5. Lastly, taste. Take a sip or a bite of something. What flavor do you notice? What's the texture like in your mouth? Does it taste good or bad?



Visit [EverydayCFMindset.com](https://www.EverydayCFMindset.com) to watch a video with more insights on maintaining a healthy mindset.

STAYING ACTIVE DURING WINTER— INSIDE OR OUT



Even if winter brings cold weather where you live, you can still find ways to stay active and build some exercise into your routine.

Before starting any physical activity or exercise, talk to your doctor to see what might be right for you.

Why the outdoors are great

Whether you have access to a park, a nearby trail, or even just a few blocks in your neighborhood, exercising outside can help you get rid of cabin fever.

Make it social

Including someone else in your workout can give you extra motivation—and make it more fun! Try exercising with your family or a friend. You can also go virtual by joining an online class.

Tips for exercising in cold weather

If the temperature drops but you still decide to exercise outside, keep these tips in mind:

- Dress in layers
- Protect your head, hands, feet, and ears from the cold
- Wear reflective clothing
- Choose sturdy footwear to prevent falls
- Drink plenty of fluids
- Keep an eye on the forecast and avoid extreme weather

Staying active while staying in

If exercising outside doesn't appeal or isn't practical or safe for you, don't worry. There are plenty of ways to exercise in the comfort of your own home!

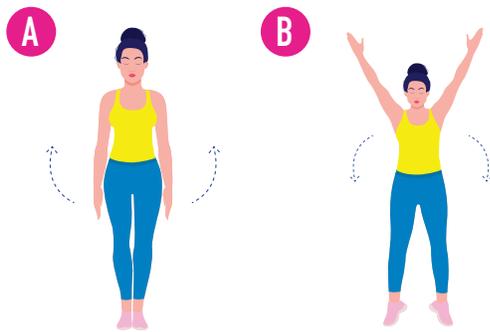


BINGE-WATCH BETTER

It's natural to spend a few hours curled up watching your favorite shows, especially during the winter. Get creative and make this time part of your exercise routine. Try the ideas below to get you moving!

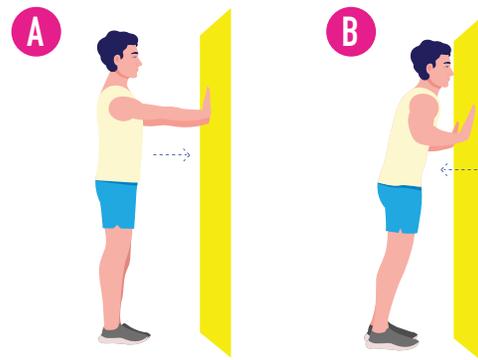
JUMPING JACK COMMERCIALS

Do **5 jumping jacks** every time there's a commercial break.



SNACK BREAK PUSH-UPS

If you leave the couch to get a snack, **complete 5 wall push-ups** before you sit back down.



THE CREDITS PLANK

See if you can **hold a plank** for as long as the credits are rolling!



PUMP IT UP!

If TV isn't your thing, **dance and bop around to your favorite tunes while you're doing housework**. Raise the volume and your heartbeat.



LEVEL UP

Make the most of micro-workouts

You don't have to start out with a marathon. Small amounts of regular exercise are better than none at all, and you can try to work your way up to something more ambitious as your fitness improves.

WINTER ESSENTIALS:

A Practical Checklist

**SOME IMPORTANT
STEPS TO CHECK
OFF THIS WINTER**

Health & hygiene

- Keep distancing in mind**
Staying socially distanced is still important to a lot of people. Ask your care team if you have any questions about what you should be doing.
- Wear a mask when necessary**
Regulations may change, but it's a good idea to make sure you always have a mask handy.
- Wash your hands**
Washing often—and for at least 20 seconds—can help protect you from germs you may have touched. If you can't wash your hands, use hand sanitizer.

