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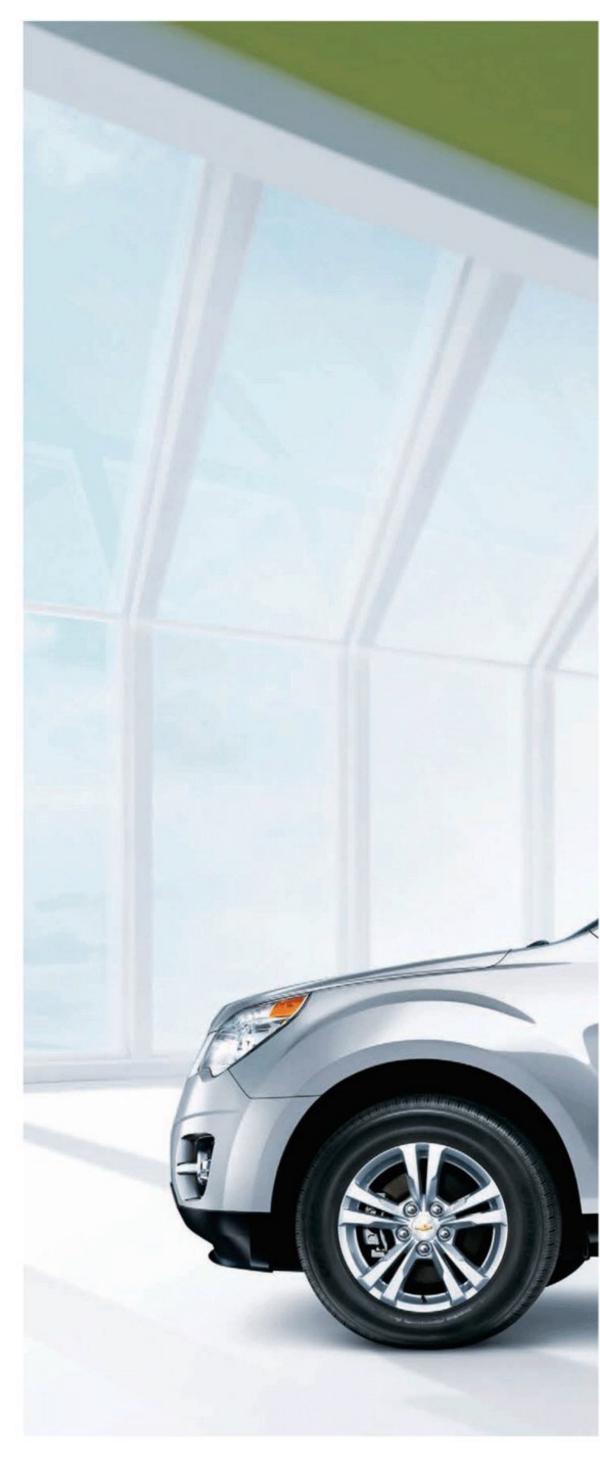
Drew Barrymore is wearing Lashblast Length in Very Black. \*on average vs. bare lashes.

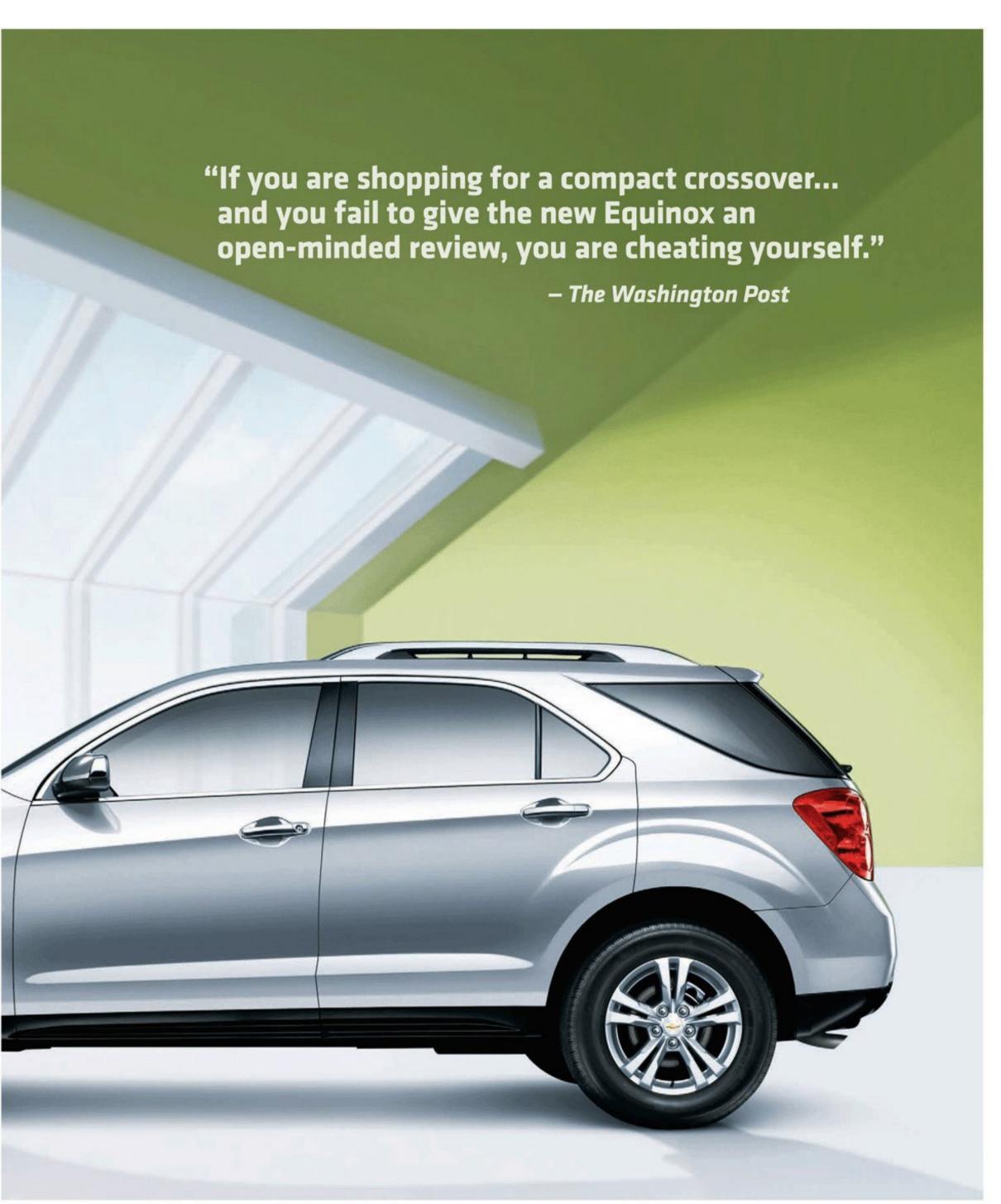




#### **MAY THE BEST CAR WIN**

1 EPA estimate. 2 Side-impact crash test rating is for a model tested with standard head-curtain side-impact air bags (SABs). Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). 3 Visit onstar.com for details and system limitations. 4 OnStar acts as a link to existing emergency service providers. 5 Whichever comes first. See dealer for details. 6 MSRP. Tax, title, license, dealer fees and optional equipment extra. OnStar and the OnStar Emblem are registered trademarks of OnStar LLC. Equinox is a registered trademark and Chevy is a trademark of General Motors. ©2009 General Motors. Buckle up, America!

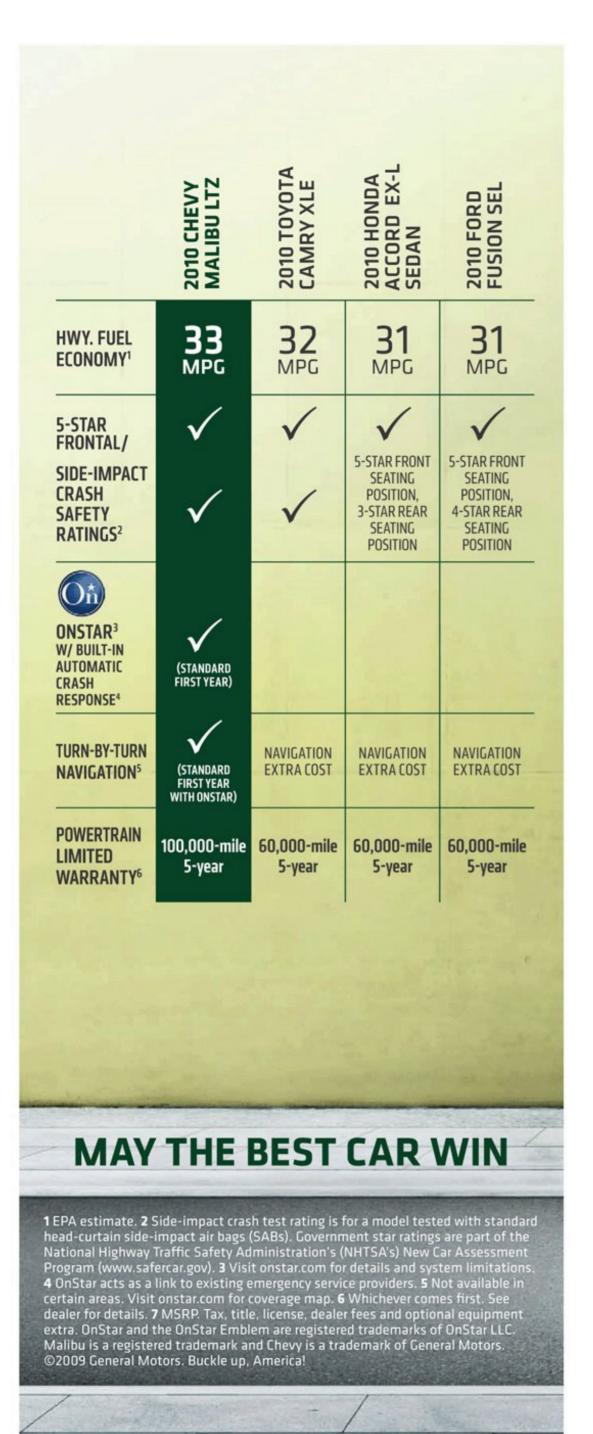


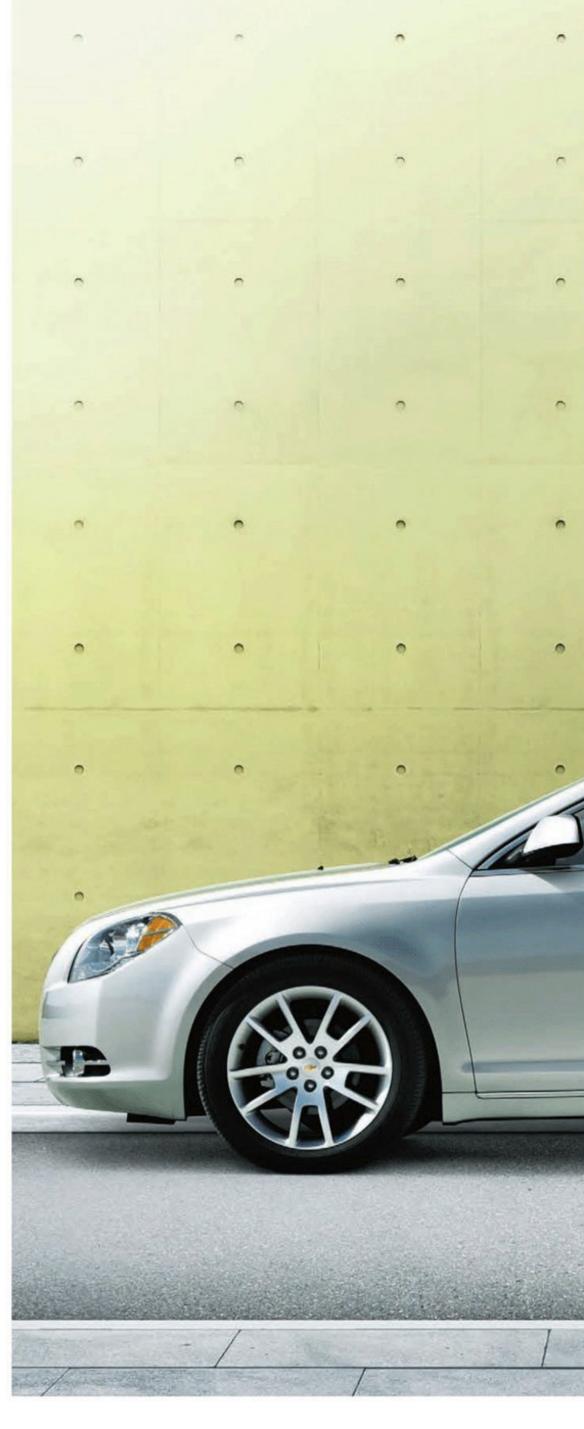


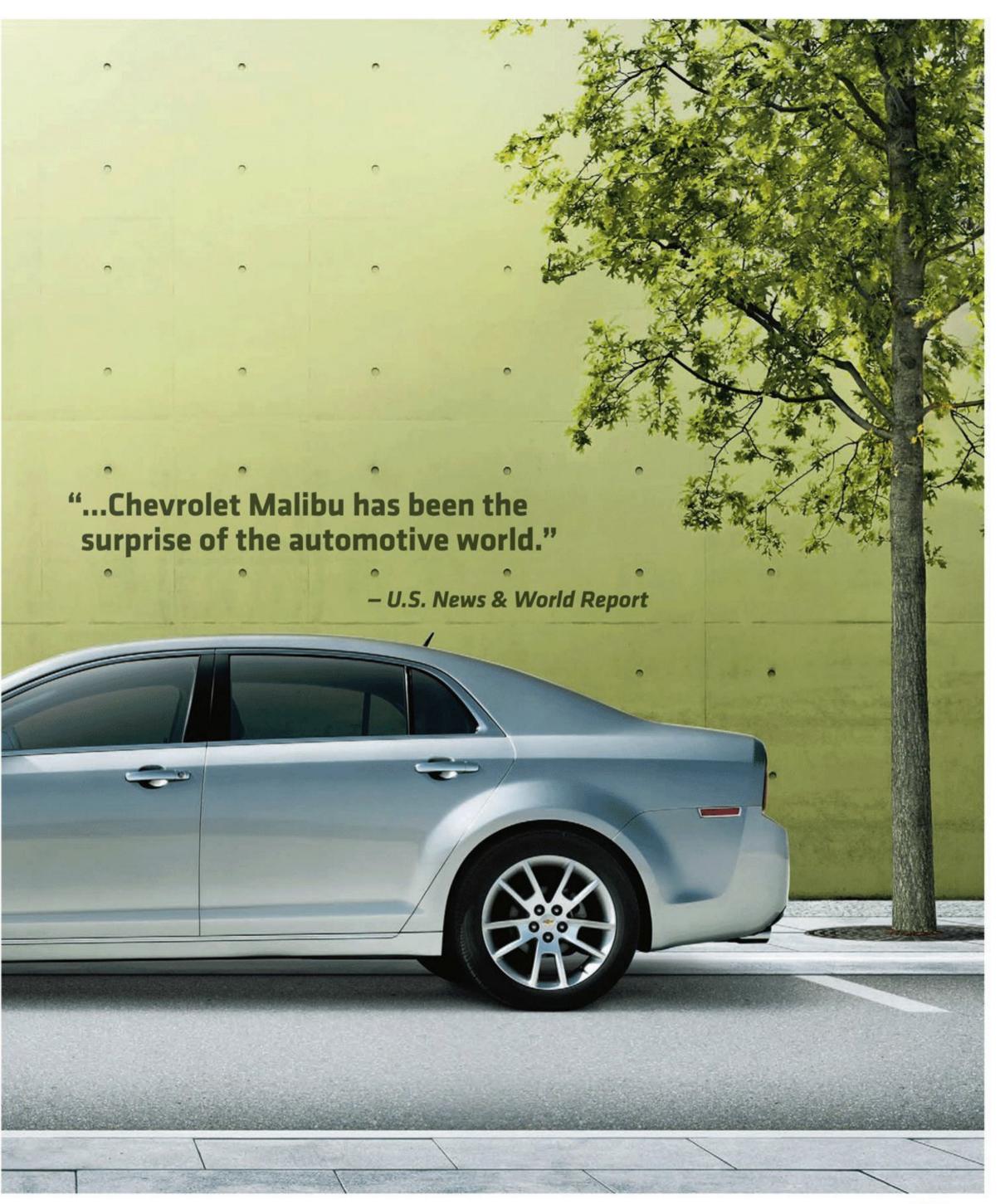
CHEVY.COM | STARTING AT \$23,1856 All New Chevy Equinox



2010 LTZ as shown, \$28,790<sup>6</sup>





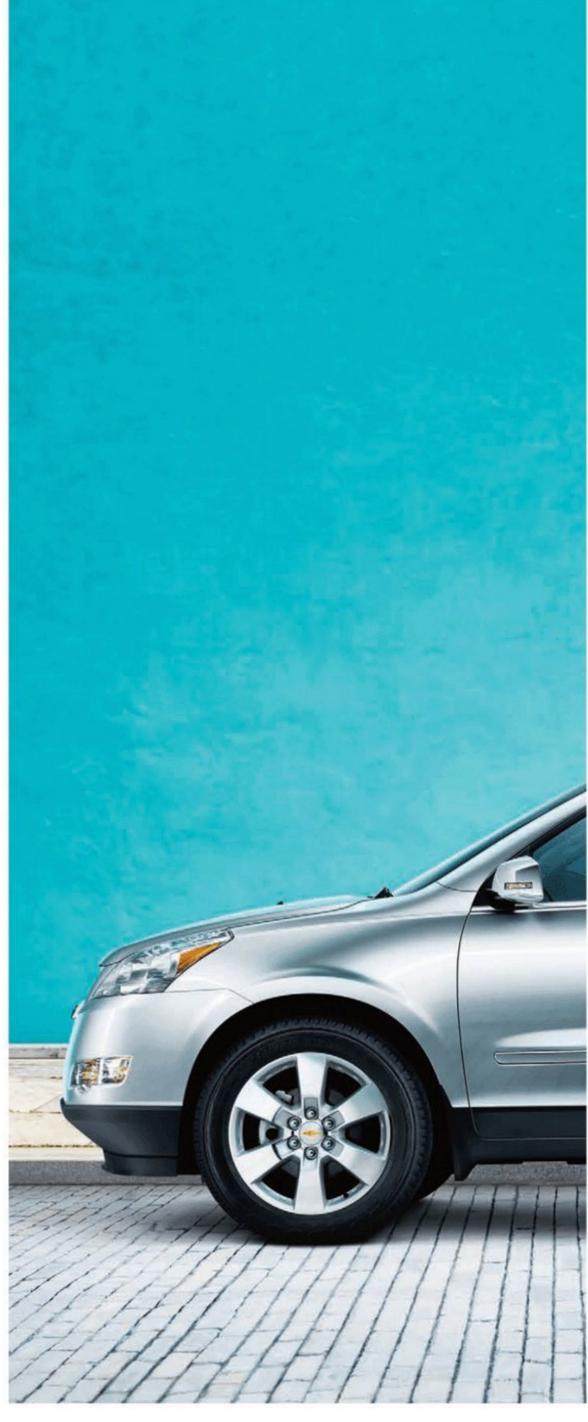


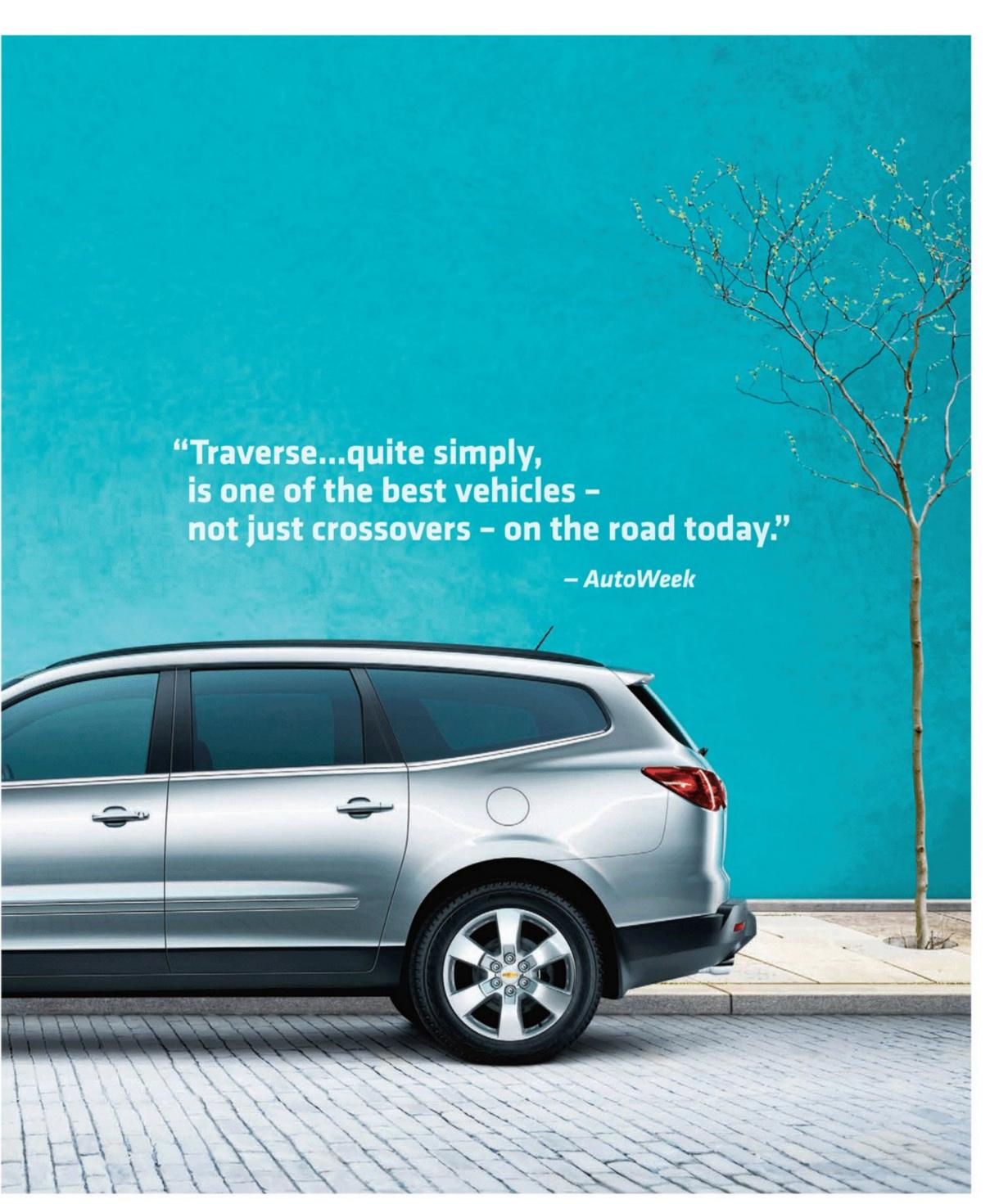
CHEVY.COM | LS STARTING AT \$22,5457 Chevy Malibu



