

BUDGET WEDDINGS

Canadian Living

SMART SOLUTIONS FOR EVERYDAY LIVING

www.canadianliving.com

42

IN-SEASON RECIPES

- > Make-Ahead Salads
- > Pizza on the Grill
- > Sweet Strawberry Treats

GET ON THE BALL

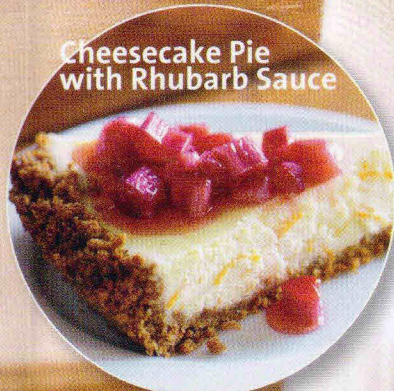
Easy At-Home Workout

SWIMSUITS that fit both you *and* your wallet

BBOQ Time!



Seared Scallops with Bacon and Peas



Cheesecake Pie with Rhubarb Sauce

Plus

Kick 12 Bad Health Habits Now!

Steak House Ribs for Father's Day Recipe, page 103

\$3.99

JUNE 2009



HELP YOUR KIDS AVOID THE DEBT TRAP

PM40064924 R08967

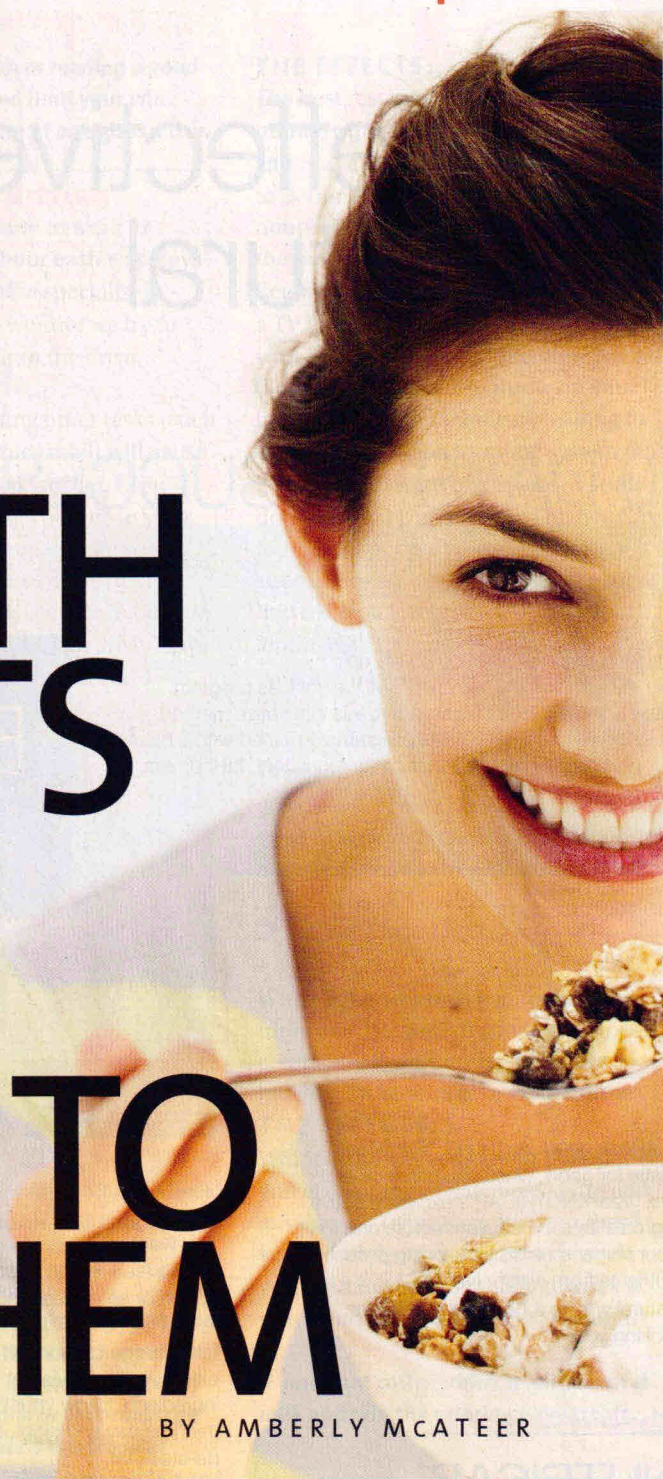
12

BAD HEALTH HABITS

&

HOW TO FIX THEM

BY AMBERLY MCATEER



We all know about the bad habits we have that can cause serious health problems – such as smoking, eating junk food and living a sedentary lifestyle. But what about the ones that seem insignificant, yet may cause health issues down the road? Here's how to kick them for good.

➤ **Skipping breakfast**

Time is tight in the morning, and grabbing just a coffee for breakfast seems like the only option.

THE EFFECTS:

If you skip breakfast your system will slow down to conserve energy and store calories; this will affect your metabolism and your ability to concentrate, says Gloria Tsang, ▶