Planning ahead

- Travel smart**
If you're visiting friends or family for the holidays, pack all your treatments. Also, order any refills ahead of time if you'll be away from home for an extended period.
- Set reminders**
Winter is a busy season, so make sure to carve out time for your treatment routine. Calendar and phone reminders are a great way to help you stay on track.
- Be prepared for uncertainties**
Review your medicines and refill any that are low. Weather-related issues could delay shipments from the pharmacy, so it's best not to wait until you're almost out.

GET READY FOR Insurance Changes

Winter is also a good time to review your health insurance options so you're prepared for the year ahead. Here are answers to some frequently asked questions to help get you started:



Q

WHAT'S OPEN ENROLLMENT?

This is the period, often toward the end of the year, when you can **enroll in a health insurance plan or make changes** to an existing plan. Review the coverage and benefits details carefully so you can **make the best choice for you or your family**.

WHAT'S A SPECIAL ENROLLMENT PERIOD?

Depending on certain life events or unusual circumstances, you may be able to **sign up for health insurance outside the open enrollment period**. This can vary by plan and by state. Visit [HealthCare.gov](https://www.healthcare.gov) or check with your employer to **see if you're eligible**.

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WHAT IF MY EMPLOYER INSURANCE DOESN'T COVER MY TREATMENTS?

If you need to **talk to your employer about coverage** for your CF treatments, we can help. Download this letter at [EverydayCFCoverage.com](https://www.everydaycfcoverage.com) to start the conversation.

WANT TO LEARN MORE?

Check out Insurance 101 at [EverydayCFInsurance.com](https://www.everydaycfinsurance.com).

THE *Awesome List*

Writing down a list of everything you have to be thankful for can be great for your mental health. Reflect on all the things that brought you joy this year, and jot them down below!

Favorite Song You Heard: _____

Favorite Meal You Ate: _____

Favorite TV Show You Watched: _____

Favorite Exercise You Did: _____

Favorite Outfit You Wore: _____

Act of Kindness That Meant the Most to You: _____

Person at School or Work You Appreciated the Most: _____

Most Important Thing You Learned: _____

Biggest Laugh You Had: _____

What Else Were You Grateful For? _____



Once you've completed the list, **print it out and place it somewhere you can't miss it**—maybe on the fridge or pinned to a note board.



EVERYDAY *Gratitude*

Practicing gratitude can have significant benefits for your well-being, so consider making it part of your daily routine. **There are lots of ways to get going.**



KEEP A JOURNAL

Write down several things you're grateful for every day.



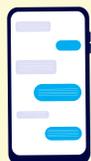
MAKE A GRATITUDE JAR

Invite friends or family to write something they're grateful for on a piece of paper and drop it into the jar. When you have time to relax—or just need a boost—read through the notes.



RISE AND SHINE

Think of one thing or person you're grateful for when you wake up in the morning and before you go to sleep at night.



SEND A MESSAGE

Write a letter of gratitude or call somebody who did or said something that changed your life for the better.



RETURN THE FAVOR

Make a meal, buy a small gift, or offer to help someone you're grateful for.



GIVE YOURSELF REMINDERS

Keep photos of things or people that make you thankful somewhere you can see them.



PAY IT FORWARD

Consider volunteering. There are plenty of ways to make a difference, either in person or virtually.



REMEMBER: ANY POSITIVE THOUGHTS OR ACTIONS COUNT, NO MATTER HOW SMALL!

