February is American Heart Month – a great time to make sure you’re doing whatever you can to keep your heart as healthy as can be. While losing weight is proven to help reduce one’s risk for heart disease, we also found three additional and easy ways to **Show Your Heart Some TLC**.

And, speaking of TLC, how about giving yourself some? In **Get the Spa Treatment**, we give you three luxurious and pampering DIY indulgences that you can enjoy right at home.

Winter weather taking its toll on your exercise intentions? Read **The Weather-or-Not-Workout**. You'll discover how to swap outdoor activities for indoor routines, and even how to use the weather to your advantage.

And if winter weather has you craving comfort foods, we have just the recipe for you. Our **Classic Lasagna** has all the gooey, cheesy deliciousness of the traditional recipe, but is lightened up with low-fat beef and part-skim cheese so you can enjoy an entire serving for only 9 SmartPoints™.

Happy reading. More coming soon.

~Tricia