2010 LTZ as shown, \$27,3257







CHEVY.COM | STARTING AT \$29,9997 Chevy Traverse



2010 LTZ as shown, \$38,7607

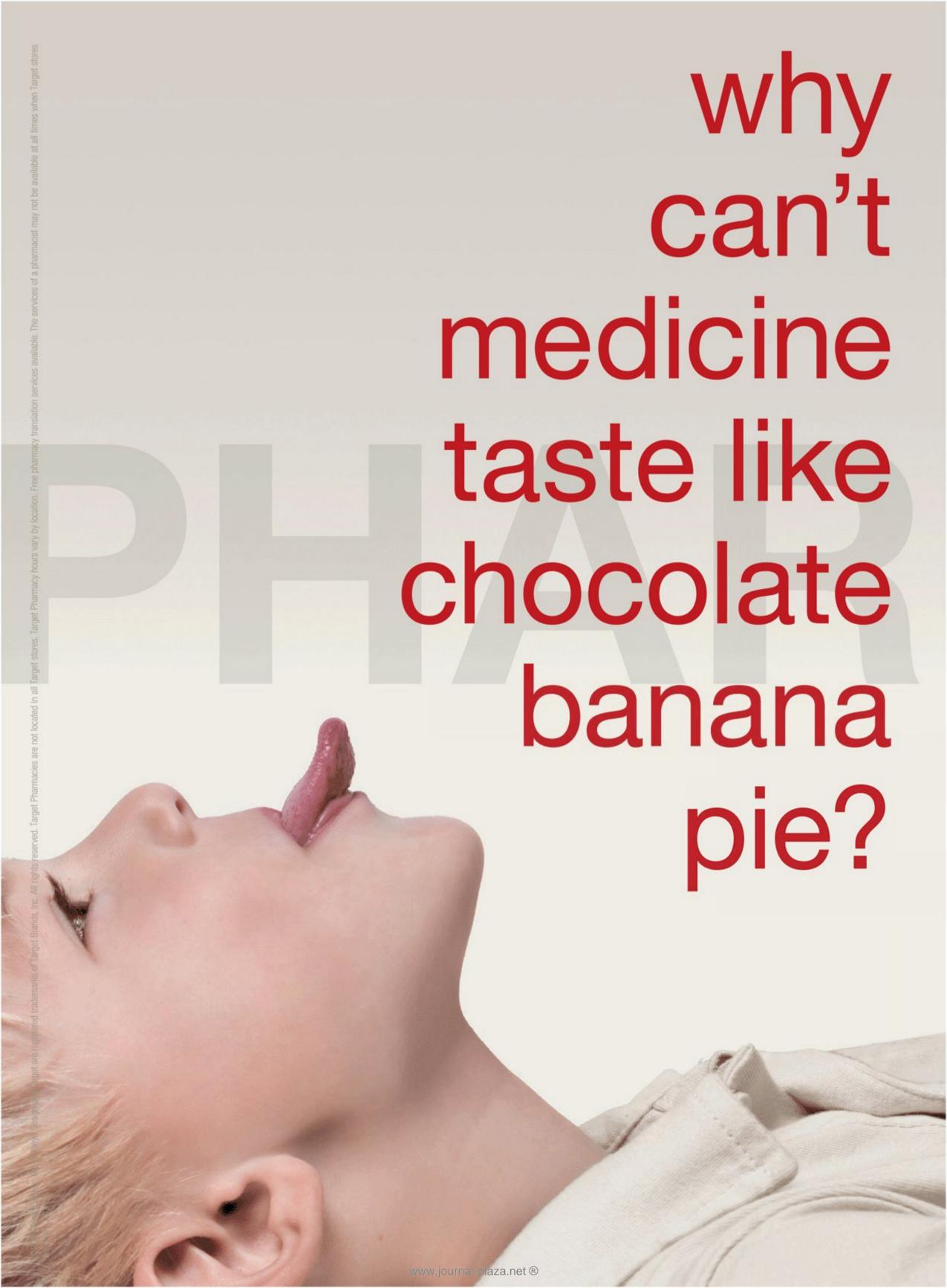


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#### Women's Health / Telo FEATURES + COVER STORIES 40 A Softer Shade of Pink THE FEARLESS SINGER TALKS ABOUT KICKING BUTT ON-STAGE, SURVIVING HEARTBREAK, AND HOW SHE GOT THAT AMAZING BODY 55 Flat Sexy Abs! USE STABILITY, MEDICINE, AND BOSU BALLS TO TONE YOUR TUMMY 66 Eat Out & Still Lose Weight LEARN TO AVOID MENU TRAPS THAT DOOM YOUR DIET 82 Make Good Sex Great! FOREPLAY MOVES YOU MUST TRY 100 Age-Proof Your Skin WAYS TO PREVENT THE NOT-SO-PRETTY SKIN AND HAIR CONDITIONS THAT POP UP IN YOUR THIRTIES 112 When Did Unsafe Sex Stop Being Scary? Your Fittest Year Starts Here WE INVESTIGATE WHY SO MANY SMART YOUNG WOMEN ARE THE WH BURNOUT-PROOF TAKING BIG RISKS IN BED FITNESS PLAN COMBINES **HEART-PUMPING CARDIO** 118 Soup's On! WITH TARGETED CIRCUIT TRAINING FIVE EASY-TO-MAKE BROTH-BASED MEALS THAT WILL FILL YOU UP AND SLIM YOU DOWN 122 Thigh Anxiety WILL YOU INHERIT YOUR MOTHER'S BODY? 126 "I Will Wear Things That Hug the Body I've Worked Hard For" AND SIX OTHER FASHION RESOLUTIONS TO MAKE January/February 2010 / WOMEN'S HEALTH 9 www.journal-plaza.net ®



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# SING-A-LONG WITH MAX MODE

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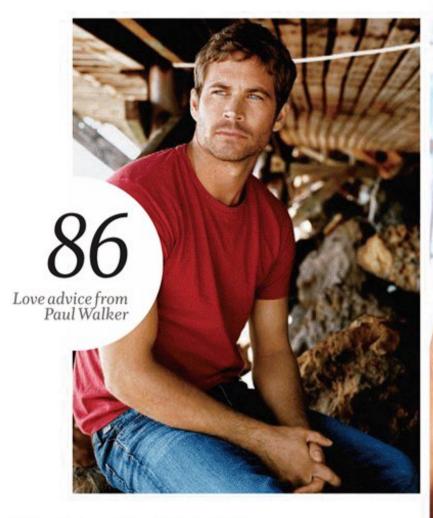
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more passionate.

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ON OUR COVER

Pink photographed by Lorenzo Agius. Styling by Cynthia Lawrence John/Naked; Hair and makeup: Yvette Beebe; Manicurists: Miranda Auty/Carol Hayes and Nathalie Bouziotas/Carol Hayes. Nicole Farhi shirt, Bordelle skirt, Pink's own bra and earrings. Makeup by Maybelline New York: Maybelline Line Stiletto Ultimate Precision Liquid Eyeliner in Blackest Black, Maybelline Expert Wear Eyeshadow in Earthy Taupe, Maybelline Great Lash BIG Mascara in Blackest Black, Maybelline Mineral Power Naturally Luminous Blush in Original Rose, Maybelline Shine Sensational Lipgloss Crushed Candy.



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# New Year, Hot New You!

Thanks to my awesome job, I have an abundance of nutrition and fitness info at my fingertips—and I've been putting it to good use this winter. In fact, after I write this letter, I'm heading to a social event that's sure to be blanketed with calorie-laden cocktails and other irresistible goodies. Thankfully, I have the wise words of registered dietitian and WH contributor Keri Glassman resounding in my head. Keri has taught me the power of what she calls "conscious indulgences."

Rather than mindlessly shoveling high-fat bites into my mouth every time an appetizer tray floats by, I'll take a second to think about which foods would thrill my taste buds most, then savor them without guilt. This tiny behavioral shift has had a big impact on my ability to curb cravings because it lets me practice restraint without feeling deprived. For more sane weight-loss advice, check out our excerpt of Keri's new book, The O2 Diet, on page 64.

But even if you manage to ring in 2010 without having put on a pound, I'll bet you've made a vow to get into the best shape of your life in the coming 12 months. The start of a new year prompts us all to reset our goals—we evaluate where we are and where we can do better. That's why we came up with this month's ultimate fitness plan on page 106. Designed to be fast and effective, it will enable you to snag your dream body without siphoning off your free time.

And if, like me, you get more amped to get into shape when you have a visual goal to work toward, you're in luck: This month's cover star, Pink, is a prime motivational role

model. The megatalented singer has spent the past year dedicated to an intense fitness regimen. She was building stamina for her Funhouse tour—an ambitious production that includes trapeze work, belting out big notes, and super-skimpy stage outfits. But Pink also discovered that working out has a positive ripple effect on the rest of your life. For her, that meant boosting her mood and restoring her confidence during a separation from her husband, Carey Hart. (They've since reunited—yay!)

Ready to kick off your "new year, new you" goals? Dig in to this issue-we've packed it with all the advice you'll need.

Michele Michele Promaulayko Editor-in-Chief

IN HER WORDS ADVICE AND OPINIONS FROM WOMEN INSIDE THIS ISSUE

"There's a lot of competition between mothers and daughters in general, but it often manifests itself in terms of weight and size, because so much cultural importance is placed on appearance."

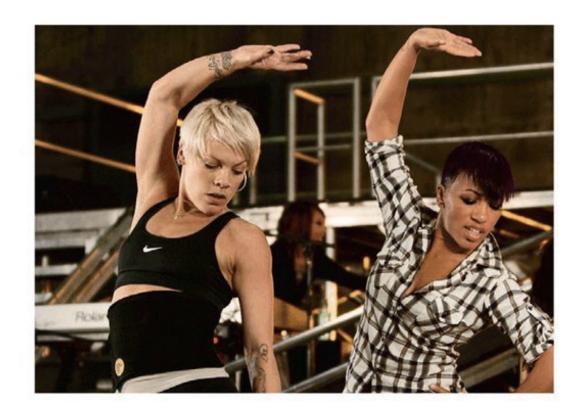
 Clinical psychologist Sherrie Delinsky, Ph.D., "Thigh Anxiety: Are You Destined to Inherit Your Mother's Body?" page 122

"The urge for attention turns ordinary folks into shock jocks. The more revolting your [Facebook] updates, the more people will notice you."

 Sociologist Julie Albright, Ph.D., "Curb Your Urge to Overshare," page 96

"Today, women are more financially successful than ever, and this shift has changed what many men desire in a partner. [Now] guys are often attracted primarily to a woman's independence, direction in life, and job success."

> —Anthropologist Helen Fisher, Ph.D., "Cougars in Training," page 84



Which topics are most important to you?

> Join the Women's Health reader panel at WomensHealthMag.com/panel

Pink, hard at

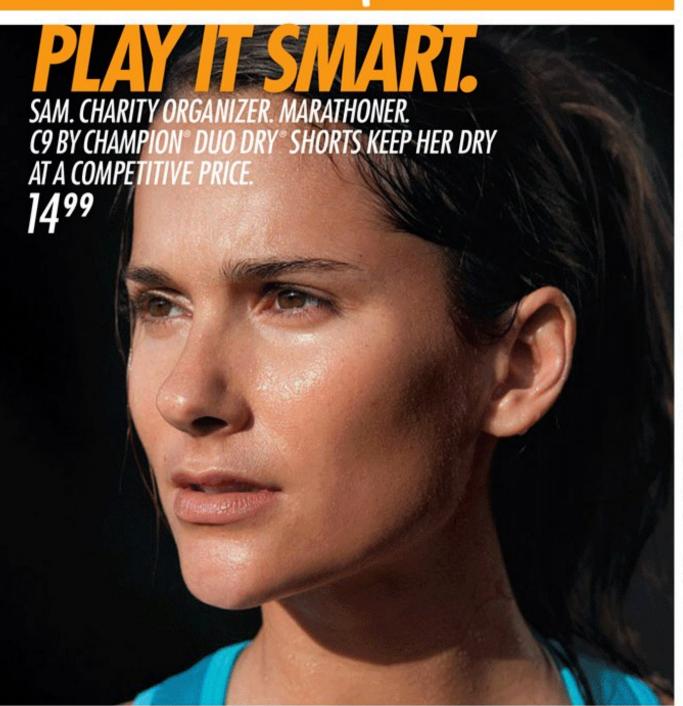
work rehearsing

with one of the

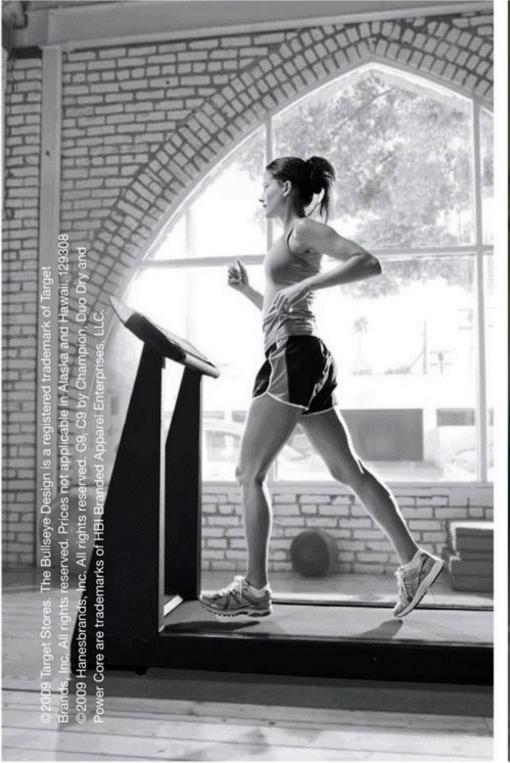
dancers on her

Funhouse tour











# Womenstealth.

#### MICHELE PROMAULAYKO

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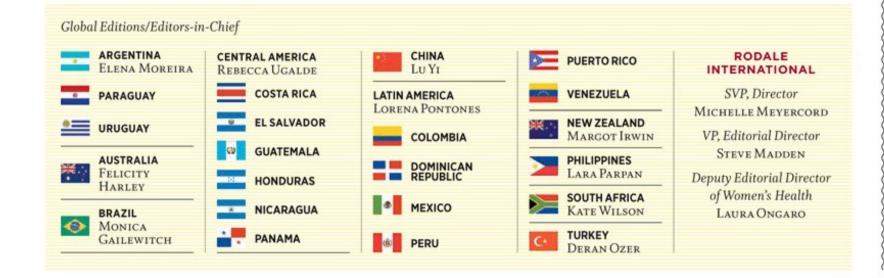
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The Skin Saver

"The sun's rays aren't as direct in wintertime, but that doesn't mean they can't still cause damage," says dermatologist Francesca J. Fusco, M.D. "In fact, they can be even more

damaging if you're into snow sports: Sunlight bounces off the snow and onto your skin, increasing your exposure to the harmful rays. And because UV rays are intensified at high altitudes, you need to be especially vigilant about protecting your skin when you hit the slopes to ski or snowboard. Use an SPF of at least 30 during the winter months, and opt for a thick, moisturizing broad-spectrum sunblock—avoid gels, sprays, and light lotions—to help lock in moisture and ward

off dry skin." Turn to "Waste Not, Want Not!" on page 50 to find out exactly how much sunscreen to slather on.



FRANCESCA J. FUSCO, M.D. Assistant clinical professor of dermatology, Mount Sinai School of Medicine in New York City

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#### SEXUALITY LAURA BERMAN, PH.D.

Clinical assistant professor, obstetrics and gynecology and psychiatry, Feinberg School of Medicine, Northwestern University; director, the Berman Center, a sexual-function center for women and couples

#### Q: "I've been hearing a lot about coconut water lately. Should I be drinking it?"

"If you want a healthier sports drink, yes. Coconut water has lots of electrolytes—especially potassium-which are lost when you exercise and are essential for nerve and muscle function. And unlike most sports drinks, coconut water usually doesn't have added sugar or artificial sweeteners."



KERI GLASSMAN, M.S., R.D., C.D.N., Author of The O2 Diet; president, Keri Glassman, A Nutritious Life, a nutrition counseling practice

#### **Healthy Attitudes**

After reading the profiles of the astounding women who have undergone major life changes in "You Lose, You Win" month after month, I have become inspired. It's so refreshing to see stories featuring real women who encourage losing weight in a smart way. Tabloids are flooded with images of "overweight" celebrities who are, in fact, only a size 4 or 6, sending the wrong message about what is attractive—and not necessarily what is healthy. Thank you for showing women a better path to take.

> Kerry Pavlovic, Hamilton, ON, Canada

#### Rather In-gene-ious

I think matching people through DNA testing ("Your DNA Looks Hot Tonight!" October) is a great way to find a compatible partner, not to mention produce healthier children. Sure, it may be expensive, but it's a lot cheaper than a divorce!

Ginger Roddick, West Allis, WI

#### Survival Instincts

Thank you for featuring Christina Applegate on your October cover ("Pretty Courageous"). I'm a threetime breast-cancer survivor who feels that Christina's story needs to be heard. Breast cancer is no longer an "older woman's disease. I was first diagnosed when I was 28 years old, then again three years ago at 43, and I'm presently undergoing treatment once again. If I had known when I was first diagnosed what I know now, I would have done exactly what Christina did and had a double mastectomy. Thank you for educating women on this very serious disease.

Sherri C., Calgary, AB, Canada

Drop us a line at editors@womenshealth mag.com or *Women's Health* Letters, 733 Third Ave., New York, NY 10017. Please be sure to include your full name, address, and telephone number.



"What Michelle Wants," October 2009

#### WEHEAR THAT!

#### → THE FIRST LADY OF FITNESS

In the short time she's been in the White House, Michelle Obama has become a major role model, thanks to her confidence, grace, style, and, yes, those buff biceps. In our exclusive interview ("What Michelle Wants," October), Mrs. Obama shared how she keeps herself—and her family—fit and healthy, and explained her role as advocate for her husband's health-care program. Her words struck a chord:

"Thank you for the touching interview with Michelle Obama. I was especially moved when she talked about her father's multiple sclerosis and how it affected her life. This really humanized her for me and made me think of the health-care debate as more personal, less political. She's smart, funny, and warm—a true role model and inspiration for women everywhere."

—Carolyn Kylstra, Bethlehem, PA

"Michelle has done more in the past 10 months to make people aware of their health than any First Lady in recent history. She helps children by advocating for healthier school lunches, and reminds the rest of us about the importance of making balanced food choices. She's a tireless advocate for a healthy lifestyle, which is exactly what Women's Health is all about."

—Teri Farr Behnke, Decatur, IL

"I didn't mind hearing about Michelle Obama's arms...[but] all the magazines I subscribe to are heavily far left, and that's kinda lame. I don't pick up WH to read about politics and what the occupants of the White House are doing."

—Trisha Jeanette Pulsipher, Chaska, MN

"Michelle Obama is beautiful from the inside out. She works out and seems comfortable in her skin, which in my opinion is the true ideal of beauty."

—Shannon Fry, Middleburg, PA

#### What's **New**This **Month**



#### New Year, New You

If you're ready to

reveal a healthier, stronger, leaner you, we have five new (free!) fat-blasting programs that will help—just choose the one that fits best with your lifestyle. Sign up now to start your workouts and follow our meal plan. You'll get strategyfillednewsletters to help keep you on track, and every day you participate you'll increase your chances of winning our grand prize: the revolutionary Mobiahome fitness machine from Nautilus, worth \$2,000! It combines the benefits of a stair stepper, treadmill, and elliptical. This is your year to get the body you want! Visit womenshealthmag .com/getfit and pick a program today.



#### JANUARY'S **GIVEAWAY:**

#### **WIN GET-FIT GEAR!**

Go to womenshealthmag .com/wintoday during January and February to enter the daily giveaways. Hurry! Each drawing lasts only 24 hours. Check back the next day at noon\* to see if you've won. Unless we note otherwise, we'll award one prize per day.



#### **GRAND PRIZE**

One person will win a set of **Head** tennis rackets, bags, strings, and balls worth more than \$690.



#### Prizes include...

Athena's Home Novelties sex, massage, and bath toys, Wet lubricant set, Pure Romance bedroom and bath sets, Kissable Couture lip glosses, MyPleasure Fairy mini wand vibe, The Kama Sutra Company gift sets, and Booty Parlor sex toys and makeup

#### FEBRUARY'S **GIVEAWAY:**

#### **WIN SEXY BEDROOM TOYS!**

#### **GRAND PRIZE**

One person will win a sexy gift basket with vibes, lube, massage oil, and more from **Babeland** worth more than \$450.

To learn more about the grand prizes and to qualify, visit womenshealthmag .com/wintoday and enter to win any daily prize during that prize's respective month.

Sign up for our newsletter at womenshealthmag.com/wintoday to receive Win Today e-mail reminders, or follow WinTodaySweeps on Twitter for daily prize tweets.