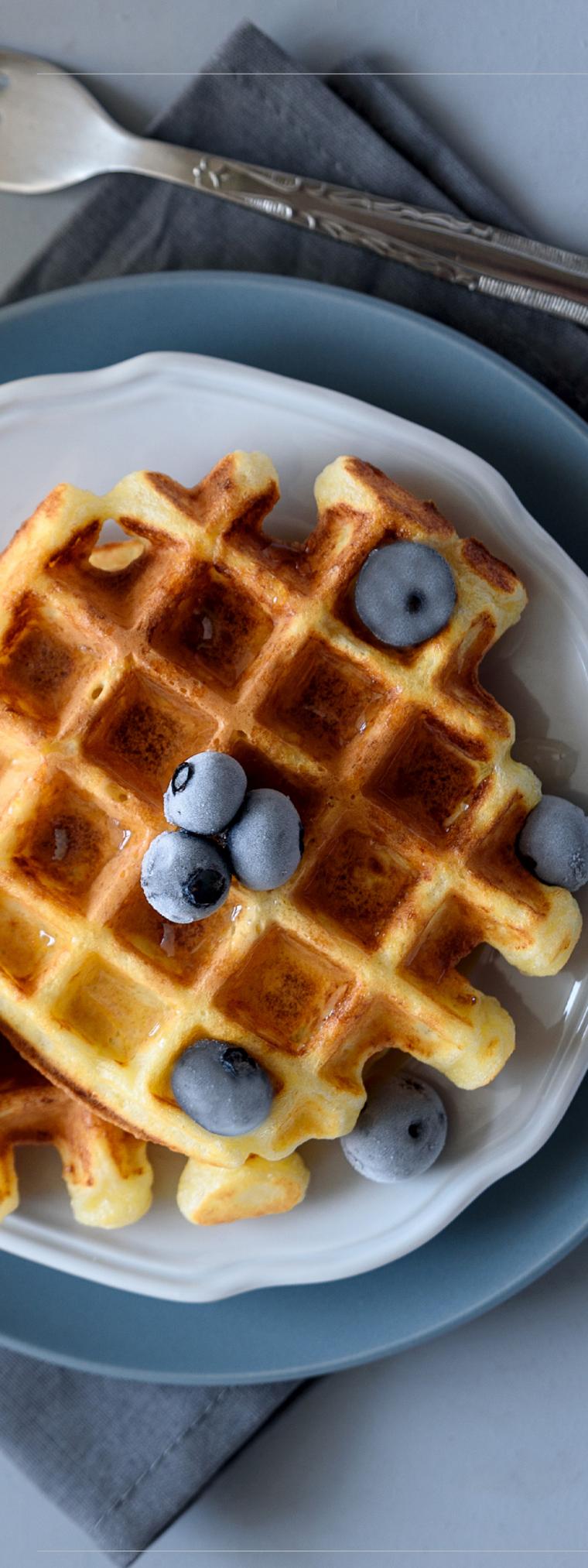
Comforting Recipes

FOR THE WINTER SEASON

Winter is the perfect time to cook something comforting. Feast your eyes on the following pages for some mouthwatering recipes.

Visit [EverydayCFKitchen.com](https://www.everydaycfkitchen.com) for even more cooking inspiration.





Oatmeal Waffles With Cottage Cheese

4 Total Servings	341 Calories Per Serving	12 g Fat Per Serving
26 g Protein Per Serving	31 g Carbohydrates Per Serving	5 g Sugars Per Serving

Ingredients:

- 4 large eggs
- 2 cups low-fat cottage cheese
- 2 tablespoons ground flaxseed
- ¼ cup water
- 2 cups rolled oats
- ½ teaspoon vanilla or almond extract

Directions:

1. Using a blender, mix all the ingredients together until they are smooth.
2. Heat a waffle iron and lightly coat with oil or nonstick spray.
3. Add a generous ½ cup of the batter mixture to the waffle iron.
4. Cook until golden brown and crisp (around 4–5 minutes).
5. Repeat these steps with the rest of the batter (there should be enough for 4 waffles).



These waffles taste great on their own, but they're even better with some mix-ins. Try stirring a cup of blueberries into the waffle batter for a juicy antioxidant and fiber boost, or make it extra creamy and potassium-rich by adding sliced banana.



