

# Grilled Hawaiian Chicken



## Ingredients:

2 large chicken breasts

1/3 cup teriyaki sauce

2 pineapple rings (canned in natural juices)

2 slices deli provolone cheese

## Nutrition

calories 397

fat 14g

protein 56g

carbs 10g

fiber 1g

## Directions:

Place chicken breasts in a large resealable bag. Using a meat mallet, pound chicken evenly to 1/2 " thick. Add teriyaki sauce and marinate in the fridge for 4 hours.

Grill chicken directly over heat approximately 5 minutes on each side.

Grill pineapple rings over direct heat to char each side, approximately 1-2 minutes each side. Set aside.

Move chicken off direct heat and to outer edge of grill. Place one slice of provolone cheese on each breast: top with pineapple ring.

Close grill lid to melt cheese.

Serve.

# APRIL 2026



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## Shoe Drive:

During the month of April Healthy Size is a drop off point for a shoe drive sponsored by a local Catholic Daughters of America group. SHARE YOUR SHOES provides small businesses in places around the world in poverty-stricken areas to sell shoes at a reduced cost. SHARE YOUR shoes with those in need. Donate gently used or new shoes now.

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# 8 Ways to Stress Less



We all feel stress at one time or another. In fact **34%** of people say that their top source of stress is their job.\* Other sources of stress include money (**30%**) and health issues (**17%**). While some people freak out at the smallest thing, others stay cool regardless of the severity of the event. Here are some ways to keep your head when stress puts you in a panic.

\*Source: First Step

## 1 Exercise

Regular moderate exercise has been shown to reduce stress and make us more resistant to it.

## 2 Have fun

People who participate in sports or other leisure activities have lower blood pressure and cortisol levels.

## 3 Choose your reaction

In every situation, we have a choice: We can let the stress consume us or we can see it as a new challenge and focus on the positive. It's best for our health and sanity to choose the latter.

## 4 Relax wisely

Instead of spacing out in front of the television, go for a walk, do yoga or dance in your living room.

## 5 Sleep

Try to get 7 to 8 hours of sleep a night. If this isn't possible, take a 10 minute nap during the day; any longer can disturb your sleep cycle.

## 6 Breathe

In times of stress, we tend to take quick, shallow breaths. Try to focus on your breath and take longer, deeper breaths.

## 7 Worry... but only for 10 minutes

Set a timer and give yourself a limited time to worry. Think of all the possible outcomes of a situation. Once the timer goes off, let it go and visualize the positive.

## 8 Put things into perspective

Sometimes the things we stress over the most won't matter in five years. Think about the big picture to help you turn mountains back into molehills.

## The Link Between Stress and Obesity

When people are stressed they tend to overeat. They tend to crave comfort foods that are high in fat, carbs and sugar. Eating these kind of foods raises the body's serotonin level (the body's feel-good chemical).

This is an attempt to self medicate because it makes you feel good.

Chronic stress causes the body to release excess cortisol (hormone critical in managing fat storage and energy). Cortisol is known to increase your appetite and encourage cravings for fatty or sugary foods.

Recent studies also suggest that our bodies process food differently when we're under stress. A diet high in fat and sugar promotes the release of neuropeptide Y (a molecule released from nerve cells during stress and encourages fat storage).

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