1 / So Low gear

2 / Helly Hansen

shoes 3 / Dragon

4 / Moving

Alliance sunglasses

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5 / Hit the Deck

workout system

Fitness gear

6 / Fitbit health

tracker 7 / GoFit

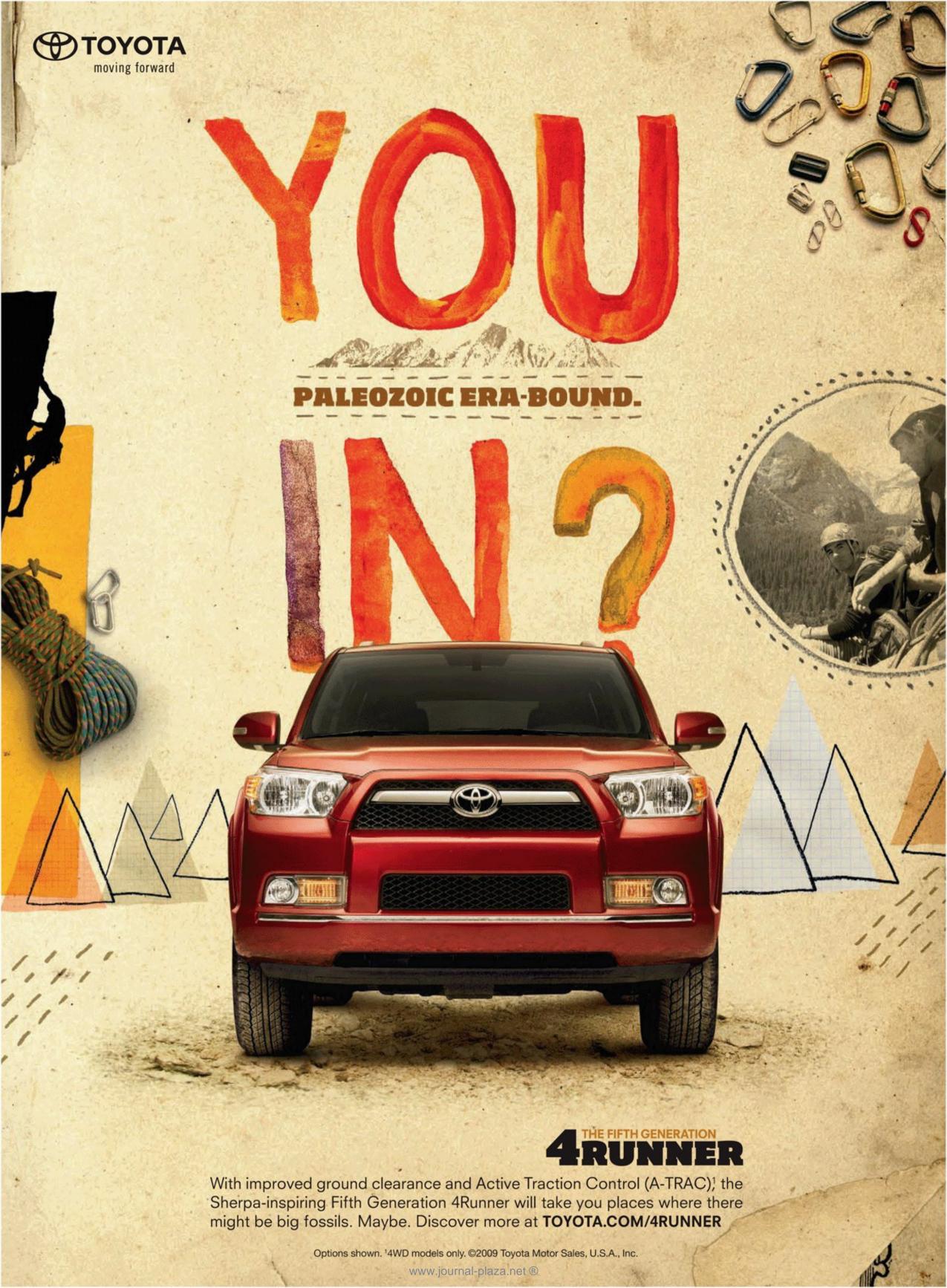
gear 8 / Harbinger

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\*ALL TIMES EASTERN, NO PURCHASE NECESSARY TO ENTER OR WIN, PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING, DAILY SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON THE DAY OF THE GIVEN SWEEPSTAKES AND END AT 2:59 A.M. THE NEXT DAY, THE GRAND PRIZE SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON THE FIRST DAY OF THE MONTH AND END AT 2:59 A.M. ON THE FIRST DAY OF THE FOLLOWING MONTH, VOID WHERE PROHIBITED, OPEN TO LEGAL RESIDENTS OF THE U.S. WHO ARE 18 AND OLDER AND THE AGE OF MAJORITY IN THEIR STATE OF RESIDENCE, FOR OFFICIAL RULES, GO TO WOMENSHEALTHMAG.COM/WINTODAY. RODALE INC., 33 MINOR ST., EMMAUS, PA 18098-0099 IS THE OPERATOR OF THE SWEEPSTAKES,



WEHAVETHEANSWERS!

# I seem to be getting more shin splints lately. Why, and is there any way to avoid them?

—Jessica T., Millville, NJ



Got a question? Visit womenshealthmag.com /askwh to post your query online or e-mail us directly at WHOnline@womenshealthmag.com.

The tight, pinching pain in the front of your lower leg that starts a few minutes into a run is most often a symptom of overuse—a result of increasing mileage or intensity too quickly, says Jordan Metzl, M.D., a sports medicine physician at the Hospital for Special Surgery in New York City. Don't try to run through it. Rest for a day, ice the area, and pop ibuprofen as needed to dull the pain. To prevent shin splints from coming back, gradually build up your speed and distance. You might also want to have a pro at a running-shoe store evaluate your stride and recommend sneakers with proper arch support or orthotic inserts, depending on your needs. These can help take pressure off your shins and get you back on track, pain-free.

#### Is food with freezer burn safe to eat?

-Kacee N., Alexandria, MN

Safe? Yes. Tasty? Not likely. Those gray ish spots we call freezer burn are the result of moisture evaporating, usually because the food wasn't in airtight wrapping. "They're not caused by bacteria, so they won't make you ill," explains Molly Kimball, asports dietitian with Ochsner's Elmwood Fitness Center in New Orleans. "But food that's freezer burned will taste dry." Save your meals (and your money) by sealing food in plastic wrap first, then in foil, and putting it in a plastic bag before freezing.

#### I'm on the Pill, and when I had the flu. I threw up after taking it. Am I still protected?

-Emme C., Mesquite, TX

Sacrificing a pill to the white porcelain god is the same as skipping one if it happens within 30 minutes of swallowing it. It takes at least that long to absorb the pill into your bloodstream, says Kent Holtorf, M.D., medical director of Holtorf Medical Group in Torrance, California. But the fix is simple: "Go ahead and take the next one in your pack," he says. You can take the rest of your pills as you normally would that month. You'll probably get your period a day earlier than usual, but that's no biggie. If you're on a progestin-only pill, which is time sensitive. consult your doctor.

#### I'm prone to cold sores. Any way to make them disappear faster, or at least cover them up so I don't look disgusting?

-Jacklyn R., Springfield, OH

Cold sores, also called fever blisters, are a common nuisance: Halfto three-quarters of adults carry the herpes simplex

virus that causes the outbreak. Normally

dormant, the virus is most commonly triggered by stress or sun exposure, and the best time to treat it is before it shows up, says Anne Chapas, M.D., a dermatologist at the Laser & Skin Surgery Center of New York. As soon as you feel that tell tale tinglingsensation that announces a cold sore is on its way, use an over-the-counter medication such as Abreva to speed healing by a day or two. To hide a sore once it arrives, apply a thick, waxy concealer over the ointment(tryLorac cover-up, \$18, sephora .com) and set it with a little loose face powder. If you suffer outbreaks two or more times a year, you may want to askyourdoctorfora prescription antiviral pill or ointment.

I've been dating a guy for over a month and I still haven't met his friends. What's going on?

-Maria D., Belleville, NJ



He's scared his dudes willbe a deal breaker.

rust me—it's not you, it's them. At the onemonth mark, most guys are still worrying about the impression they're making, let alone how their pint-swigging buddies will come across. It could be that his friends are slobs or his platonicbut-flirty ex-girlfriend is still in social orbit, and he's trying not to scare you off. Start worrying when it's painfully obvious he's boxing you out of his circle: There's an extraticket to a concert and he takes his UPS deliveryman, or his Facebook wall is full of "great to see you" posts from a night when he told you he was too tired to hangout.

#### What outfit do guys find hottest?

-Allie L., Derby, KS

I'm partial to a well-worn Chicago Cubs T-shirt and a come-hither look. But you can't go wrong if you follow these three rules.

One: Less isn't necessarily more. A snug fit can conjure up more daydreams than an eyeful of thigh. Two: Ditch the six-inch heels and contortionist bras. If you're not comfortable in your clothes, we won't be comfortable watching you in them. And finally, when in doubt, go with jeans that hug your ass and a soft cotton shirt-one just tight enough for us to imagine how you'd feel in our hands.

#### For six months, I've been faking it in bed. How do I come clean?

-April W., Hollywood, FL

You don't. There's no bigger sucker punch to a guy's ego than taking back six months of "amazing." Instead, start giving him some sexed. "This is what really puts me over the top," or "Ilove it when you touch melikethis-butdon'tstop until I tell you, OK?" Strike the right balance between coach and confessor, and your sexual sham will become a nonissue.

#### CRASH course

#### **3 STEPS TO REMOVING DEODORANT STAINS**



TIONS: CHELSEA CARTABIANO

JOE HEROUN; MASTERFILE; ILLUSTR.

1 WITH ONE HAND, STRETCH THE **DEODORANT-**STAINED PART OF THE FABRIC TAUT. (THIS CAN BE DONE WHILE YOU ARE STILL WEARING THE GARMENT, IF POSSIBLE AND NECESSARY.)

2 HOLDING A DRYER SHEET OR A BALLED-UP PAIR OF CLEAN, **DRY NYLON PANTYHOSE IN** YOUR OTHER HAND, RUB THE MARKS BRISKLY IN A CIRCULAR / MOTION TO LOOSEN THE DRY PARTICLES. (DO NOT WET THE STAIN OR IT MAY STREAK.)

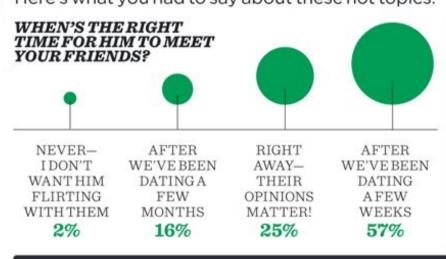


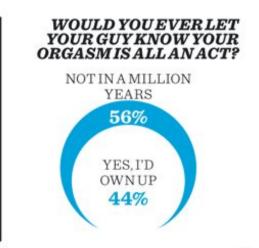
WITH YOUR HAND, CARRY ONLOOKING REMEMBER TO LAUNDER THE **GARMENT AS** WOULD AS SOON AS

**3 GENTLY BRUSH AWAY ANY RESIDUE** GORGEOUS, BUT YOU NORMALLY POSSIBLE.

### YOUR 2¢

Here's what you had to say about these hot topics:







Source: Mary Marlowe Leverette, About.com's





Perhaps you've noticed: our bodies are different than a man's body.

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## Fitness

# CRANK

Turning up the tunes while you exercise pushes you harder, says a new study. For one test, women listened to their fave workout songs at four different volumes, and when the music was loudest, they could do seven more leg presses than they could at the lowest level of sound. How it works: Your brain perceives a booming beat as a threat, which releases adrenaline. Adrenaline sends extra glucose to your muscles, giving your body more fuel to go longer during an intense session, explains lead study author Janet McMordie, of the University of Western Ontario. So pump up the volume of your music, but only for the last few minutes of a hard workout, says McMordie. You'll get the boost without damaging your hearing.

STEPS PER MINUTE FOR A WALK TO **BE CONSIDERED** "MODERATE **EXERCISE**"

#### TOAST TO FITNESS?

People who booze more also exercise more, finds a survey in the American Journal of Health Promotion. Compared with abstainers, those who throw back more than 46 drinks a month exercise an extra 20 minutes a week. Drinkers may think exercise compensates for the



calorie uptick-but those 20 minutes won't make a dent if you drink big. Here's how much more you have to move to work off happy hour:

YOU DRANK	CALORIES	EXTRA MINUTES YOU NEED TO SWEAT*		
1 shot	65	7.5		
1 glass of red wine (4 oz)	80	9.5		
1 frozen daiquiri (4 oz)	122	14.5		
1 martini (3.5 oz)	140	16.5		
1 bottle of beer (12 oz)	150	17.5		
1 frozen margarita (4 oz)	168	20		

\*Jogging at an easy pace

#### MINDFUL MOVING

Another reason to sweat: Exercising throughout your life boosts brainpower as you age, according to a study presented at the International Conference on Alzheimer's Diseaseand it may prevent or delay that disease. Women who did an average of three hours and 20 minutes of moderate exercise a weeklike brisk walking or playing volleyball-all through their adult lives were better multitaskers, could pay attention longer, and had better short-term memory. The key is *moderate*, since



long-term strenuous activity has the opposite effect, says principal investigator Mary Tierney, Ph.D., of the University of Toronto. For more age-erasing wisdom, check out womens healthmag.com/age.



#### ONE-WORD ANSWER

# Iron

Active women are less likely to have healthy levels of iron than couch potatoes. One reason fit chicks lag: High-impact exercise ruptures some of your iron-rich red blood cells. The iron is then swept out of the bloodstream by the kidneys, and when you pee, it goes bye-bye. Aim to get 18 milligrams of iron a day. Good sources include beans, lean beef, and fortified cereals. Source: International Journal of Sport Nutrition and Exercise Metabolism





#### **EAT LIKE A YOGI**

Being a downward-dog devotee might help you eat less. A study in the Journal of the American Dietetic Association found that yoga practitioners tend to eat "mindfully," noshing when hungry and stopping when full. Not so for non-yogis: Even if they exercise daily, they often eat for emotional reasons and past the point of satiety. Lead study author Alan Kristal, D.P.H., of the Fred Hutchinson Cancer Research Center, believes yoga teaches calmness in the face of discomfort, which may make it easier to, say, pass up that slice of cake.

## DRESSING FOR SUCCESS

→ A SPOONFUL OF OIL COULD MAKE THE scale go down. Adding about one tablespoon of safflower oil to your diet per day may shrink your belly and increase lean muscle mass, says a study in The American Journal of Clinical Nutrition. The high linoleic-acid content may encourage the body to store less fat. Get your dose in any of these light homemade dressings:

#### START WITH

#### THEN ADD

½ tsp	+	2 to 3 tsp	+	1 to 2 Tbsp	=	VINAIGRETTE
Hot sauce	+	Lime juice	+	Cilantro	=	Citrus cilantro
Minced garlic	+	Balsamic vinegar	+	Crumbled blue cheese	=	Balsamic blue cheese
White vinegar	+	Hoisin sauce	+	Chopped scallions	=	Asian

#### HOW TO MAKE IT

For each recipe, puree all ingredients except safflower oil in a blender. With the motor running, add the safflower oil in a stream, blending until dressing is emulsified.

MAKES 1/2 CUP

Recipes by Kyle Shadix, R.D., a nutrition consultant and chef in New York City

#### THISIS YOURBRAIN ON FAT

Weight gain could

increase your risk of Alzheimer's disease, reports the journal Human Brain Mapping. Scans showed that overweight people had an average of 4 percent less brain tissue than normalweight adults; obese subjects had 8 percent less. Most depleted was the frontal lobe, the same area affected by dementia. Why the brain drain? A high-fat diet clogs arteries, so oxygen can't reach brain cells and they die, says lead study author Paul Thompson, Ph.D., a neurologist at the University of California at Los Angeles. So get moving: Aerobic exercise increases 02 to your brain, which helps preserve tissue.

# VEGETABLE HATERS REJOICE!

It's tough to reach your **5** daily servings of vegetables if you don't like the taste. Good thing *V8 V-Fusion®* juice gives you a serving of vegetables hidden by the sweet taste of a serving of fruit. No artificial flavors, colors or preservatives. No added sugar. Just **100%** juice.





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#### **PROTEIN OVERLOAD**

During the low-carb diet craze, protein had a heart-healthy rep because those diets didn't appear to raise cholesterol. But new evidence shows that a low-carb, high-protein diet may hurt your heart in other ways. In a study published in Proceedings of the National Academy of Sciences, mice that were fed lots of protein and fewer carbs had plaque buildup in their heart arteries. Eating this combo may affect the cells that keep arteries healthy. The right amount of protein: about 5.5 ounces of meat (or beans) and three cups of dairy a day.

Drink more tea. A recent study found that people who drink three or more cups every day are biologically younger than their actual age by about five years. So go boil some water. Or for the ultimate brew. check out the new Breville variabletemperature teakettle (williams -sonoma.com, \$150), which features individual settings to maximize the distinct flavors of green, white, oolong, and black tea varieties.

#### **NEW ANTIOXIDANT SUPERSTARS**

Fruits and vegetables usually hog the diseasefighting spotlight, but new research from the University of Scranton has found that wholegrain snacks and cereals have surprisingly high levels of antioxidants.

This may explain why munching whole grains is linked to lower risks of cancer and heart disease, says lead study author Joe Vinson, Ph.D. Previous research gave fiber most of the credit. Fill your shopping cart with healthy goodies such as popcorn, whole-wheat crackers, and wholegrain pastas and cereals.

YOU SHOULD KNOW Sales of high-fiber foods increased by 10.3 percent last year. Because roughage is hot, some manufacturers are adding a fiber called inulin to foods. It's safe, but it may cause stomach discomfort.

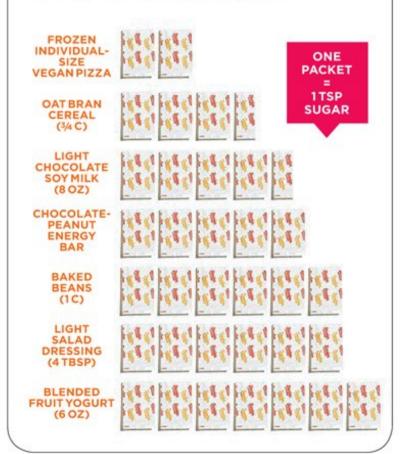
#### WHATISIT?

people live longer. Researchers believe it may activate the same protein that's triggered by super-low-cal diets, which have been associated with an extended life span in animals.

Source: Nutrition Bulletin

# THE SWEET SIDE OF HEALTH FOOD

For years, the American Heart Association targeted fat as enemy number one. Now the AHA is homing in on another dietary villain: sugar. Not only does it add pounds, but a diet that's high in the sweet stuff can also increase your risk of diabetes and high blood pressure, risk factors for heart disease. The new recommendation? No more than six teaspoons of sugar a day. (Compare that to the 22 a day Americans consume on average!) Here's how much added sugar is lurking in some unexpected places:





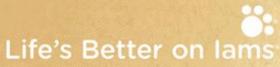
#### The lams Nutrition Che



Nutrition Check		
no artificial colors or artificial preservatives	+	
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only natural sources of taurine	+	
antioxidants	+	+
natural fish oil	+	
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\*Comparison of ingredient deck of Adult Maintenance Formula on 4/22/09. PURINA CHOW HEALTHFUL LIFE and associated packaging elements are registered trademarks of Société des Produits Nestlé





#### **SAVE YOUR SOLES**

The downside of rocking those sexy stilettos? They freakin' hurt! But you may not realize this: Torture your tootsies today and you could suffer foot pain even decades down the road, reports a study in the journal Arthritis Care & Research. More than 3,000 older adults were asked to identify the shoes they wore the most over the decades. Women who favored high heels and sandals were more likely to suffer foot pain than those who sported sneakers. "Make sure shoes fit comfortably in length and width before buying them," says lead author Alyssa Dufour, a Ph.D. candidate at Boston University. And reduce the time you spend in paincausing heels by alternating them with more foot-friendly kicks.

ONE-WORD ANSWER

## Posture

Quit slumping! According to new research, standing and sitting up straight is linked with higher levels of self-confidence. And the better you feel about yourself, the more heads you'll turn. So keep your eyes focused in front of you, your spine straight, and your shoulders down. You'll feel ready to take on the world and you'll look great while doing it. Source: European Journal of Social Psychology



PERCENTAGE OF WOMEN WHO SAY THEY'RE WEARING NEUTRAL MAKEUP SHADES MORE NOW THAN BEFORE THE RECESSION

#### THE DIRTY TRUTH

Despite our obsession with looking good, Americans are not as squeakyclean as you might think. When 20,000 people were surveyed about personal hygiene, 71 percent fessed up to, among other nasties, booger diving. (Seriously, people?) Some other hygiene habits:

#### **31%** don't shower daily

STAY FRESH: On days when there's no time for a full hose down, just be sure to hit the bacteria hot spots: underarms, nethers, and feet.

#### 39% wash their hair every day

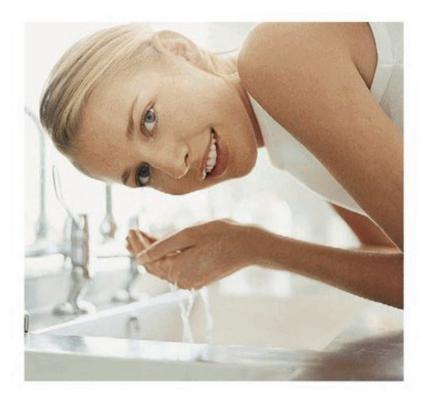
**GET YOUR SHINE ON:** A daily shampoo may seem like a good idea. but overwashing can remove natural oils and make hair dull. Better to suds up every other day.

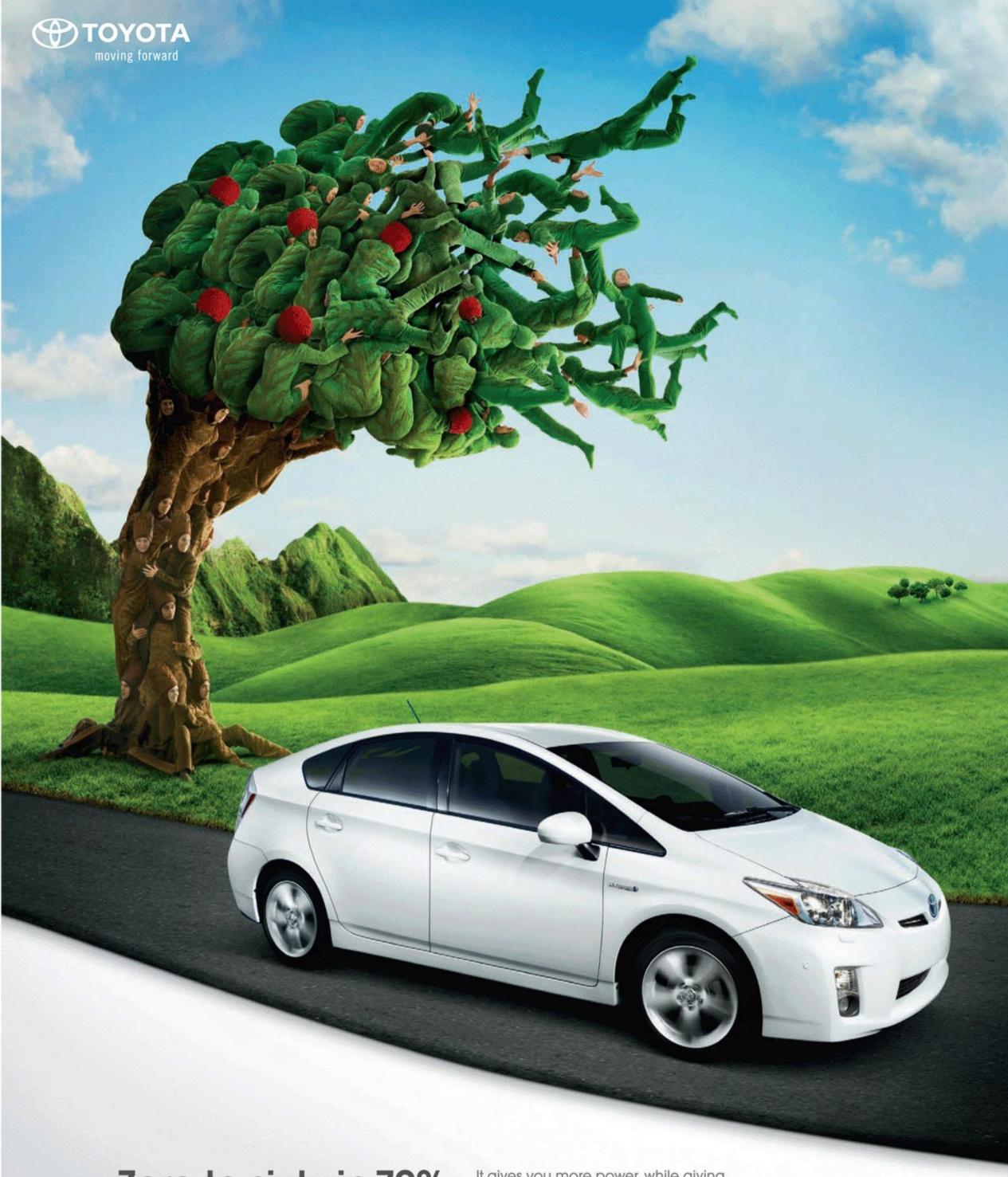
#### 68% don't floss on a regular basis

**BRIGHTEN YOUR SMILE:** Routine flossing removes decay-causing bacteria.

#### 90% of women wear their bras multiple times before washing

**KEEP YOUR SEXY SHAPE:** Oil and dirt stretch the fabric. "Wash after each wear-by hand or on the delicate cycle in a lingerie bag," says Cindy Johnson of Sol Lingerie in Denver.