Tofu Hash With Smashed Potatoes

4 Total Servings	227 Calories Per Serving	12 g Fat Per Serving
6 g Protein Per Serving	27 g Carbohydrates Per Serving	2 g Sugars Per Serving

Ingredients:

- 1 pound baby potatoes
- 3 tablespoons olive oil, divided
- 1 pinch ground black pepper to taste
- 1 cup chopped kale
- 1 cup chopped cabbage
- ½ onion, sliced
- ½ red bell pepper, diced
- 4 ounces firm tofu, crumbled
- 1 tablespoon soy sauce
- Salt and ground black pepper to taste

Directions:

1. In a large pot of salted water, bring potatoes to a boil. Reduce heat to medium-low and simmer for about 10 minutes until potatoes are tender. Drain in a colander.
2. Heat 1½ tablespoons of olive oil in a pan and add potatoes.
3. Using the back of a spatula, carefully smash each potato to about ½-inch thickness. Sear potatoes on each side for about 3 minutes until they're crispy. Season with pepper and transfer to a large bowl.
4. Meanwhile, heat remaining olive oil over medium-high heat in a pan. Add kale, cabbage, onion, and bell pepper, and sauté for about 3 minutes.
5. Crumble tofu over the top of the vegetables. Pour in soy sauce and continue cooking for 3-5 minutes until any liquid has evaporated.
6. Mix with the potatoes and season with salt and pepper.



Dark Chocolate & Almond Rocks

5 Total Servings*	242 Calories Per Serving	15 g Fat Per Serving
4 g Protein Per Serving	28 g Carbohydrates Per Serving	Under 1 g Sugars Per Serving

*Each serving is 4 pieces.

Ingredients:

- ½ cup almonds, crushed into chunks
- 7 ounces dark chocolate chips (50% cacao)

Directions:

1. In a large skillet, toast the almonds over medium heat for 3-5 minutes until they start to brown. Pour almonds into a bowl.
2. Melt chocolate in the top of a double boiler over simmering water. Stir frequently for about 5 minutes. Scrape down the sides to prevent scorching. Remove from the heat once chocolate is melted completely.
3. Pour in the almonds and stir until they are evenly coated.
4. Add spoonfuls of the chocolate and almond mixture to a plate lined with waxed paper.
5. Chill for about 10 minutes, or until the rocks set.



Easy Lasagna

6 Total Servings	399 Calories Per Serving	20 g Fat Per Serving*
27 g Protein Per Serving	28 g Carbohydrates Per Serving	9 g Sugars Per Serving

*Grams of fat in recipe may change depending on amount drained off.

Ingredients:

- 1 pound ground beef
- 1 large onion, chopped
- 1 clove garlic, minced (or ¼ teaspoon garlic powder)
- 2 cups red pasta sauce
- 4 tablespoons fresh parsley (or 4 teaspoons dried)
- 1 teaspoon oregano
- 1 teaspoon basil
- 2 cups ricotta cheese
- ⅔ cup shredded mozzarella cheese
- 6 uncooked lasagna noodles
- ⅓ cup grated Parmesan cheese

Directions:

1. In a 10-inch skillet or large saucepan (with cover), cook ground beef over medium-high heat until it is no longer pink.
2. Drain the fat. Add the chopped onion and cook until soft.
3. Add garlic, 1 cup of the pasta sauce, and herbs. Stir. Spread evenly in the skillet.
4. Reduce heat to low, spread ricotta cheese over mixture, and sprinkle with half of the mozzarella. Top with 4 noodles, breaking remaining 2 to fill in open spaces.
5. Pour remaining pasta sauce evenly over the top of noodles. Press noodles down to moisten.
6. Cover and simmer 15-20 minutes until noodles are tender. Top with remaining cheeses, cover, and simmer 2 more minutes or until cheeses are melted.
7. Let stand, covered, 5-10 minutes before serving.



WATCH A VIDEO TO SEE THIS RECIPE
COME TO LIFE AT EVERYDAYCFKITCHEN.COM



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