

# REALSIMPLE

LIFE MADE EASIER

THE #1  
WAY TO  
SAVE MORE  
MONEY

## Make It Meaningful

24 IDEAS TO GET  
ORGANIZED &  
ENJOY THE HOLIDAY



Fast and Delicious Thanksgiving Sides  
Create a More Inviting Home  
Who Wants Pie? Our Best Tips Ever

NOVEMBER

**Making It Work****What product or routine makes you most effective on the job and at home?**

By Jane Porter



**"I have a treadmill desk in my home office.** A few years ago, I had just gotten a Fitbit, and I thought, 'I'm an active person,' but by 3 h the afternoon, I had only done 300 steps. I started a gym membership but had trouble fitting sessions into my schedule. Finally, I went online and found a treadmill made specifically for a standing desk. Now I usually get 20,000 steps in a day. I've had it for three years and can't imagine life without it."



LISA SEACAT DELUCA, 35, IBM DISTINGUISHED ENGINEER IN BALTIMORE

**"My husband and I run our business together, and we also have an a-year-old, so our digital calendar is paramount.** Every Sunday afternoon, my husband and I sit down and schedule all the things we need to do socially or as a family on a digital calendar system. It has color coding to sort events related to work and an integrated calendar that helps us coordinate our son's events. Whether it's a school performance or an exercise appointment, we have it synced."



KATHLEEN SCHAFFER, 47, CHEF AND FOUNDER OF SCHAFFER, A LOS ANGELES-BASED EVENT AND HOSPITALITY BUSINESS

**"Running with my dogs.** I have written prescriptions for patients to get a dog. It has never failed to turn around what they might perceive as a lousy life. Some days, the last thing I want to do is go out the door and jog 2½ miles, but once I'm out there with my four dogs and I see what fun they are having, I just can't help feeling energized."



STEVEN GUNDRY, 67, HEART SURGEON AND DIRECTOR OF THE INTERNATIONAL HEART AND LUNG INSTITUTE IN PALM SPRINGS, CALIFORNIA

**"I use a wheeled briefcase instead of carrying shoulder bags.** Before, I was often switching between a shopping bag and a tote and was always worried about not having a particular document or tape measure. A wheeled briefcase enables me to have a centralized location for my essentials, and I don't get a shoulder ache anymore. We talk about work-life balance, but it's about wellness, too."



JOY MANGANO, 61, INVENTOR AND ENTREPRENEUR BASED IN ST. JAMES, NEW YORK, AND AUTHOR OF *INVENTING JOY*

**"I set my phone to beep every 25 minutes to remind me to get up and stretch and grab some water.** I used an app in the past, but now I just schedule it into my calendar. I'm an active guy but found myself thinking, 'I don't know why my back hurts today or why my hips are so tight.' It makes a big difference to build better hygiene around that stuff day-to-day."



PEDRAH SHOJAI, 42, WELLNESS CONSULTANT AND DOCTOR OF ORIENTAL MEDICINE IN IRVINE, CALIFORNIA

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