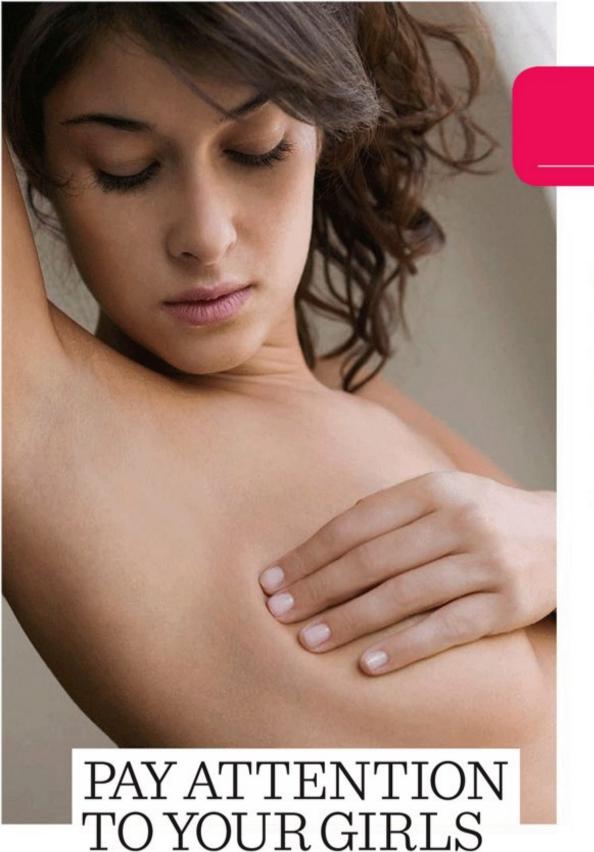
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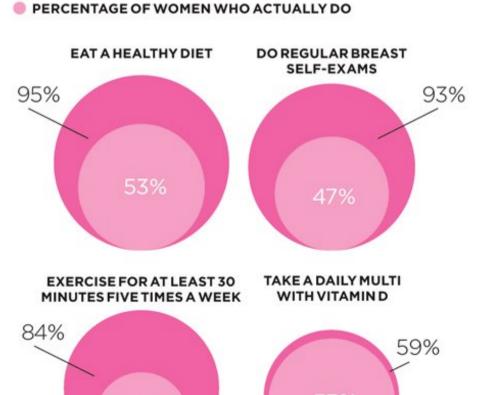




Almost 80 percent of women have had a brush with breast cancer—either themselves or through a friend or relative. But that doesn't seem to prevent us from having a lax attitude about breast health, according to a recent survey of 500 women. Make monthly self-exams a habit—they will get you familiar with your normal size and shape, so if there's a change, you can take quick action. Here's what we know but still slack on when it

PERCENTAGE OF WOMEN WHO KNOW THEY SHOULD

comes to keeping our ta-tas healthy:



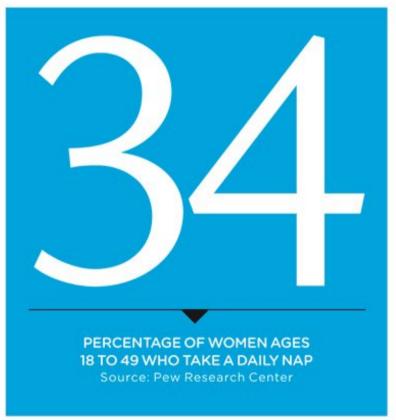
Source: Yankelovich

# Health SCOOP!

#### WHATISIT?

**NNK** n. A compound in tobacco that makes smoking bad for your noggin. It triggers the brain's white blood cells to attack healthy brain cells, causing damage. Overtime, this can lead to dementia. (You don't light up? Be warned: It's in secondhand smoke too.)

Source: Journal of Neurochemistry



#### **THISJUSTIN**

Save a Life It's not only financial banks that are affected by the economic meltdown. Blood banks have seen a major decline in donationsas much as 15 percent in some states. With corporate cutbacks and unemployment at an all-time high, company blood drives are drawing fewer people or not happening at all. Still, every two seconds in the U.S., someone needs blood. Find a drive at

redcross.org.

#### **AREASON** TO CHILL

People who worried about a layoff reported poorer health and more symptoms of depression than those who'd been let go, according to a study in Social Science & Medicine. Why? Anticipating a negative event can be more stressful than the event itself, says study coauthor Sarah Burgard, Ph.D., of the University of Michigan.

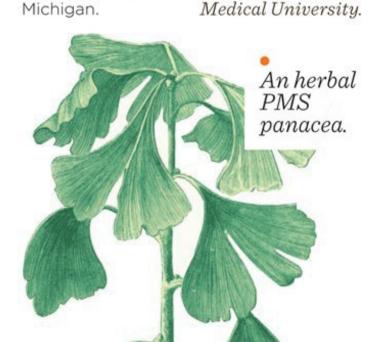
#### BYE-BYE BLOAT

The herb ginkgo

biloba can reduce PMS puffiness. In a recent study that was published in The Journal of Alternative and Complementary Medicine, subjects took 40-milligram ginkgo tablets three times a day for two months during the last half of their menstrual cycles, while another group took placebos. The ginkgo takers reported that their PMS symptomsincluding belly bloat-were about 20 percent less severe. compared with the group taking the placebo. Ginkgo biloba contains flavonoids, which reduce inflammation and increase blood flow. Both ease bloating, says lead study author

Giti Ozgoli of Iran's

Shahid Beheshti





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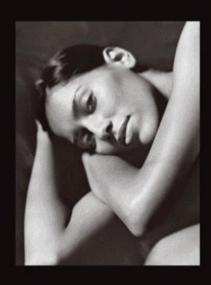


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PROFIT FOR LIFE



**PERCENTAGE OF** AMERICANS WHO SAY IT'S OK TO DATE YOUR BOSS

Source: Ethics Resource Center

#### YOU SHOULD KNOW

The forearm is packed with nerves called c-tactile fibers that signal the area of the brain associated with trust and affection.

#### THE APPEAL OF THE TAKEN GUY

Keep an eye on your boyfriend! Single women are more attracted to men with girlfriends, according to a study published in the Journal of Experimental Social Psychology. Researchers divided bachelorettes into two groups and showed them photos of a hot guy, telling one group he was single and the other he was in a relationship. Of the women who believed he was single, 59 percent were interested in him-but 90 percent of those who thought he was taken wanted a piece. Researchers surmise that attached men have shown their ability to commit, which is attractive to women.



## WHEN SEX GOES TO POT

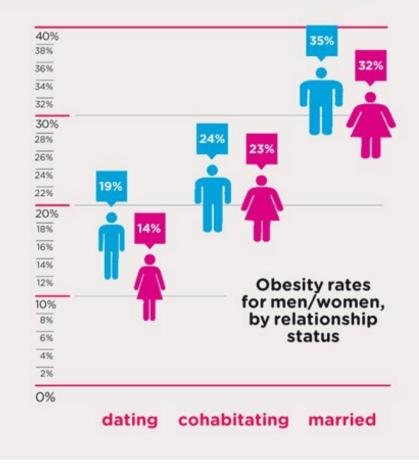
If your guy smokes the green stuff, your sex life may suffer. Even if it's just once a week, it can inhibit his libido and get in the way of his orgasm, reports a study in The Journal of Sexual Medicine. "Frequent marijuana usage lowers men's testosterone levels," says lead study author Anthony Smith, Ph.D., of La Trobe University in Australia. But women aren't off the hook: The same study found that female smokers are more at risk for contracting a sexually transmitted infection (possibly due to carelessly having unprotected sex with multiple partners) than nonsmokers. Do your lust life a favor

Getting high isn't hot.

#### CAN MARRIAGE ADD POUNDS?

There is some truth to the age-old cliché that people pack on the pounds after saying "I do." A study conducted at the University of North Carolina found that married couples are about twice as likely to be obese as those who are dating. "People who are in a legal relationship may feel less pressure to stay in shape because they're no longer trying to attract a partner," says Debby Herbenick, Ph.D., author of Because It Feels Good. But obesity has an unpleasant sexual side effect. "If you're worried about how your thighs or stomach look, it's more difficult to relax and let go during sex, which is crucial for having an orgasm." Studies show that people who work out together lose more weight, so grab your guy and hit the gym.

and quit together.





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Join us for the Avon Walk for Breast Cancer and together we'll show the world what millions of determined hearts can do. For 2 days and 39 miles we'll walk side by side, connected by our shared conviction to end this deadly disease and improve the lives of thousands worldwide. The money we raise will help medically under-insured women and men get the screening, support and treatment they need. And leading research teams can take powerful steps forward in their quest for a cure. All because of you. **Are you in it to end it?**Register, volunteer or donate today.

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## COVER EXCLUSIVE **A** Softer Shade of Pink

She has a rep for being a badass and, well, she is when she's kicking buttonstage, in the gym, and on the music charts. But the mega-talented singer has a tender-even girlie-side she's finally ready to show.

By Lori Majewski / PHOTOGRAPHS BY LORENZO AGIUS

Pink doesn't need a bodyguard. In fact, she has an entourage of exactly one—her tour manager, Nick Cua—when she arrives at a hotel in Birmingham, England (where she's on tour), for her Women's Health interview. "She can take care of herself," Cua says.

Kind of what you'd expect from the fearless 30-year-old singer who burst onto the music scene almost a decade ago by crashing a motorbike into her cheating ex's apartment in her "There You Go" video—and the brave soul who reportedly ripped into Kanye West at the MTV Video Music Awards after he obnoxiously robbed Taylor Swift of her Moonmanwinning moment last September.

But the five-foot-three firecracker who emerges from the dressing room in a curve-cradling designer dress couldn't be sweeter or more polite, thanking the Women's Health team for choosing her to be on the cover because "I've worked hard for this body!"

"It's about balance—you've got to make yourself happy, You can't be all work and no play."

Oh, yes, that body. Should you need inspiration to break out of the tedium of your treadmill routine, you'd do well to get to a Pink concert pronto for a close-up look at the performer's fantastic new physique, as showcased in barely-there costumes. You'll leave itching to hit an all-night fitness club after the encore. But the artist behind the Cirque du Soleil-style stunts (at the 2009 VMAs, Pink sang upside down, dangling by one leg from a trapeze) is also a woman to be admired for many other reasons. Behold the kind of honesty that is rarely exhibited by a major star, as Pink talks about the power of performing in front of a crowd of thousands, enduring a yearlong separation from her husband, and how ramping up her workout helped restore her confidence.



#### First things first: Is it Pink or Alecia?

Alecia's cool.

Is Pink your version of Sasha Fierce [Beyoncé's alter ego]?

[Laughs] No! Pink is just me. Chi-Chi Marie is my Sasha Fierce. My girlfriends in New York named me that. All of their middle names are Marie. Mine's Beth, but to them I'm Chi-Chi Marie.

#### You've always been buff, but your body is hotter than ever. You're a total 10!

No, no, no! I feel like a seven and a half!

Please. At the show last night, we were like, "Look at her butt, her biceps, and those abs!"

My man abs? They're pretty full-on. It's like that D'Angelo video [for "How Does It Feel"]; he's got that V. I get a lot of flak for it. That's where the masculine thing comes in, people saying it's not

You two are back together, and you thank Carey before anyone else in the Funhouse liner notes, saying "You took my heart and made it bigger." But when you were making the CD, weren't you really pissed at him? Isn't that what "So What" is about?

No. I wasn't. [Big sigh] Long-term relationships are a layered onion. There's something about him I love, and I want him to be OK, even if he's not with me.

#### How is that different from past relationships?

When I met Carey, I was an abused puppy in the corner, ready to bite anyone who put their hand out. And there's a part of me who will always be kind of like that. But he was the first man I was with who allowed me to take a deep breath [she exhales] and close my eyes and fall backward. And most of the time, he was there. That's more than

## "I'm not going to lie and tell you when I look in the mirror there's nothing I don't want to fix."

normal for a girl to have [those]. But I'm OK with it. I think it's because I was a gymnast for eight years, from ages 4 to 12. My body was made before my bones were fully grown. Gymnasts are short, stocky, muscular powerhouses.

You had an androgynous look in the past, but your look is more feminine now. You wear pink lip gloss, your body is leaner, you lost 20 pounds. What's behind this new softer side?

Last year, when I was going through my separation [from competitive motocross racer Carey Hart], I was in Malibu running every day just to keep from burying myself in the sand—to get out, feel the ocean. You've got to make yourself feel good at times like that. Even if it's a pain in the ass and you hate working out, the endorphins and the stress you bring down [help]. You feel strong, healthy. You feel good about yourself, your jeans fit.

I can say about others. So when I say he took my heart and made it bigger, my heart was like this clenched fist. And even after he broke my heart, still, I had two bigger halves. I have more capacity to love and to be loved.

#### You've been touring for more than a year now. How do you stay fit on the road?

Ever hear of [the workout videos] P90X? My brother and his wife are both in the Air Force; they do marathons and triathlons. I went to visit and [she was doing P90X]. I couldn't keep up with her—and she'd just had her first baby four weeks before. I was like. This is bullshit! I will perfect this thing! So usually, I wake up and do an hour of cardio, then an hour of P90X or yoga, then a half-hour of warm-up [during show rehearsal]. I do that six days a week.

#### And on the seventh day, she rests?

Yeah. I try to make it a show day so I'm still getting cardio. I have to be able to run up those stairs as many times as I do and be able to sing at the same time. I'm an asthmatic. I have to be on that treadmill singing to get my lungs right.

#### Do you like working out?

I like results. I like feeling strong. It keeps my mental floor higher.

#### PINK'S STAY-SLIM SECRETS

Despite an affinity for pizza, the singer typically sticks to a 1,500-calorie diet. Steal her eating tricks:

#### GET CREATIVE WITH PROTEIN

Instead of chicken, she goes for lean, textured veggie protein, tofu, or shrimp.

#### HOLD THE RICE

Sushi is one of Pink's favorite snacks, says her personal chef, Kate Paul of L.A.'s Foodink Catering. When she wants to cut carbs, she switches to sashimi—raw fish sliced thin and served without rice.

#### **PUNCH UP** THE PASTA

Pink also loves noodles and saves calories by not drenching them in buttery sauce. Instead, she'll drizzle a bit of truffle oil over wholewheat penne and roasted mushrooms or arugula.

#### TRICK YOUR TASTE BUDS

Though she's not a fan of celery, Pink makes it more palatable by using it as a "peanut butter delivery

#### You don't have a personal trainer?

No. I don't work well with trainers. [Air quotes] "Does not work well with others."

#### Didn't you get kicked off the gymnastics team as a kid?

Yeah. I was told, "It's not an individual sport."

#### You used to show off by doing 18 backflips in a row. How many can you do now?

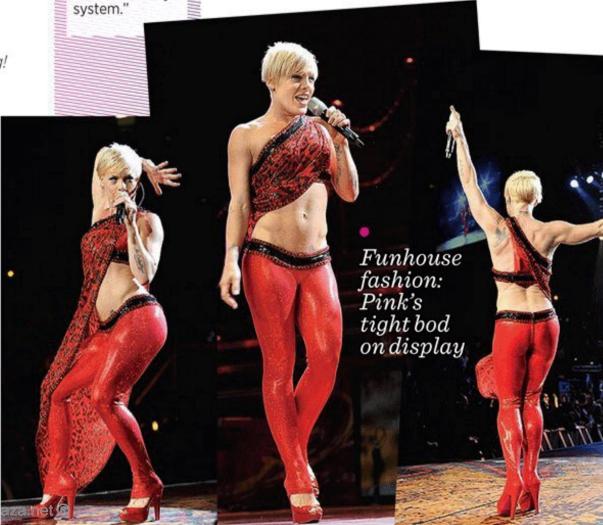
[In a sad baby voice] Two. I separated my shoulder the night before my U.S. tour started.

#### Which is why you have taken a break performing on the trapeze while singing "Sober"? That was one of the highlights of the MTV Video Music Awards.

It took everything in me to get through those [U.S.] shows. I was in so much pain that there was just no way. It was the first time I ever took a pain pill onstage. I don't even take Tylenol; I'm scared to mix two Advil. For Philly [she grew up in nearby Doylestown, Pennsylvania], I wanted to do the trapeze routine so badly, but I just couldn't. I know my body. The last thing I want is for two, five, 10 years from now, not to be able to pick up my child because I was stubborn. I did it on television. I proved to myself that I could do it in the first place. And the show looks beautiful without it.

#### You allegedly quit smoking...

Smoking isn't cute at all. [I started when I] was 9. It's awful. I hate the smell, the taste. I hate being around people when I smoke. I hate everything about it. I'm an asthmatic singing smoker! But for some reason. I look at it as the last remaining bit of me before all of this [fame and success]. I've definitely cut way back. At night, when I'm out drinking my wine, I'll have cigarettes rationed to me. But I don't smoke at home.





"Ihave the ability to love Carey, even if I don't possesshim."

American Idol's Adam Lambert went nuts when you sang "Bohemian Rhapsody" at your L.A. show. Are you a fan?

I've never been into American Idol. I'd love a show where people can get up onstage and do their own stuff.

#### Your tour is the Funhouse. Britney's tour is the Circus...

I'm not taking anything away from Britney because I really like her a lot, but I would never go to a show where the person was lip-synching. When you grow up listening to Janis Joplin, you're not going to want to see somebody mime.

#### You like Britney? Isn't she one of the girls you sing about in "Stupid Girls"?

I've always said I like Britney. I swear to God, I've stuck up for Britney since the beginning. She and I have talked about it. My point was, "Stop comparing me to her, because we're different animals."

## This summer you're playing stadium shows across the U.K., which is a huge deal. But isn't it hard being away from home in L.A. for such a long time?

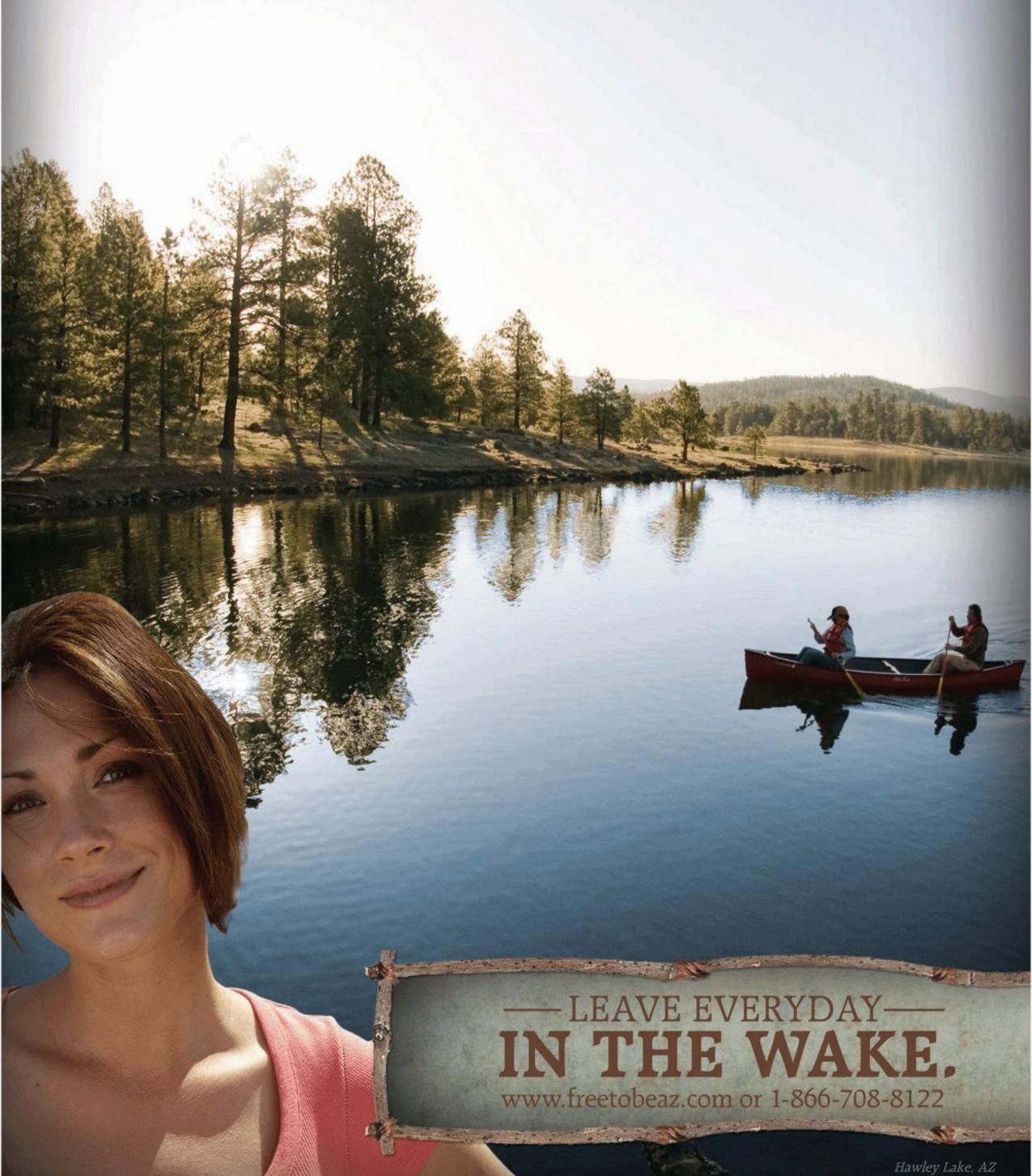
I'm a performer. I sing my life. It's like I'm having group therapy 350 days a year, and the people who come to the show get that, and they're there for that—whether it's to be lifted up, or to be lifted out, or just entertained or inspired, or to feel not so alone. That's how I feel when I'm singing my songs: These people are all going through the same things I am. I'm not alone either. I'm getting something out of it too.

We started this interview by establishing that you hope your body rates a seven and a half. But with all the months of serious workouts to come, isn't it possible you'll make it to a 10? [Cracks up] If they figure out how to stretch me and make me a little bit taller,

then maybe I'll get upwards of eight.







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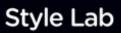


Hauling around a heavy bag (no matter how cool it looks) will wreak havoc on your body. We found 13 options that are easy on your arm . . . and your wallet.

By Thea Palad / PHOTOGRAPH BY CHARLES MASTERS







## SHOP The Skinny on Leggings

With a few clever styling tweaks, any body type can rock this so-now look.

PHOTOGRAPHS BY REBECCA GREENFIELD



A wide belt worn right at your HOURGLASS waist highlights a trim middle. Wear a long vest to rein in an ample bust and streamline a curvy silhouette. Pick a liquid leggingthe sleek, thick fabric sucks you in and slims you down. For the most flattering look, choose layering pieces that hit at mid-thigh. ww.journal-plaza.net®





Facing page: (Left) William Rast jacket, \$260, nordstrom.com for stores; Ann Taylor sweater, \$78, anntaylor .com; BCBG Max Azria leggings, \$78, bcbg.com; Rebecca Taylor booties, \$435, neimanmarcus.com for stores; Rebecca Minkoff bag, \$395, rebeccaminkoff.com. (Right) Re Collection vest, \$232, recollectionus.com; 291 T-shirt, \$100, 291venice.com; Aryn K leggings, \$49, akirachicago.com; Pour La Victoire pumps, \$225, endless .com; Rebecca Minkoff bag, \$295, at Henri Bendel, 212-247-1100; Express belt, \$29.50, express.com for similar styles; Ippolita ring, \$225, ippolita.com.

This page: (Left) Elizabeth and James shirt, \$245, at GC William, 212-873-2314; Gap cami, \$14.50, gap.com for stores; J Brand denim leggings, \$165, intermixonline.com; The Frye Company boots, \$328, thefryecompany .com; Club Monaco tote, \$350, clubmonaco.com; Linea Pelle Collection belt, \$200, intermixonline.com; Sonya Renée necklace, \$52, sonyarenee.com. (Right) Adam shrug, \$495, shopadam.com; Enza Costa Rogue T-shirt, \$92, at Debbie Klein, 516-496-7764; Jack BB Dakota skirt, \$45, modcloth.com; Aerie leggings, \$19.50, aerie .com; Ann Taylor pumps, \$175, anntaylor.com; Magnes Sisters clutch, \$276, magnessisters.com.



#### FACIAL MOISTURIZER

#### The right size: Two peanuts

> Application tip:

Moisturizer has the big responsibility of making your skin smooth. To apply it, wash your face, and while your skin is moist (not wet), massage on a peanut-size amount of moisturizer with glycerin. Use a second peanut-size portion to hydrate your neck. "When skin is damp, moisturizer seeps into the surface better. And glycerin traps moisture in your cells," says Neil Sadick, M.D., a clinical professor of dermatology at Weill Cornell Medical College. > Try Lumene Sensitive Touch Daily Moisture Lotion (\$20, target.com).



#### **FOUNDATION** The right size: A bottle cap

> Application tip:

To avoid that caked-on beauty-pageant look, pour a bottle-cap-size blob onto the back of your hand and use your finger to blend it across your forehead and nose. Dip your finger into the remaining foundation and run it over your cheeks and chin, smoothing over the edges of your jaw to blend the color into your neck. Heat from your fingers will warm the product, helping it glide across your skin better. "If you don't like using your finger, try a foundation brush instead," says celebrity makeup artist Fabiola.

> Try Philosophy SupernaturalSuperbeautiful (\$30,philosophy.com).



#### SUNBLOCK

#### The right size: Three grapes

> Application tip:

"Divide your body into three sections, and use at least a grape-size amount of sunblock on each," Sadick says. Rub the first blob onto your feet and legs, then squeeze out another grape-size portion to cover your torso and back. Use the last grape of sunscreen on your arms, neck, and face. You can't use too much sunscreen, so if you're tall or broad, slather on a few extra grapes' worth of SPF. Reapply every two hours.

> Try Neutrogena Ultimate Sport Sunblock Lotion SPF 70+ (\$10, drugstore.com).

#### EYE CREAM

The right size: Apea

> Application tip:

Eye cream can be costly, so think green to save some green. Scoop out a pea-size amount and pat a fourth of the cream under your lower lashes from outer to inner corner. "This motion helps disperse the fluid that causes under-eye puffiness," says Mary Lupo, M.D., a clinical professor of dermatology at Tulane Medical School. Above your eye, the drainage runs in the opposite direction, so dab another fourth from crease to brow bone, going from inner to outer corner. Repeat on the other eye with the remaining half pea of eye cream. > Try Bobbi Brown Extra Eye Repair Cream

(\$65, bobbibrown cosmetics.com).



Styling cream is a slippery little sucker-use too much and you'll look like a grease ball. Swipe out either a dime or two nickels' worth of product (depending on hair texture) and spread it evenly on your palms. "Use your hands to blend the product through wet hair, starting two inches below your roots, and then pull your hair into a ponytail and work the product down toward the ends," says New York City-based hairstylist Kevin Mancuso, creative director at Nexxus. If you're using it on dry hair, apply the cream to the top layer to control flyaways or to add polish to your style. > Try Aveda Light Elements Texturizing

Crème (\$24, aveda.com).

#### SHAMPOO

The right size: For long hair, one Oreo; for short hair, one Hershey's Kiss

> Application tip: It's as easy to overdo it with shampoo as it is with chocolate. Rein yourself in by pouring either an Oreo or a Hershey's Kiss amount (depending on the length of your hair) into your palm and applying the shampoo to your scalp. Rake it through your hair, stopping about halfway down your strands. "Most of the dirt and oil collects at your roots, so you don't need a lot of the product on your more fragile ends," Mancuso says. > Try Garnier Fructis Triple Extra Nourishing Shampoo (\$4, at drugstores).

#### **UNDER-EYE** CONCEALER

The right size: A Tic Tac

> Application tip: Just as a Tic Tac goes a long way toward masking bad breath, a Tic Tac-size dab of concealer is all you need to hide dark circles. Squirt a mint's worth of liquid concealer onto your finger. "Using a small brush, dab three little dots under your lower lash line—one in the middle, and one at the inner and outer corners," Fabiola says. Pat with your finger to blend the dots together. Smooth on another dot of concealer wherever blue peeks through. Dip an eyeshadow brush into loose translucent powder and use it to set the concealer. Repeat on the other eye. > Try **Kat Von D** Tattoo Concealer (\$25, sephora.com).

"Women waste about 10 to 20 percent of their skin-care products with overzealous application."

-NEIL SADICK, M.D.

## Eau, Yeah!

By layering notes, you can create your own signature scent. Here's how.

By Mary Rose Almasi /

Unless you happen to be watching an episode of The Real Housewives (take your pick of cities), you aren't apt to see women dripping in headto-toe logos these days. That's because the focus right now is on creating a customized vibe that's all your own. "It's a reaction to all the sameness out there in terms of clothes, shoes, and even fragrances. Women are searching for things that are different. They don't want to look—or smell—like everyone else," says Karen Grant, an analyst with NPD, a worldwide market research firm.

Which may be why the trend of scent layering is catching on. "If you love two scents apart, chances are you will also love them together," says Susanne Langmuir, a perfumer in Toronto. Start with one of these four universal notes, and then marry it with one of its suggested pairings, or play around on your own.



-New York City perfumer Christopher Brosius

#### Blending for Beginners

Vanilla, white florals, musk, and marine scents (those ocean, fresh air, and cut-grass smells) are the four most universal fragrance notes, says Langmuir. They're the cornerstones of most fragrances, and they pair beautifully with loads of other scents. So pick your favorite, then start spritzing.

#### MIX THIS...

#### VANILLA

Try Sula Vanilla Blossom (\$32, ulta.com) or Prada L'Eau Ambree (\$76, neimanmarcus.com)





#### WITH ONE OF THESE...

Rich woody fragrances (like those with dominant cedar or tobacco notes); grapefruit scents; eaus that feature white flowers, like gardenia



Try Bath & Body Works Twilight Woods (\$29.50, bathandbodyworks .com) or Lancôme Hypnose Senses (\$49, macys.com)

#### "Vanilla goes with everything," Langmuir says. "It lends sweet-

AND YOU'LL GET...

ness to a woody scent, and when you blend it with a citrus, you'll get a Creamsicle smell. Florals give vanilla a flirty, tropical playfulness that's sensual and decadent."

#### WHITE **FLORALS**

Try Jo Malone Tuberose (\$55, jomalone.com) or Marc Jacobs (\$70, sephora.com)



Oriental scents with heady spices like incense. cardamom, or clove



Try Tokyomilk Ex Libris Parfum (\$28, beautyhabit .com) or D&G 6 L'Amoureux (\$65, sephora.com)

"White flowers like gardenia, tuberose, neroli, jasmine, and frangipani make anything you layer them with more feminine," Langmuir says. "This combination creates a beautifully balanced perfume with a powdery, vintage-like, soft-yet-sexy quality."

#### MUSK

Try The Body Shop White Musk Midnight Iris (\$17, thebodyshop.com) or StellaNude (\$63, sephora.com)



Soft "green floral" scents, like those with violet; fragrances that have a dominant citrus aroma, like lemon



Try YSL Parisienne (\$65, sephora .com) or A Scent by Issey Miyake (\$65, neiman marcus.com)

"Fresh scents like green floral and citrus lighten up musk without masking its inherent sexiness," Langmuir says. It's the equivalent of pairing jeans with a hot top.

#### MARINE

Try Tocca Aqua Profumata Amalfi (\$38, sephora .com) or Pucci Acqua 330 (\$59, sephora.com)



Soft floral perfumes that feature lily of the valley or honeysuckle



Try Clean Ultimate (\$69, sephora .com) or Couture Couture by Juicy Couture (\$65, bloomingdales .com)

"The clean laundry or ocean scents are somewhat unisex, so adding floral notes makes them smell softer and prettier." Langmuir says. "It's like walking into a flower shop: You smell a fresh, pleasing mix of green stems immersed in cold water and fragrant blossoms in full bloom."

#### Be a Mix Master

Scent layering has no hard-and-fast rules, but these tips will ensure alluring results.

1 Mix only two scents at a time. More can be overwhelming. 2 Spray each scent on its own piece of paper, then hold them together and take a whiff. "If you like the mix on paper, you'll like it on your skin," says NYC perfumer Christopher Brosius.

3 You can mix perfume with scented body lotion—just apply the lotion first, or the lighter eau de toilette will be smothered by the lotion's heavier texture. The lotion's fragrance notes will outlast your spray's, so re-mist midday to replenish your combo.

4 There are two ways to layer: You can wear one scent on top of another, or wear them on two different body parts. "Spray honeysuckle behind your knees, and dab a fresh laundry scent on your wrists," Langmuir suggests. The notes will be released in

different potencies depending on how you move, she says. "If you talk with your hands over dinner, the scent on your wrists will be noticed most. If you're dancing later, the honeysuckle might rise up and take over as the dominant aroma on your body."

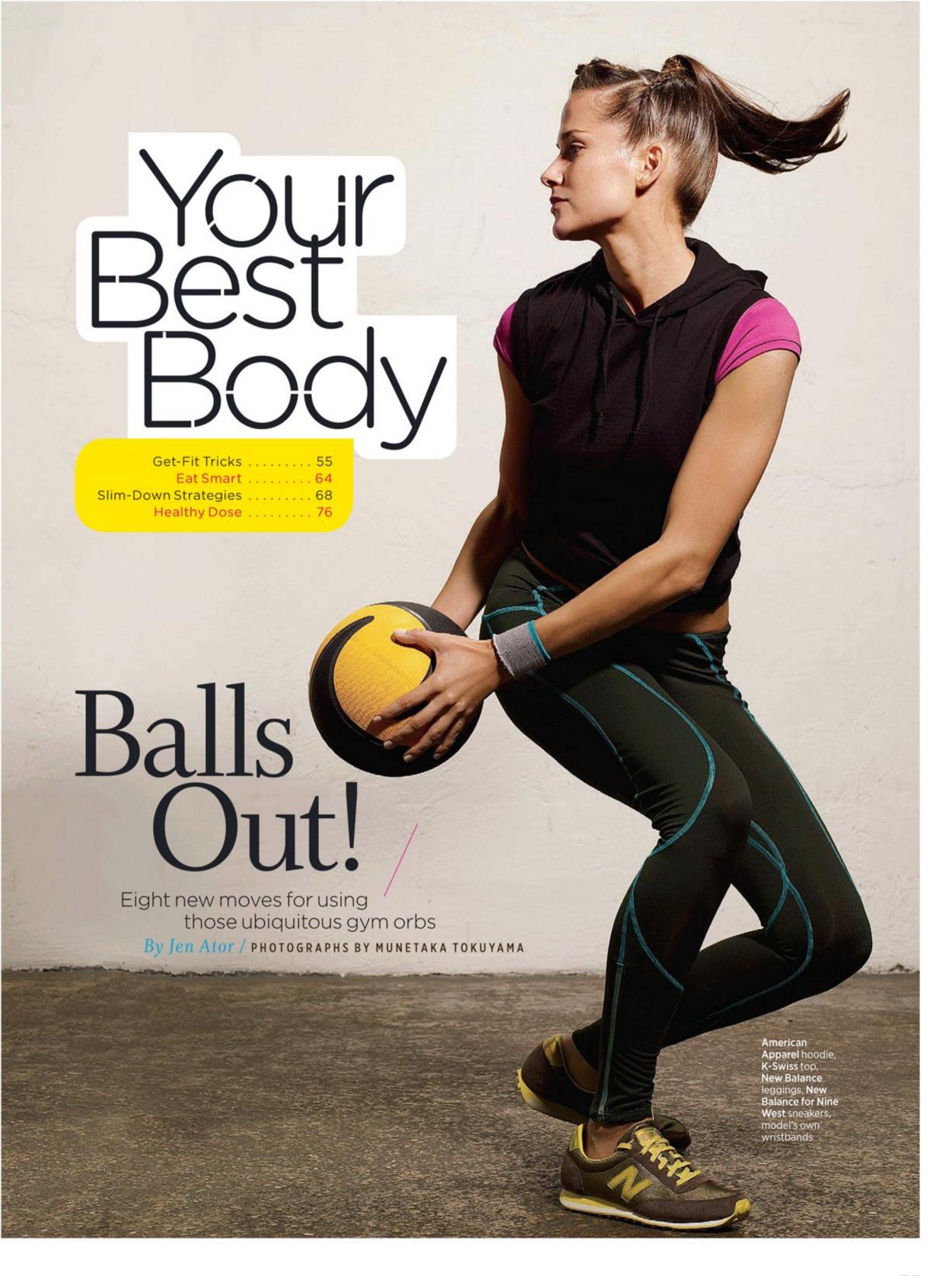


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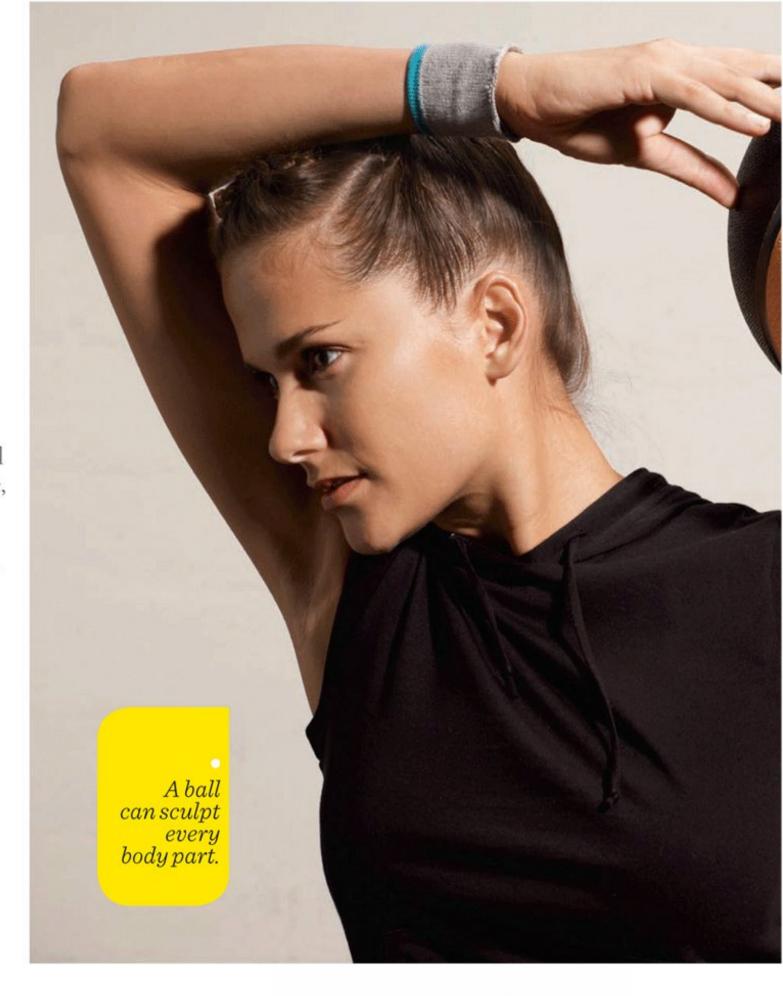


\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



→ As soon as the stability ball bounced onto the fitness scene, the days of banging out boring crunches were over. But this globe, as well as its siblings the medicine ball and the BOSU trainer, can be used to target muscles beyond the abs. It just takes some exercise ingenuity.

Ashley Ntansah, personaltraining manager at Club H Fitness in New York City, came up with these moves to improve coordination and banish unwanted inches (as well as workout tedium). For a body-shaping boost, pick and choose a few to mix into your usual exercise routine.





#### BOSU DYNAMIC PLANK

Dynamic is the perfect way to describe this upper-body blast that works your triceps, chest, shoulders, and core. TO DO IT: Start in a pushup position, with your hands on a BOSU trainer and your feet hip-width apart (a). Lower your left forearm onto the BOSU (b), then your right, keeping your body in a straight line (c). Push back to the starting position, starting with your left hand. That's one rep; do 10 to 15. Rest for 15 seconds, then repeat, leading with your right arm. Keep alternating for two or three sets.

#### **BOSU V-UPS WITH MEDICINE BALL**

This goes beyond the basic core workout because the BOSU adds instability to keep your entire core constantly engaged. And because you're squeezing a medicine ball between your legs, your thighs will feel a mega burn. TO DO IT: Sit in the center of a BOSU trainer with your legs extended in front of you, knees slightly bent, with a two- to four-pound medicine ball between your thighs. Lean back, placing your hands on the floor behind the BOSU for balance (a). Contract your abs and slowly raise your legs toward the ceiling (b). Hold for one second, then return to the starting position. That's one rep. Do 20 to 25.

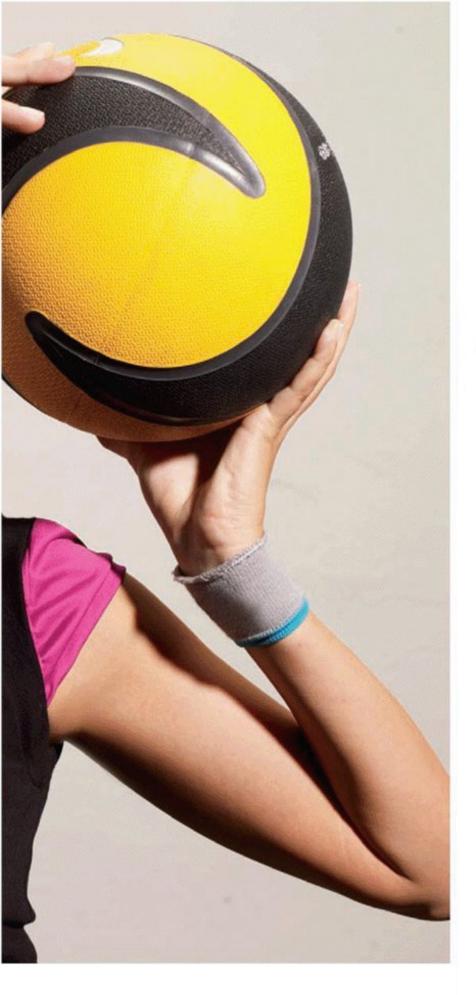




#### **BOSU FOUR-POINT BALANCE**

This challenging move forces your mind to stay completely focused and your muscles to stay constantly engaged. Ntansah's tip for finding balance: Squeeze your glutes during each leg extension and pull your navel toward your spine.

TO DO IT: Position your hands and knees on a BOSU (a). Slowly extend your left arm out in front of you and raise your right leg behind you, forming a straight line from your fingers to your toes (b). Hold for 10 to 15 seconds, then bring your arm and leg back to the BOSU. That's one rep. Rest for five seconds, then repeat with the other arm and leg. Alternate for 10 reps.





#### MEDICINE BALL INCHWORM

Don't let the name fool you: This move is not easygoing. The baby steps torch your hamstrings and calves, while your arms and shoulders are constantly at work. And the farther your feet get from your hands, the harder your core has to work to keep you stable. TO DO IT: Stand with your feet shoulderwidth apart and lean forward, knees slightly bent, to place both hands on a four- to six-pound medicine ball on the floor (a). Slowly walk your feet away from your hands until your body is in a straight line from head to heels (b). You should move about an inch or two with each step. Hold for one second, then walk your feet back to the starting position. That's one rep; do 10.



#### STABILITY BALL WALK-UP CRUNCHES

By removing the momentum your upper body creates during a typical crunch, this move makes your core work harder and more effectively, says Ntansah. Want to make it tougher? Hold your arms straight above your head throughout the exercise. TO DO IT: Lie back with your shoulders on a stability ball, hands crossed in front of your chest, with your feet flat on the floor and knees bent 90 degrees (a). Contract your abs and move your feet inward as you sit up (b). Reverse the move by slowly walking your feet outward until you're back in the starting position, keeping your abs engaged throughout the exercise. That's one rep. Do 20 reps in all.



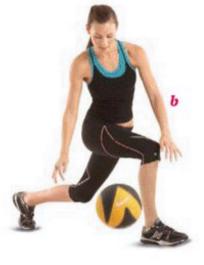
#### STABILITY BALL LEG RAISE

This hits your lower-body targets (hips, thighs, and butt) and works them—hard. "You think it's just going to work the leg you're raising and lowering, but at the end you feel it more in the leg that didn't move," says Ntansah. "It's a great example of stabilizing muscles at work." TO DO IT: Lie on your left side on the stability ball, legs extended straight out and feet stacked. Position your left hand in a comfortable spot on the ball, and lift your hips so that your body forms a straight line (a). Keeping your body in that position, slowly raise your right leg (b). Pause, then slowly return to start. Do as many reps as you can in one minute, then repeat on the other side.

#### "SLAM BALL" SPLIT-SQUAT

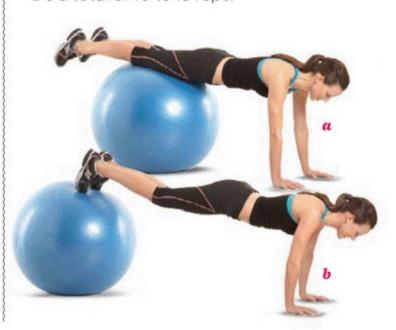
JUMPS Get your heart rate (and your quads!) fired up with this plyometricinspired move that makes everything feel the burnshoulders, core, quads, hamstrings, glutes, and calves. TO DO IT: Stand with your right leg forward and your left leg behind you, so your feet are about three feet apart. Hold a medicine ball above your head (a). Bend into a lunge, rotate your torso to the right, and slam the ball on the ground outside of your right knee (b). Jump up, switch legs in midair, catch the ball and bring it back above your head, landing softly. Repeat to the left side, alternating for 10 to 20 jumps.





#### STABILITY BALL HAND WALKS

Your shoulders and arms are the main event here, but your core and glutes will feel as if they're in the spotlight. Try to walk as far out as you can; the farther you go, the harder it is, Ntansah says. TO DO IT: Lie facedown with your torso on the ball, place your hands on the floor, raise your legs, and walk your hands out until just your thighs are on the ball (a). Squeeze your glutes and walk out until you're in the plank position, with just your feet on the ball (b). Pull your abs in tight to keep your body stable. Hold for five seconds, then walk your hands back to the starting position. That's one rep. Do a total of 10 to 15 reps.



#### Burn, Baby, Burn!

Sculpt a sexier shape with a challenging yoga routine.

If you think yoga is only good for chilling you out, try this flow from Tara Stiles, owner of Strala Yoga in New York City—it will carve your body into a long, lean fat-burning machine. Do this routine four times a week: Complete the moves in order, first on your right side, then on your left. Hold each pose for five to 10 breaths. Then do the series again, holding each pose for one breath. Repeat for a total of six sets. Finally, return to the long holds (five to 10 breaths), alternating sides for three sets.

Doing yoga increases yourrange of motion.

> New Balance bra, Girls4Sport shorts.

#### **CALORIE-MELTING YOGA MOVES**

#### 1/ DOWN DOG SPLIT

Start in a pushup position, lift your hips, and move into the downwardfacing dog pose, keeping your legs straight and pressing your heels into the floor (a). Lift your right leg straight back and up, keeping your right foot firmly flexed (b). Imagine you are pressing your foot into a wall behind you.

#### 2/ HALF CROW LIFT

From down dog split, lower your right leg and bend your knee in to the outside of your right arm as you raise your chest and shift your weight forward. Keep this move slow and controlled. Make it harder: Move your shoulders in front of your wrists, bend your elbows, and try to lift your left foot off the ground.

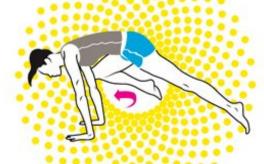
#### 3/ KNEE TO FOREHEAD

From down dog split, slowly lower your right leg as you raise your stomach and hips, round your back, and bring your knee toward your forehead, keeping your toes pointed and core engaged. Tuck your chin toward your chest, and extend your upper back forward through your shoulders.

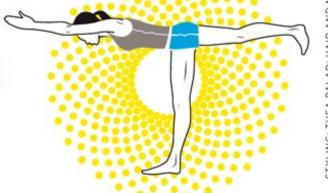
#### 4/ WARRIOR THREE

From down dog split, put your right foot between your hands. Raise your arms off the ground and shift your weight onto your right foot as you raise your left leg. At the same time, bring your torso forward until it's parallel to the floor, reaching your arms forward. Flex your left foot, pointing toes down.









# Shape-Ups





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FIRMS CALF MUSCLES

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- Dr. Steve Gautreau, California

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- Lisa, Missouri

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- Leah, North Carolina

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#### Gretchen's Go-To Looks

The Mane Jacket

"The neckline is designed to look and act like a scarf, so you don't need to wear one on the mountain or when you're going out at night." From \$280

She takes her chic mountain style to the streets with these pieces from her Oakley line. >

#### **Novelty Skull Cap**

"I love it for the slopes—it's warm and it works with goggles or sunglasses, but you can also wear it around town with jeans and a sweater." \$20

#### **Gretchen Bleiler Signature Oakley Restless Sunglasses**

"They block UV light, and the contoured lenses extend your peripheral vision—two things that are key for snowboarding. The lightweight gold wire frames make them stylish enough to wear off the mountain too." \$190

All products available at oakley.com.

#### How do you stay motivated when you don't feel like training?

> Goals are the secret. I have at least one goal that I work toward each day. It's all about taking hold of the day, rather than letting the day run you.

#### During the off-season, how do you keep your body in shape?

> I love to surf, mountain bike, hike, and practice yoga and Pilates. I also have a consistent gym program in the off-season, which includes squats, lunges, plyometrics, agility, and weight training.

#### What are your fave fitness moves?

> To strengthen my lower body, I do tons of squats a day [including single-leg and barbell versions] to work my glutes, hamstrings, quads, and hips. My favorite upper-body muscle builder is a shoulder exercise called YTWL. Lying facedown on a bench, I grab a one-pound dumbbell in each hand and do raises with both arms in the shape of a Y [out in front, elbows straight], then in the shape of a T [out to the sides], then like a W [elbows bent, palms facing down], and finally, in an L shape [elbows at 90-degree angles, forearms up and parallel to the body].

#### What healthy, energizing snacks do you always have on hand?

> I love dried mangoes, walnuts, and goji berries. The mix provides iron, antioxidants, and omega-3s and really kicks up my energy.

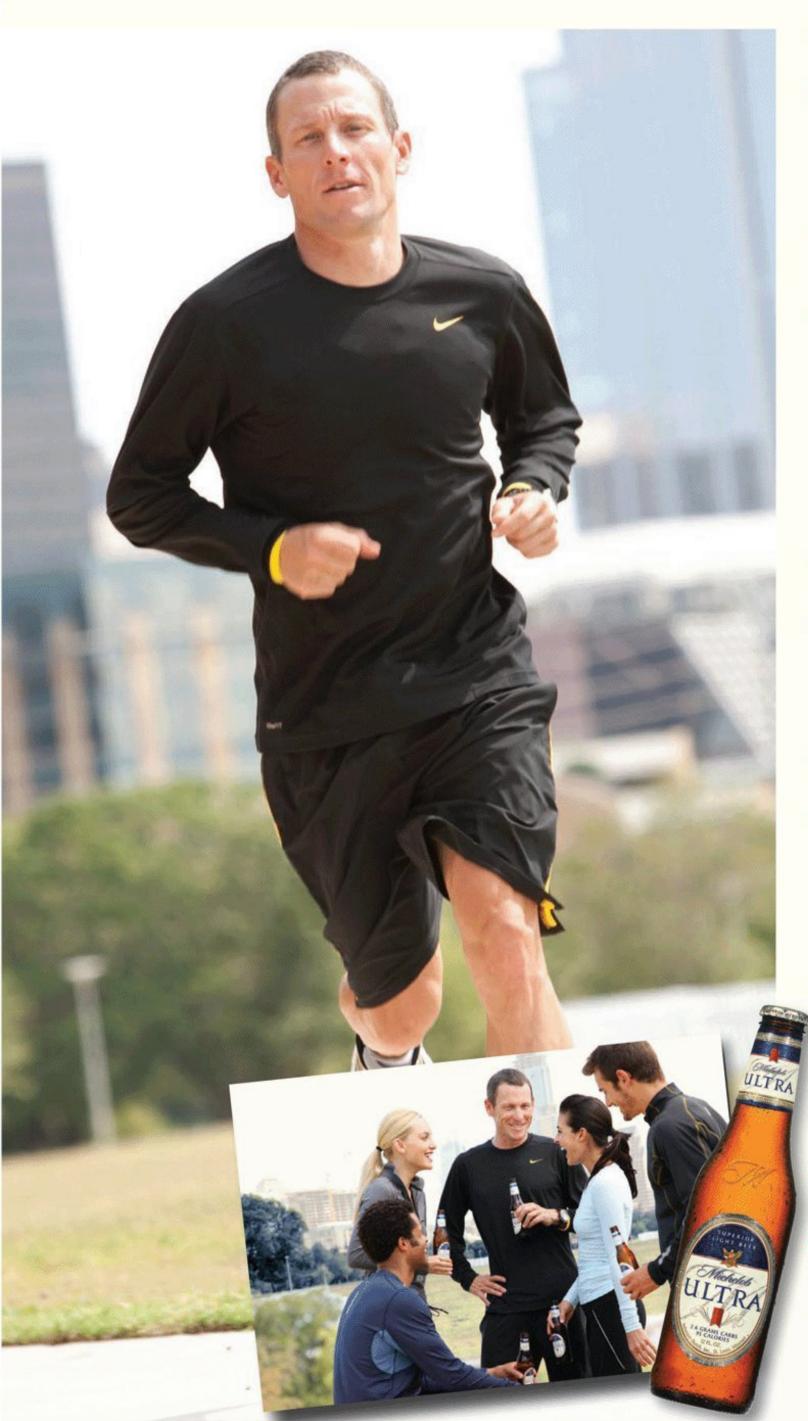
#### Any tricks for keeping your skin soft after being in the cold all day?

I use Dr. Hauschka Cleansing Cream. It is made with almond meal to exfoliate and makes my skin feel clean but still dewy [\$27, drhauschka.com]. I also love Mission Skincare products, which contain natural ingredients and no parabens [preservatives]. I worked with the company to create a lip balm called Gretchen Bleiler's Sweet Vanilla Lip Balmer SPF 15 [\$4, missionskincare.com]. It smells like cake batter! -Loren Chidoni



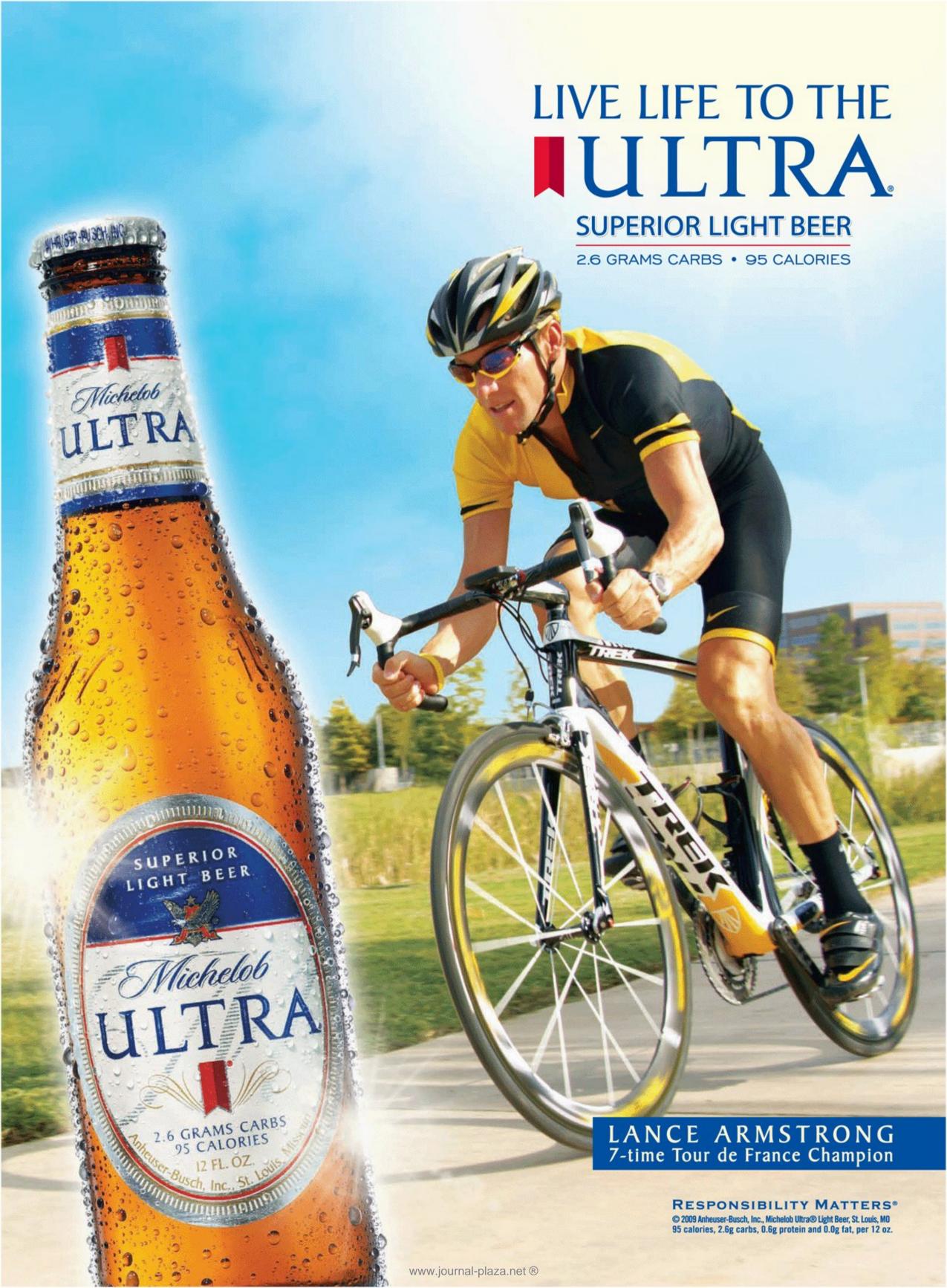
#### **LEADER OF THE PACK**

We recently had a chance to catch up with Lance Armstrong and get his personal thoughts on New Year's resolutions, achieving balance and staying in peak condition.



- Q. What are your New Year's resolutions for 2010?
- A. Now more than ever it is the goal to have a good balance. Between family, training, foundation work and business commitments it is easy to let one of these areas suffer.
- Q. How important is it to you that Michelob ULTRA supports cycling and running in the U.S.?
- A. A lot of running and cycling events in the US are made possible by the support of sponsorships. Without the support of ULTRA a lot of these events would not be able to make it. More importantly ULTRA is making choices to support events that are in perfect alignment with those who live an active lifestyle.
- Q. How does Michelob ULTRA fit into your balanced lifestyle?
- A. I am a guy who enjoys going out and pushing myself to the limit. That could mean a 6-hour bike ride or a 2-hour gym session. Whatever the activity, I enjoy the rewards of a hard workout.
- Q. With your busy training schedule, why is it important to have balance in your life?
- A. Like any job too much of one thing is not good for the mind or body. Although I am on the bike almost everyday, I try to mix it up in the off season to avoid boredom and repetition.
- Q. Why is exercise such an important component for mental fitness?
- A. I think exercise keeps me motivated and focused. If I am having a tough day or just not in a good place I will go out and ride or run and things are usually better.
- Q. How about a favorite exercise that really works for you?
- A. The bike has not failed me yet.







Glassman's plan is based on the ORAC scale—a scientific value that represents the antioxidant levels of foods. (ORAC stands for oxygen radical absorbance capacity.) Using this scale, she has devised a diet that gets you 30,000 ORAC points a day—10 times the current recommended level of 3,000. It's those mega ORAC points that scoop up free radicals, the damaging rogue elements in our bodies that contribute to everything from wrinkles and brain fog to cancer and heart disease.

And you can say good-bye to calorie counting: By focusing on high ORAC scores, you'll chow down on foods that are healthy and have the right proportion of nutrients, so the extra weight will come off more easily.

In her book, Glassman explains how certain high-ORAC fruits and vegetables have specific powers. Load up on these antioxidant superstars every time you hit the grocery store-they'll help you bring out your healthy best in these five ways.

#### 1 LOSE WEIGHT WITHOUT TRYING

On the O<sub>2</sub> Diet, estimate that you'll lose about two to three pounds a week. But instead of worrying about the pounds, focus on ORAC points—and the pounds will melt away. These are just three of the O2 Diet's weight-loss wonders: **ARTICHOKES:** At only 60 calories each, they're a calorie bargain. Artichokes are also super-high on the ORAC scale—7,900 points and they contain phytochemicals that may lower cholesterol levels. LEMON WATER: Lemon peel contains pectin, a soluble fiber that has been shown to help with weight loss. Add an ounce of lemon juice and some zest to each of your eight daily glasses of water (which will help you feel fuller), and you'll add 3,200 ORAC points.

**RED GRAPEFRUIT**: One study found that people who ate half a grapefruit with each meal lost 3.6 pounds over 12 weeks, while those who drank grapefruit juice three times a day lost 3.3 pounds. The red variety has more of the cancer-protecting antioxidant lycopene. Half a grapefruit has 1,900 ORAC points.



#### **Chocolate Pear**

1 sliced pear dipped into 1/2 ounce melted dark chocolate with a pinch of ground cloves 8,900 ORAC POINTS

#### **Hot Chocolate**

1 cup reduced-fat chocolate milk heated with 2 mint leaves 3,300 ORAC POINTS

#### Banana Split

1/2 banana, sliced lengthwise and then topped with a mixture of 2 tablespoons fatfree plain yogurt, 1 teaspoon agave syrup, and 8 chopped pecans 5,100 ORAC POINTS

#### Warm Pineapple

1 cup pineapple (sliced rounds or chunks, broiled or grilled about 5 minutes; position 4 inches from heat and turn once), served with 8 chopped hazelnuts 2,600 ORAC POINTS

#### 2 MAKE YOUR SKIN GLOW

While no food can turn back the clock, some can perk up your looks and slow the aging process. FIGS: Eating a handful of dried figs increases the amount of antioxidants in your blood for four hours, much longer than many other foods. Two small figs have about 2,700 ORAC points. **RED BELL PEPPERS:** The unique combination of large amounts of vitamins A, C, and E make red bell peppers a skin superfood. Half a cup adds 600 ORAC points. WATERMELON: This lycopene-rich fruit provides 33 percent more protection against sunburn than other fruits. (You still have to wear sunscreen though!) One cup of this diced melon has 200 ORAC points.

#### 3 BOLSTER YOUR BODY

Certain antioxidants have been shown to fight cancer, boost immunity, and keep bones strong. BEANS: They're loaded with phytochemicals (including saponins, protease inhibitors, and phytic acid), which may protect cells from damage that potentially causes cancer, reports the American Institute for Cancer Research. Half a cup has 7,800 ORAC points.

PRUNES: These wrinkly little dried fruits are rich in vitamin K and a top source of the mineral boron, and we need both for strong bones. A three-prune serving gives you 1,900 ORAC points.

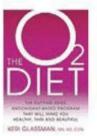
#### 4 WARD OFF HEART DISEASE

Young women tend to be oblivious to heart disease, but that attitude itself is a big risk. How you eat today helps predict how healthy your heart will be 30 years from now. **CHERRIES:** Researchers at the University of Michigan have found that the anthocyanins in dark cherries reduce belly fat and lower cholesterol and blood sugar; one serving packs 3,500 ORAC points. DARK CHOCOLATE: Rich in flavonoids, chocolate is believed to promote heart health by reducing platelet activation, affecting the relaxation capabilities of blood vessels. One ounce of dark chocolate has 5,900 ORAC points.

#### 5 BOOST YOUR BRAINPOWER

The neural pathways in our brains are growing and improving all the time. Eat the right foods and you'll be able to concentrate better, remember more, and feel calmer. **BLUEBERRIES**: They may improve memory, cognition, and balance. Researchers believe that blueberries (9,700 ORAC points per one-cup serving) reduce inflammation and can help us overcome the normal effects of brain aging. CINNAMON: Researchers believe that cinnamon may inhibit certain Alzheimer's disease cells. One teaspoon of cinnamon adds 7,000 ORAC points.

**PLUMS**: These juicy treats decrease anxiety-related behaviors, and researchers think they may protect against depression. One plum adds 4,100 ORAC points to a meal.



Adapted from The O2 Diet: The Cutting Edge Antioxidant-Based Program That Will Make You Healthy, Thin, and

Beautiful, by Keri Glassman, R.D., Rodale 2009. Available wherever books are sold or at womenshealthmag.com/O2diet.



**Outsmart** Restaurant Menus

Learn to suss out the tricks used to sucker you into ordering fattening (and pricey) food.

If you walk into a restaurant with the intention of ordering the grilled chicken salad, but find yourself wolfing down a bacon cheeseburger, it may not be because your willpower suddenly pulled a disappearing act. It's possible you were duped by menu-design experts who are paid to dream up sneaky ways of enticing you into ordering cheap, not-sohealthy foods that yield big profits. WH reveals the tactics restaurants use so you never fall for them again.

A study in the Journal of Consumer Research found that large, vivid images increase the probability that you'll impulsively order that food. And where the photo is placed also matters: The most profitable items get prime real estate, which in the menu world is the upper corners and the center of the page—hot spots where your eyes naturally travel. "The more attention we can bring to an item, the more likely you

are to order it," says Gregg Rapp, a menu engineer consultant in Palm Springs, California.

#### Names like German **Black Forest** Indulgence

Sounds better than plain ol' chocolate cake, doesn't it? Sexed-up monikers can boost food sales by up to 27 percent, according to industry research. "Enticing descriptions create a positive emotion about how something will taste," says Sybil Yang, a researcher and menu psychologist at Cornell University. That's why saying something is "handbattered" or "crispy" can be a home run: It triggers a craving and draws your attention away from the harsh reality that the food is fried.

#### **Healthy options** next to the fattening ones

You'd think this would help us eat better. but the opposite is true: A study at Duke University found that people are actually more likely to choose a higher-calorie dish when healthy fare is offered right beside it. Crazy as it sounds, "just reading about a salad makes you feel like you've satisfied your nutrition goals and are free to go nuts and indulge," says study author Gavan Fitzsimons, Ph.D., a professor of marketing and psychology at Duke.

#### Lots of produce in plain sight

The presence of veggies-even if they're carb-coated, deep-fried, and cheese-slatheredconvinces you that you're making the right food choices. Don't fall for it! "A seemingly healthy

#### PASSING THE BUCK

Patrons spend more when menu prices don't show the actual "\$" symbol (for example, "20" as opposed to "\$20"), says a study from Cornell University. Not seeing that dollar sign causes the brain to think it isn't spending money, which makes it easier to tack on extras like apps and dessert.

addition to a lessthan-wholesome dish sounds like a smart compromise," Yang says. But in reality, these "veggie" delights can often be worse for you than more notorious diet killers like pizza and hamburgers.

#### Sampler platters that seem so innocent

Instead of ordering a few apps, you get the sampler, thinking you'll try just a wee bit of everything offered. But research from the University of Pennsylvania reveals that when you're given a wide selection, you'll eat 10 percent more than you would have if there had been only one option. That's because having more variety makes you feel as if you're not eating as much. In other words, when you're given a couple of mozzarella sticks as opposed to the usual six, you feel entitled to gobble those up and then move on to the chicken wings, the potato skins, the poppers, and so on.

—Jessica Girdwain



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## Are Your Friends a Fat Influence?

Research shows that how much you weigh hinges on who you hang out with.

By Courtney Rubin



Chances are, you've dined with a friend and had a scenario like this unfold: You start salivating over the idea of ordering linguine carbonara, but tell yourself, Oh, I really shouldn't. Then your friend requests that very dish before snapping the menu shut and handing it to the waiter. "Make it two," you say. And there goes your diet.

Friends' health decisions have a funny way of rubbing off on us. So important is their power that the World Health Organization lists them as a determinant of health, as big a factor as genetics and income level. In fact, understanding how pals shape one another's health behavior has top billing in Healthy People 2010, the government's plan for improving national well-being.

Research has found that smoking, deciding to get the flu shot, and taking vitamins are all socially contagious behaviors. But where our friends have perhaps the most influence is on how much we eat, drink, and exercise.

#### The (Fudge) Ripple Effect

Having a buddy who packs on pounds makes you 57 percent more likely to do so

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yourself, according to the key findings of James Fowler, Ph.D., a professor at the University of California at San Diego, and Nicholas Christakis, M.D., Ph.D., a sociology professor at Harvard, who have studied social networks for 10 years. "Consciously or unconsciously, people look to others when deciding what and how much to eat, and how much weight is too much," says Fowler.

So while you weren't planning to even glance at the dessert menu, you might change your mind when everyone else orders brownie sundaes. In some cases, we may even seek out relationships that allow us to indulge, says Susan Bowerman, R.D., of UCLA's Center for Human Nutrition. "Many women have 'food friends' they can call up to say, 'I had a lousy day and some fried mozzarella sticks sure would make me feel better."

Your social circle influences your drinking habits too. Alcohol is a notorious diet buster (if you can resist a nacho after a margarita, bless you), and according to University of Pennsylvania researchers, drinking is among the "risk behaviors" that they found study participants were twice as likely to engage in if their friends did.

Part of the reason we're so easily swayed may be hardwired. Gregory Berns, M.D., Ph.D., a professor of psychiatry and economics at Emory University, found that when others influence us, the area of our brain that makes conscious decisions is not activated. Instead, the occipital lobe, where vision originates, lights up. Translation: We focus on what we see other people doing (like biting into a cupcake), not what we know is right for ourselves (biting into an apple).

#### **Unhealthy Competition**

Copycatting isn't always bad for your waistline. Research has found that you are just as likely to pick up *good* habits from pals. If everyone is ordering salad, do you want to be the one to splurge on a burger and fries? Same goes for booze. "We want to behave appropriately, to make a good impression on others," says Patricia Pliner, Ph.D., professor at the University of Toronto at Mississauga.

Sounds admirable, right? Well, there's often a subtext in these civilized dinner scenes. When two girlfriends are competitive with each other—over guys, work, grades—it can manifest at the table. Undereating is a form of



PERCENTAGE MORE -LIKELY PEOPLE ARE TO DRINK HEAVILY IF THEIR COWORKERS DO

Source: Occupational and Environmental Medicine

one-upmanship. In her study, Pliner found that when women competed against each other in a variety of skills, those who thought they were losing chose lighter entrées than their rivals at lunchtime. "It was their way of winning," Pliner says. In another study, researchers found that even after being literally starved for more than 24 hours, women would consume only as much food (in some cases, as little as 300 calories) as their companions did.

Things can get especially ugly when friends try to sabotage each other—for instance, pressuring a dieting pal to go ahead and order those french fries or skip the gym. "We don't want to be reminded of our own struggles with weight by watching a healthy eater make careful choices," Bowerman says. "We want her to join our club."

#### Set Your Own Agenda

Hanging with a calorie-conscious crew may keep you on the slim side, but what happens when you join a new club, move to a new town, or start a new job and begin socializing with a new group—one that eats fruit only if it's in a pie? Hint: You'll need to buy some new jeans. That's why it's important to get into the habit of making your own decisions about food. "Being aware of how others influence us is an important first step," says Brent McFerran, Ph.D., an assistant professor of marketing at the University of British Columbia. "If you recognize where you're likely to follow the crowd, you can correct your course." He recommends pre-committing to your meal when you can: Bring your lunch to work, or if you're eating out, be the one who orders first. You'll find that a little independence will keep you healthier and happier in the long run.

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Snack 1: Special K® Cereal Bar



Meal 2: Special K™ Protein Shake



Snack 2: Special K™ Crackers



Meal 3: Lemon Pepper Salmon

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## "I dropped six sizes!"

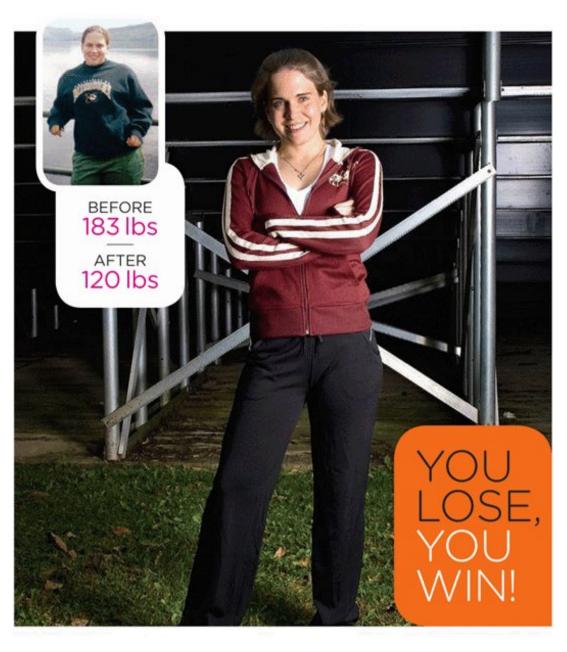
Autumn Mastroianni, 28, a registered dietitian in Danville, Kentucky, wasn't always so healthy. Her meals once consisted of carbs and fats, and few fruits or veggies. At 183 pounds, when she couldn't find non-plussize clothes to fit her 5'5" frame, she overhauled her diet...and her life.

#### The Gain

Throughout her freshman and sophomore years of college, Autumn watched the number on the scale skyrocket. A semester abroad in Germany was the final straw. "I enjoyed everything too muchsausage, cheese, chocolate, and beer," she says.

#### The Change

"I'd always been heavy, but I never felt out of place. Then I went to Europe and saw that no one was as big as I was," Autumn recalls. When she returned home in September 2002 and had to buy plus-size clothing, she vowed to slim down.



#### The Lifestyle

Swapping extra helpings of carbs for veggies and whole grains, banishing caloric beverages, and halving meat portions all helped Autumn shed 25 pounds. Then she started doing regular cardio and strength-training workouts, and she changed her major to nutrition sciences and dietetics. By September 2003, Autumn was down to 120 pounds.

#### The Reward

She hasn't gained an ounce since graduation, and now counsels others about proper diet. "My job motivates me to stay healthy," she says.

#### Autumn's Tips

Know your limits. "I can't eat half a candy bar, so I buy snack-size versions instead." Get a good start. "Breakfast revs up your metabolism." Use the 90/10 rule. "If you're healthy 90 percent of the time, it's OK to cheat the other 10 percent!"

#### Share Your Story

If you've fought flab and won, you could be featured in the magazine. Go to WomensHealthMag.com/youlose.



 KERI GLASSMAN, R.D. NutritiousLife.com

#### I'm very close to quitting smoking (yay!), but I'm scared of getting fat. How can I avoid gaining weight?

-Jackie S., Lewes, DE

Quitters tend to pack on pounds because their metabolisms slow down, they start craving more sweets, or they use food as a substitute for cigarettes. Your best defense: Get regular exercise. In addition to the metabolic boost, studies show that people who exercise while quitting are less likely to gain weight and twice as likely to stub the butts for good. When you feel the need to nibble, reach for something low-cal and crunchy, like a few cucumber slices or a 100-calorie serving of microwave popcorn.

#### How can I find out if I have a slow metabolism?

-Marilyn F., Seattle, WA

Many dietitians, hospitals, and gyms offer Breathalyzerstyle tests to determine your resting metabolic rate, or the number of calories you normally burn in a day. While they're usually accurate, these tests can run you about \$75. Since a sluggish metabolism is typically associated with low muscle mass, the best way to break through a plateau is to start strength training two or three times a week. Every pound of muscle you gain burns around an extra 50 calories a day. If you've been lifting weights and dieting and you're still not seeing results, ask your doctor to test you for an underactive thyroid, which can slow your metabolism.



g fat (0.5 g sat)

Small Honey **Small Honey Bourbon Chicken Mustard Chicken** Sub on white Sub on wheat 310 calories 520 calories

26 g fat (6 g sat) 45 g carbs 48 g carbs 1,040 mg sodium 860 mg sodium 3 g fiber 4 g fiber 24 g protein 22 g protein





# **80 calories** of a leading frozen chicken entrée



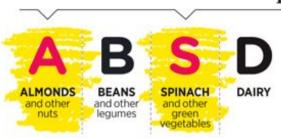
**80 calories** of *Campbell's*\* *Select Harvest*\* Light Minestrone



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BERRIES



#### How to use them

- For a filling and flavorful snack, mist a baking sheet with cooking spray, toss on a handful of almonds, and bake at 400°F for 5 to 10 minutes. Remove from the oven and sprinkle with brown sugar and cinnamon, or ground red pepper and thyme.
- ·Add a handful to your cereal, yogurt, or frozen yogurt.
- Toss sliced almonds with chopped cabbage and a little rice vinegar for a crunchy side salad.
- ·Coat chicken or fish with crushed almonds instead of bread crumbs.

#### SPICY CHICKEN STIR-FRY

blood pressure

wrinkles, cancer, high

#### What you'll need

- 2 tsp peanut oil
- 1/4 tsp red pepper flakes
- 2 boneless chicken breasts, cut into strips
- 1/3 c asparagus tips
- 1/3 c thinly sliced carrots
- ¼ medium onion, cut into bite-size pieces or strips
- 1/3 c frozen snow peas
- 2 Tbsp sliced almonds
- 2 tsp reduced-sodium soy sauce

#### How to make it

Combine peanut oil and red pepper flakes in a hot skillet. Add chicken strips and cook for 2 to 3 minutes, stirring frequently. Add all remaining ingredients to the pan and cook for another 2 to 3 minutes, stirring often. Serve over brown rice.

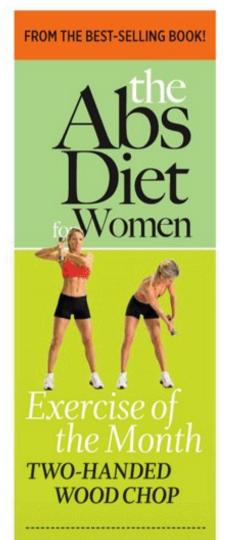


MAKES 1 SERVING. Per serving: 428 cal, 18 g fat (3 g sat), 20 g carbs, 505 mg sodium, 7 g fiber, 48 g protein

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a five- to eightpound dumbbell in both hands next Brace your abs torso to the left as you extend your arms and lower the dumbbell to the outside of your left knee. Lift it back to the starting position. That's one rep. Do 10, then repeat on the opposite side.







Mary Jane Minkin,

in the department

M.D., clinical professor



 BRUNILDA NAZARIO, M.D. Senior Medical Editor for WebMD Health

#### Lately I've been bothered by this weird ringing in my ears. What can I do?

-Christina G., Brooklyn, NY

(no, you don't have

to sniff it) can lead to

more regular cycles.

-Amy Beal

Gone to any Mötley Crüe tribute concerts lately? Ringing in the ears (or tinnitus) is often caused by exposure to loud noises. But in rare cases, it can be a sign of a head trauma or other serious condition, so see a doctor ASAP. Tinnitus can go away on its own, but until then, prescription drugs can lessen the sound. For severe cases, your physician may recommend a masking device (a hearing aid that works like a white-noise machine).

#### I've started taking a bunch of vitamins each morning. Now my pee is bright green!

-Anna R., Orlando, FL

Relax, it's probably nothing to worry about. Because urine is composed of excess water and waste products from your blood, certain foods and medications can cause it to change color. If you're worried, stop taking your

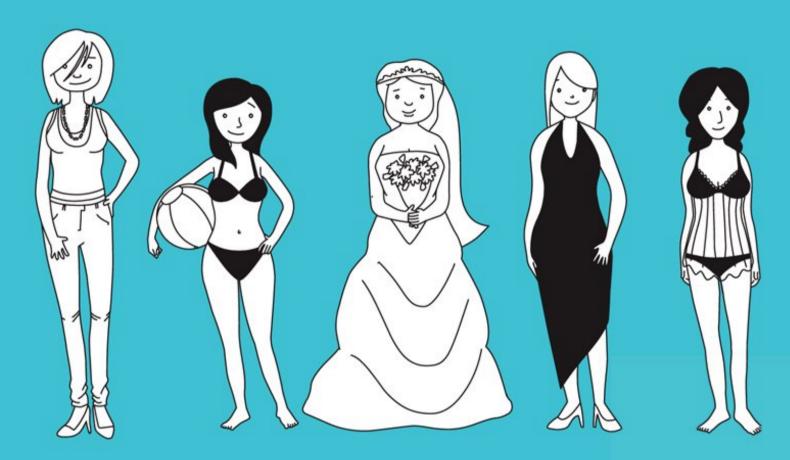
vitamins. The color should last a few hours after popping your last pill and stop spontaneously. Still seeing green a day later? Contact your M.D. You may have aurinary tractinfection.



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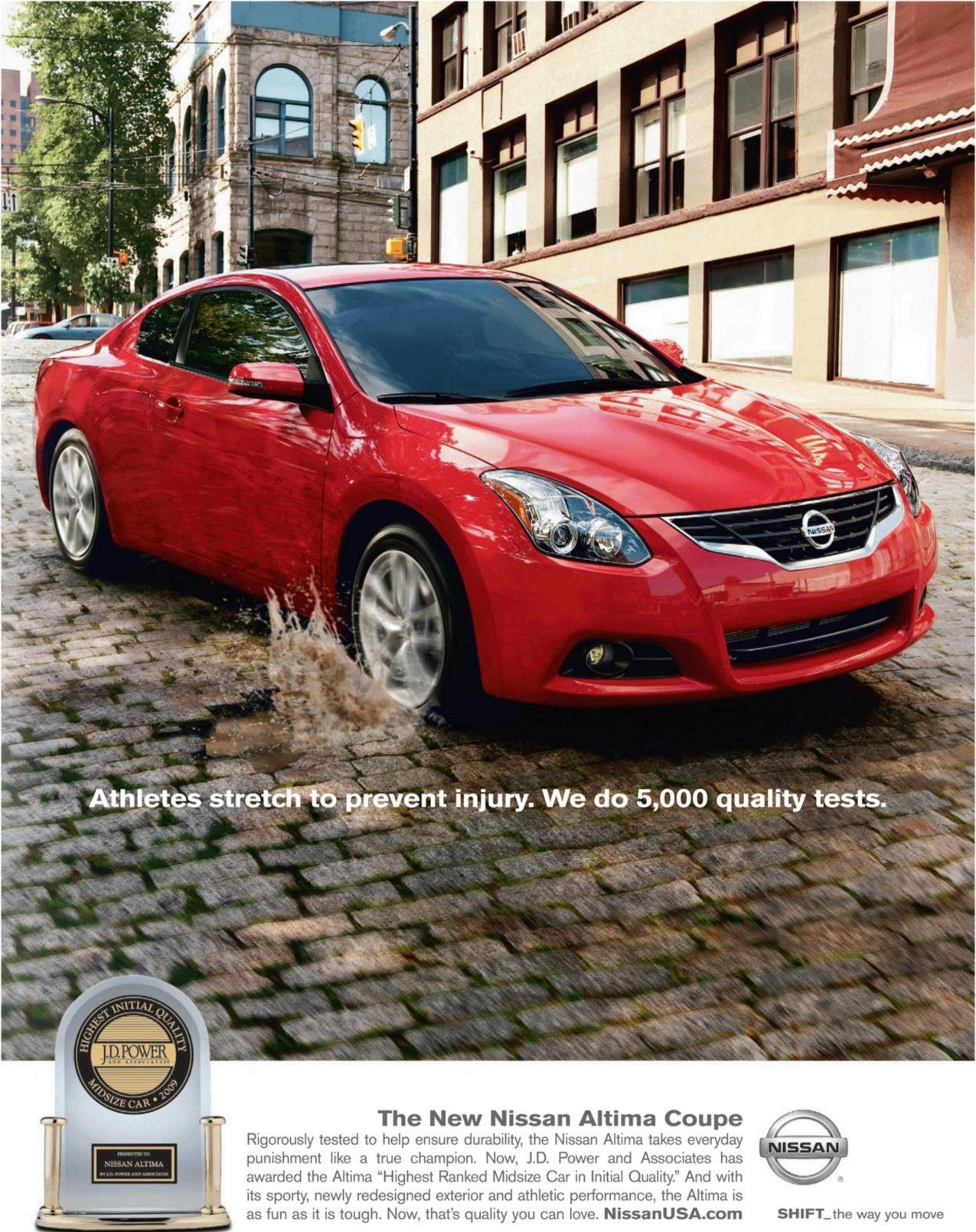




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# Prolong the Pre-Game

You've always heard that women need lots of kissing and caressing before the main event, but now researchers say guys crave ample foreplay too.

By Elise Nersesian

→ Imagine baking brownies without preheating the oven. Or running a marathon without training. Well, it's important to apply that same logic to the bedroom: In order to have great sex, you need to get in a good warm-up first. But if you worry that your bedmate phones in foreplay just for your sake, you'll be psyched to find out that scientists at the Kinsey Institute have discovered men need a little revving up too. "Guys often don't get as much foreplay because women think an erection is proof a man is ready for sex," says Debby Herbenick, Ph.D., author of Because It Feels Good. "But men crave the intimacy and emotional connection that foreplay provides." Here are five moves to max out the buildup to sex.

Discover New Terrain

The area between your chin and throat is the most sensitive part of your neck because the nerves sit closer to the skin's surface. So get your guy to lightly lick this zone. Next, cup his testicles in your hand, stroking, rolling, and tickling them. Then massage the base of his penis. Since part of his joystick is hidden behind the scrotum, touching the base can give him novel thrills, says New York sex therapist Jane Greer, Ph.D.

#### Give Him a Racy Rubdown

Have him lie on his stomach, then straddle his back, aligning your clitoris over his sacrum (the bony plate

at the base of the spine, above the butt crack). Move your hips while using your hands to massage both sides of his spine. "The friction from his tailbone will arouse you, and you'll awaken the sacral nerves that connect to his genitals," says Sandor Gardos, Ph.D., founder of MyPleasure.com.

#### Caress Each Other

Have your guy spoon you while he reaches around and stimulates your breasts, rubbing the flesh above the areolae, in the 10 o'clock to 2 o'clock area. Meanwhile, graze your fingers along his inner thigh, stopping just before his scrotum, then quickly move back down. This

thin-skinned area is especially sensitive, and coming close to his goods without making contact will keep him in a suspended state of excitement. Next, whisper something naughty. Greer says dirty talk raises testosterone levels, boosting arousal.

#### Amp Up Oral

The penis is famous for taking center stage during oral sex, but the testicles are supporting players that rarely get recognition.

seam (that dark line down the middle of the scrotum), then gently push up against the base of his testicles with your hand. "You'll arouse his prostate, a sensitive gland in his pelvic region," says Ian Kerner, Ph.D., author of She Comes First.

Lick the nerve-rich

#### Get Dirty in the Shower

Haven't given a hand job since high school? It's time to get back to basics. Hop into the shower with him, soap up your hands, and wrap one around his shaft, squeezing as you move up and down, then switch to shorter, faster strokes on the head of his penis. If he can't guess your next move, his arousal will intensify. And when you do finally hit the sheets, there will be an erotic payoff.

NUMBER OF MINUTES GUYS **NEED TO SPEND** ON FOREPLAY TO SUSTAIN AN ERECTION

Source: The Kinsey

MICHELLE CALLAHAN, PH.D.

Author of Ms. Typed: Discover Your True Dating Personality and Rewrite Your Romantic Future

I just started dating a guy who has a small penis, and I barely feel anything during sex. Will I go to hell if I dump him?

-LizaP., New Haven, CT

Absolutely not! Why should you be punished for seeking a compatible partner? However, before you end things, try out some different positions that will enhance what he's got. For example, while in missionary, place a pillow under your lower back to create an elevated angle of entry so his penis hits your G-spot. Or when you're on top, use a shallow circular rocking motion (rather than in and out) for optimal clitoral contact. If you've tried troubleshooting with no results, don't feel guilty about moving on. You can't force sexual chemistry.

I love my boyfriend, but I still think about my ex a lot. How can I shake these lingering thoughts?

-Ann M., Greenland, NH

First, figure out why you're so attached to your ex. If you were together for several years, it's natural to go through an adjustment period. It's also possible that you didn't get the closure you needed and, as a result, you're rehashing the past. Whenever he pops into your head, try to remember all the reasons you broke up and why your new guy is a better fit. Make a list if you have to! And avoid keeping him as a friend it makes it harder to move on.



While some 40-plus women are rejecting the cougar label, there's a younger set of females who want to co-opt the title prematurely.



action, and guys are happy to oblige. Fact is, no matter what age bracket you're talking about, being with an "older" woman appeals to a lot of men. She has the benefit of life experience, education, and sophistication—three traits guys admire, according to Helen Fisher, Ph.D., of the Center for Evolutionary

PERCENTAGE OF -COHABITATING COUPLES IN WHICH THE WOMEN ARE AT LEAST FOUR YEARS OLDER

Source: U.S. Census Bureau

Studies at Rutgers University. "Nowadays, women are more financially successful than ever, and this shift has changed what many men desire in a partner," she says. "Guys are often attracted primarily to a woman's independence, direction in life, and job success." There also may be less pressure for them to prove themselves financially, because pumas tend to be more understanding if younger guys lack ambition or success.

#### CUB APPEAL

Women in these relationships are also reaping the benefits. Since the guys may not have nailed down a high-powered career, they are often more carefree, relaxed, and up for anything, which can be a refreshing break for women who have been dating their stressedout male peers, according to research by Sandra L. Caron, Ph.D.,

a professor of family relations and human sexuality at the University of Maine. Then there's the ego boost: Considering that these guys have the option of scoring younger women, a puma can feel pretty damn good when she snags a cub.

What's more, says Bethany Marshall, Ph.D., author of Deal Breakers, younger guys have a tendency to put older girlfriends up on a pedestal and are more easily impressed by their achievements than older men might be. And who wouldn't love that?

#### THE SIZZLE FACTOR

As cougars well know, and pumas are figuring out, dating a younger guy can be like hitting the sexual jackpot—and not just because women peak later than men do. "A woman in her thirties is very sexually compatible with a man in his early to mid twenties," says

#### **Embrace** Your Inner Wildcat

Don't focus on your age. "If he's dating you, he's already over the age stigma, so calling attention to it with jokes will only make you seem insecure," says Bethany Marshall, Ph.D., author of *Deal* Breakers. Instead, flaunt your sophistication by reminding him what a real woman can offer. Invite him to a gallery opening, take an exotic cooking class together, or enjoy a wine tasting.

#### Let him pay for dinner.

Chances are, you make more than he does, but don't pick up the tab every time you go out. "No matter what his age, a man needs to feel like he's contributing," Marshall says.

Show him the way in the sack. A huge perk to dating younger guys: They aim to please in bed. "Women often feel shy speaking up when something doesn't feel good, but young guys want direction," Marshall says. "Not only are they eager to learn new techniques, but the thrill of satisfying you will make them want to keep trying."

Linda Banner, Ph.D., a licensed marital and family therapist in San Jose, California. "As women leave their angst-ridden twenties behind. they become more comfortable in their skin, and instead of worrying about how they look during sex, they focus more on how they feel."

And this self-assurance is very attractive to young men. According to Caron, today's guys are more "emotionally aroused," focusing less on how a woman looks and more on her independence. "Appearance will always play a major role in physical attraction, but being with a woman who has confidence is more appealing for some young men than her having supertight abs," she says. And if you've got both, all the better!

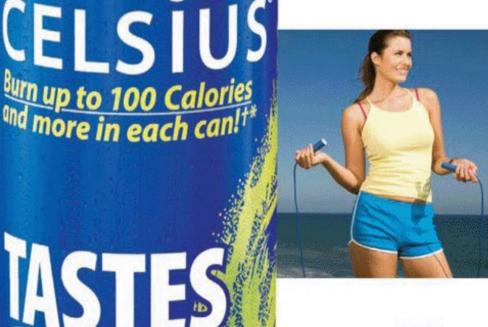
-Elise Nersesian

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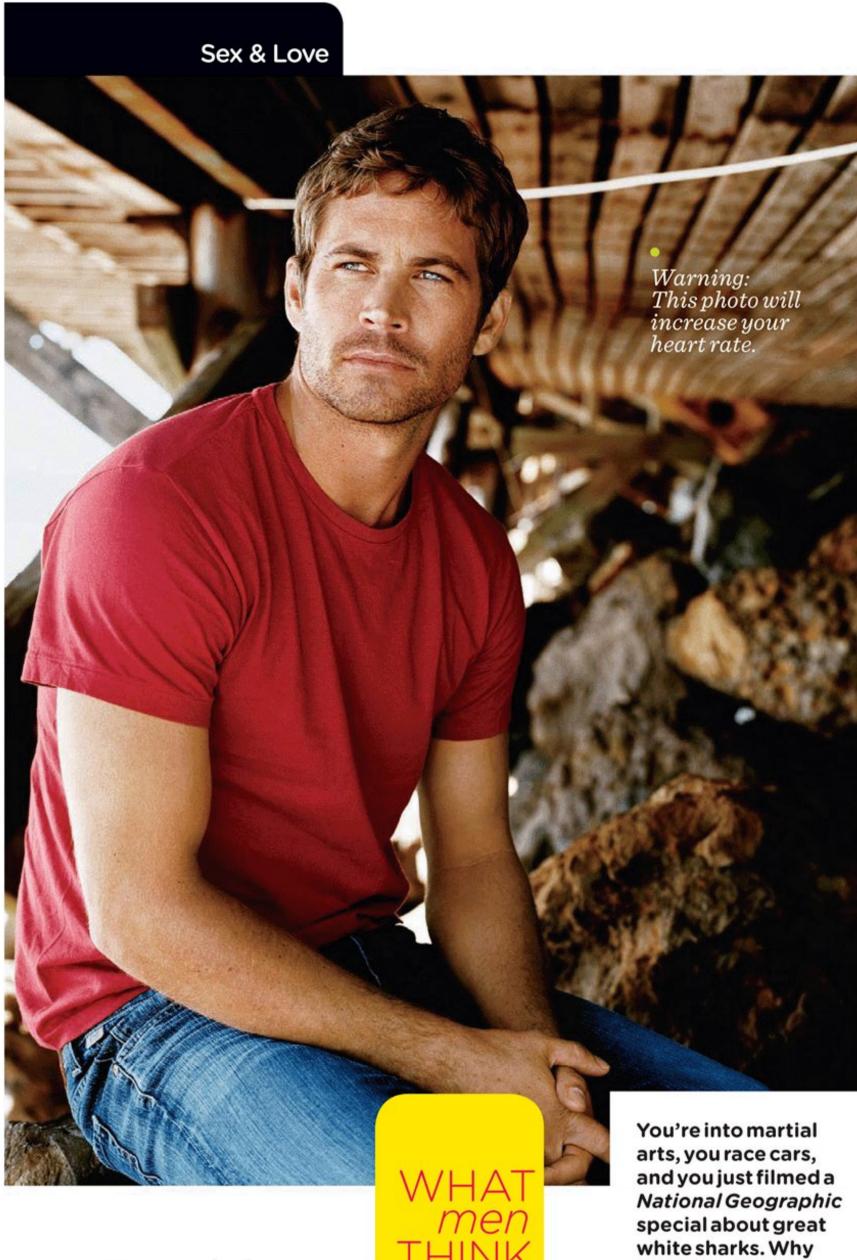






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Paul Walker, star of the upcoming movie Takers, on why a relationship needs to be both tough and tender

the Rush of Love

Seeking

are guys so drawn to danger?

When your heart is pounding and the adrenaline is surging, there's no doubt that you're living. It's pushing yourself to the edge and being the best you can be. It's the constant test. When I spin out on the [race] track, I feel like I'm pushing it so hard-that's the fun stuff. It's learning. My dad and my grandfather were

both sportsmen, hunting, spearfishing, and spending a lot of time in the ocean.

#### Do you need to be with a woman who's also an adrenaline junkie?

I like nurturing women, since I never learned how to take care of myself because I'm always runnin' and playin'. And when it comes to [raising] kids, you want the woman to be loving. I'd like her to come along [with me]—she can be as fired up about things as I am-but I'm drawn to nurturing women.

#### Have any girlie qualities?

I used to watch Jon & Kate Plus Eight, but now it has all fallen apart. I thought they were the most amazing couple ever because they were so real. But as soon as stuff started flaring up, I was done. I was devastated.

#### How can a woman tell if aguy is really into her?

That's a good question. I've been into girls and done everything I possibly could to express that, and they still had no clue that I liked them. I've learned from [my past relationships that it's the little things, the little gestures, that help a lot. A random flower, coming home to a note-even if it's on a Post-it. And I was raised to always open doors and all that stuff.

#### You've said that you really want to get married. What makes a man want to propose?

I'm not trying to force it, but if I found her, I would do it. When it's right, it should feel natural. It's good to have someone who is competitive, because competitive people don't give up, and that's what you need in a marriage. [Whether it's] a health issue or a loss, you want to know that person has your back. You want a fighter.

—Elise Nersesian

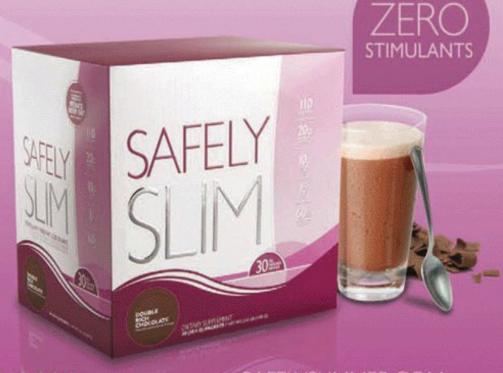


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As secrets go, this one was a whopper. A dentist from Great Neck, New York, was reportedly sitting on an \$800,000 bank account...that is, until a bank employee cold-called her with some recommendations on how to invest the stash, and her husband—who had no idea his wife even had the stockpile—picked up the call. Can you say busted?

When most of us think of cheating, we think of lipstick-stained collars and Don Draper—esque dalliances at four-star hotels. But these days, another kind of deception is going on—and it can be just as devastating as the sexual kind: financial infidelity. According to a survey from Harris Interactive, almost one in three people have deceived their partners about money, while more than one in four say their partners have withheld financial information from them.

"I've heard of people splitting the cost of a purchase on several credit cards, or shoving Saks Fifth Avenue merchandise into a Walmart bag to bring it into the house," says Dayana Yochim, author of The Motley Fool's Guide to Couples & Cash: How to Handle Money with Your Honey.

Whether big (you're hiding a fivefigure credit-card debt) or small (you told him you got those heels for 75 percent off when you paid full price), financial fibs add up to bad news for your relationship. "That's because it's never just about the money," Yochim says. "It's about power, autonomy, fear, future dreams, personal values, and trust."

#### Why Women Stash Cash

Men and women have been lying to each other about money since biblical times, but the modern age has made it a lot easier to keep secrets from someone you share a bed with. Now that creditcard bills and bank statements can be accessed online, it's possible to have a financial life that's virtually unseen by your significant other.

The floundering economy has given women more of an incentive to spend on the sly. When things are going well—your salary, home value, and portfolios are all rising—you can afford splurges. But when money is tight, it can be hard to justify. "During tough economic times, every little thing becomes fodder for a money fight," Yochim says. So you tend to keep secrets to keep the peace.

Sometimes money secrets are simply a matter of survival. Terri's husband

of 10 years was a heavy gambler and lost \$400,000 of their money. "I was completely floored," the 37-year-old remembers. To protect her family's future, she quietly cashed in her end of the sale of her parents' family business and tucked the money away in bank accounts in their children's names.

#### Putting Your (Credit) Cards on the Table

Maybe you can relate to a small sleight of hand when spending or understand withholding information to protect your family's financial future. Regardless, both deceptions have the same corrosive consequences, says psychotherapist Bonnie Eaker Weil, Ph.D., author of Financial Infidelity: Seven Steps to Conquering the #1 Relationship Wrecker.

If you're currently tangled up in a web of money lies, you need to fess up—right now. "Be direct and contrite, and understand that your partner will feel betrayed," Weil says.

But experts agree that the best way

to avoid financial fooling around is to

be open about money from the get-go. Here's how to put it all out there.

BE UP FRONT ABOUT YOUR FINANCIAL

INDEPENDENCE. From the outset, let it be known that you're going to have your own financial life. Keep separate accounts, and have your own retirement savings and investments in addition to a joint portfolio. "You should have your own money, as women usually fare worse financially in a divorce or breakup. You just need to be open and honest about the fact that you're putting away cash. And make sure it doesn't break the bank of your joint-account

responsibilities," Weil says. **SET GROUND RULES.** This will help maintain financial order. Set spending limits, such as "Neither of us can spend over \$100 from the joint account without consulting the other." More ideas: Institute a CBS (consult before spending) mandate, or establish a weekly me-time allowance—an amount of money you're each free to blow on whatever you want, no questions asked. GET EVERYTHING IN WRITING. While it may sound militant to commit household money rules to paper, Yochim says, "It's better than the alternatives: resentment, seething, public fights, or

sleeping on the couch."

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<sup>\*</sup>Names and some details have been changed.



# **Dream Big**

As Glee's alpha cheerleader, Dianna Agron isn't afraid to go after what she wants. In real life, she's just as driven to make things happen. Glean her go-for-it tips.

By Suzanne Zuckerman

Dianna Agron always knew she wanted to be in showbiz. The San Francisco native even scrapped college plans to move to Los Angeles and chase down her dream. But when she faced her potential big break—a starring role on Fox's musical sensation, Glee-she almost didn't get out of the car to attend the audition. "I was nervous out of my mind," recalls the 23-year-old. "I was sitting in the parking lot thinking, Are you going to do this or are you going to walk away?"

She took a deep breath, walked in, and nailed it, nabbing the role of the pseudo-virtuous cheerleader Quinn Fabray. Since that day, Dianna has written and sold a screenplay, and performed the National Anthem at game three of the World Series. Listen in as this positivethinking powerhouse offers advice on how to conquer fear, pick yourself up after setbacks, and grab on to your goals.

> Pursue your passion. "I grew up loving films like Funny Face and Singin' in the Rain. Finding out that I could incorporate acting, singing, and dancing [in a job] was novel to me as a kid. I did musical theater throughout school, and that paved the way. I have friends who went to college for one major and haven't applied it, and others who started at jobs that didn't pan out and had to change course. I've learned that the key [to success] is if you can go to work happy. And if it's not the best fit, you can always change direction."

#### Leave your comfort zone.

"Once a month, try something you don't think you'd be good at. You can find such happy surprises. Recently, I got the confidence to write a screenplay—a story about a guy who can't say 'I love you'—and it's been optioned!"

Make "No guts, no glory" your mantra. "The challenge is getting off your couch and doing it, making the conscious decision to put your [ideas] into motion. I recently had to record myself for an audition. That's hard, because you have to get somebody to read [lines] with you, and you don't want to [impose on] a friend, so I almost didn't do it. Then I thought, You like this project. *Just get it done!* So I went over to my manager's office and asked somebody to help me. Now I'm in the running for this job! You can always find a reason not to try. But unless you become fully invested, you'll never know what could happen."

Build a cheering section. "I didn't take the typical path and go to college after high school. Instead, I saved up money from teaching dance classes and moved to L.A. But my family was so supportive—I never felt pressure from them. It's crucial to find a support system, even if it's not your family. My two best friends-Millie and Marisa—are my rocks. We challenge each other. If there's a goal I want to accomplish,

Marisa will ask, 'Did you call that person?' When that loving concern comes from somebody you trust, it's amazing how much you can accomplish."

Learn to deal with disappointment. "Having a dance background, I became used to rejection at an early age. Dance is very competitive, especially for a sensitive person like me. But I realized it's better not to take it so seriously. If you beat yourself up, it's hard to keep going."

#### Celebrate small successes.

"My goal has always been not to look forward to the next thing, but to relish and celebrate the successes I have



Dianna's at the moment. alter ego, Whether it's landing Quinn a part in a student Fabray, as film or having a a "Cheerio" good day in acting class, I never discredit anything. I believe in rewarding yourself too. With every job I've gotten, I've bought myself something. When Glee was picked up, I rented a piano for the year. For smaller victories, I'll go to dinner with a friend, or go for a walk and think about it all. It's important to say to yourself, Today was a good day." ■

## Host a Green Gathering /

Be a more eco-conscious entertainer with these stylish and sustainable finds.

1/SNACK RESPONSIBLY **Totally Bamboo's** chip-and-dip

set-made from bamboo, a naturally renewable materialis the perfect way to serve up organic party eats. Fill it with tortilla chips (try Garden of Eatin's multigrain tortilla chips with sea salt) and fresh salsa or black bean dip. \$30, totallybamboo.com

2/ GOOD SPIRITS

Not only is **Square One** organic vodka made from pesticide-free American rye and minimally processed, but the sleek bottles are meant to be reused as vases once they're empty. Mix up some conscientious cocktails with the original vodka or the cucumberflavored version. \$34, squareonevodka.com for buying info

3/ GLOW ON Set the mood with OXO

Candela DemiGlow rechargeable candles. The LED bulbs glimmer softly just like the real thing and run up to eight hours on a single

charge. \$70 for a set of four, oxo.com

4/ GLASS ACT

Toast Mother Earth with The Green Glass Co.'s Cobalt Collection tumblers. Each coolblue cup is made from the lower half of a reclaimed vino bottle and still bears the original markings on the bottom. \$44 for a set of four glasses, greenglass.com

5/ CLEAN UP NICE

For the main event. dress your table with Kyoto organic napkins, made from 100 percent organic Turkish cotton and lowimpact dyes. They are pretty and natural, and, best of all, won't end up in a landfill after dinner. \$8.25 each, bambeco.com

3 More Earth-Friendly Ideas

> Grocery Shop Close to Home

Plan the menu around what's available in your area. Find a place to buy locally produced food at localharvest .org; locate nearby microbreweries at brewpubzone.com.

Instead of tossing old wine corks into the trash, save them to reuse as place-card holders. Cut each cork in half, make slits in the rounded sides, and

slip in cards bearing

your guests' names.

Put a Cork in It

Dishwashing At worldcentric .org, you can find disposable dishes made from sugarcane fiber (called that are made from biodegradable plastic.

Ditch the

bagasse) and utensils

Is there anything I can do to be a more environmentally friendly driver without buying a hybrid? -LizB., Manchester, CT

Make your car greener by using a driving technique called hypermiling, which maximizes your miles per gallon. To do it, ease up on the gas and brakes, coast whenever you can, use cruise control to maintain a steady speed on the highway, and avoid complete stops (when it's possible without breaking traffic laws!). Hypermiling saves gas money and can help you squeeze 10 to 12 more miles per

gallon out of your tank. Some other tips: Keep the tires properly inflated and the engine tuned up, take the most direct driving route when running errands, and carpool whenever you can.



WomensHealthMag.com/

Eco-guru Renée Loux is the author of Easy Green Living.

Visither at reneeloux.com





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# Curb Your Urge to Overshare

After reading these real Facebook posts and the twisted reasons we spill nitty-gritty details of our lives, you might want to backspace right out of your latest status update. By Fernanda Moore / PHOTOGRAPHS BY JORGE COLOMBO

If you've been on Facebook for more than three years, you might remember the good old days when you logged on simply to see if your old roommate did something cool over the weekend. Back when status updates simply kept everyone, you know, up to date. "At first, updates were a more efficient way of sharing the normal stuff you'd talk about with friends—and really, only your friends were reading them," says media expert Steven Johnson, author of the best seller Everything Bad Is Good for You: How Today's Popular Culture Is Actually Making Us Smarter.

> But then our "friend" networks mushroomed, and suddenly our news feeds were logjammed with the banal hourly banter of people we hardly knew—and they weren't just posting for their friends, but for an audience. "Paradoxically, as people's social networks have grown, they have become less cautious and more brazen," says Johnson, adding, "I think it's the shy crowd that is finding the most gleeful freedom posting on Facebook. They can say anything, stuff they've never dared talk about before! It's quite a thrill."

Behold: the birth of the Facebook overshare.

Danah Boyd, Ph.D., a social media researcher at Microsoft Research and fellow at Harvard's Berkman Center for Internet & Society, takes Johnson's theory a step further. In her mind,

updates don't just broadcast information—they project your identity. "This is the digital street, where the goal is to see and be seen," she says. "People want to be noticed, even among their friends. Getting noticed is hard. So they use different tactics, most of which are well known to middle schoolers. There's the gross-out approach, the slut approach, the I'mcooler-than-thou approach, and the help-me approach."

And that's not all. Read on as we quote actual status updates, with experts' views on what motivates these outrageous, embarrassing, and just plain perplexing TMI offerings.

\*Names have been changed.

#### THE OH, SHUT UP-DATÉ

Megan\* loves it when her paragraphs sing.

Jonathan is THRILLED by Time Out's favorable review of his club gig! (link)

Susan My kid just gets cuter...and cuter...and cuter every day!

Posting exciting news is one thing. You finished grad school? Got engaged? Won the Super Bowl? Good for you. Posting in a way that makes people want to throttle you is another.

Clearly, these folks take the "status" part of updating too seriously. Parents are often the worst-crowing incessantly about their unremarkable offspring and posting photo after photo. "Face-to-face, people tend to be more humble," Johnson says. "But Facebook validates indiscriminate boasting. You never see people rolling their eyes or recoiling from you in horror, and sometimes they even write 'Congratulations!' So there's a feedback loop effectively encouraging everyone to unleash their inner braggart."

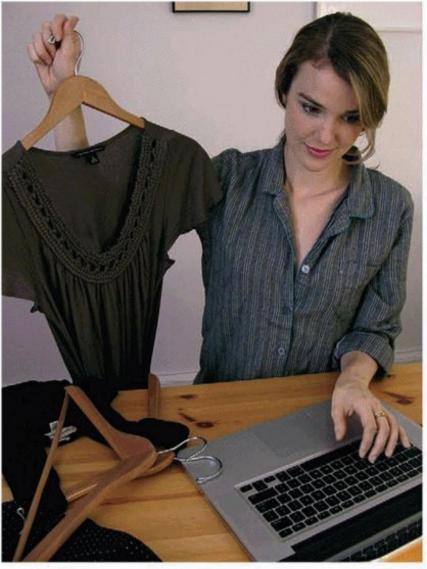
There's a delusion that comes with overposting that the world is fascinated with our every little move!

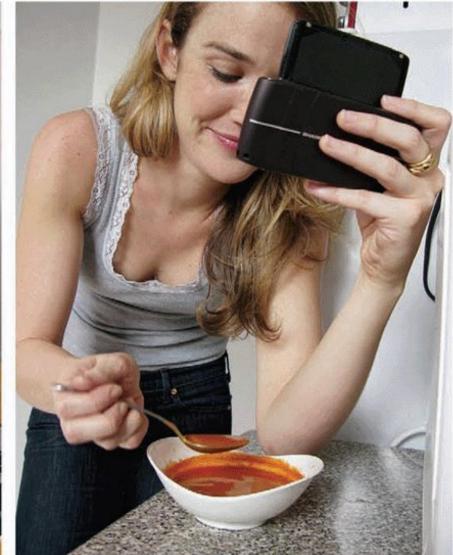
#### THE EWWWPDATE

Anna My rash is better, but still oozing. **Josie** Flu, day 3: Vomiting gone, but have the runs instead. And now Jack is throwing up.

Maybe these people think they're witty. (Potty humor never goes out of style, right?) Says Johnson: "One of my sons, when he was an infant, was a projectile pooper." (Thanks for sharing!) "If Facebook had existed back then, I would have rushed to post about it. Sometimes you just need to vent." Still, updates about bodily functions are TMI. You want to look away, but it's too late.

Actually, Ewwwpdaters may simply be upping their own antes. If no one comments on posts about your garden, then go for the gross-out! "The urge for attention turns ordinary folks into shock jocks," says Julie Albright, Ph.D., a sociologist at the University of Southern California. "The more revolting your updates, the more people will notice you."



















#### THE SCHTUPDATE

Jacqueline is putty in the hands of a man who brings her coffee in bed. Melissa just loves morning sex.

→ Oh, she does, does she? Well, goody for her. Some people aren't getting any, and they really don't want to hear about other people's awesome rolls in the hay! And if it's, say, a coworker's post, we really don't want the image stuck in our heads. "Way back when, you'd have this intimate conversation with your closest friend...maybe," Johnson says, "But bragging about your sex life to hundreds of people shows that people's boundaries have become ridiculously eroded." Albright thinks it's simpler than that. "Look, sex sells," she says. "It's the most basic attention-seeking device there is. Describing their sexual antics online makes people feel twice as desirable—live, in front of a virtual audience!"

#### THE DON'T **SAVE THE** (UP)DATE

Alexandra Hey, girlfriend! Psyched for J's wedding! Want to share a room?

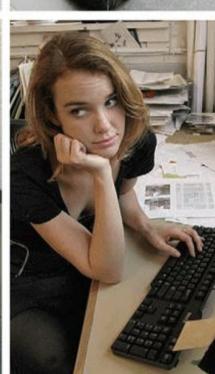
Charlie I land on Friday—will be great to catch up! Can't wait to see you!

Now this is what Facebook is for-networking between friends! Except...Alexandra's friend wasn't invited to J's wedding, and Charlie just pissed off everyone he hasn't made plans to visit while he's in town. "This is an unfortunate side effect of communicating in a public forum," Johnson says. "It used to be harder to find out you were being snubbed."

Facebook is supposed to be an inclusive environment. but this kind of oversharingwhich, really, is a violation of common etiquette-makes people feel excluded. If you don't want to hurt anyone's feelings, remember that even in cyberspace, it's important to mind your manners.







Quick: What color are your BFF's eyes? If you can't remember, it's time to hang out face-to-face.

#### **THE I SCREWED** UP-DATE

Sara I'm so sorry. I have a few reasons, but no excuses. Weepy sleeplessness = complete penance.

Bill Oh, Susanna, don't you cry for me. I can't believe I said what I said. Forgive me?

To err is human. To apologize in public, when no one else has the faintest idea what you're talking about, is bizarre. Why the showy display of emotion? "There used to be the occasional guy who proposed to his girlfriend on the Jumbo Tron at a baseball game," Johnson says. "He needed thousands of strangers to witness his intimate moment, to legitimize it. Those people used to make up a very small segment of the population. But now? It seems like they're half the world."

#### THE I CHEWED UP-DATE

Christine is eating toast. Christine just made ramen. Christine has linguine with clam sauce-yum!

What's with the people who constantly post about food? The rest of us ate toast today too, but we fought the urge to shout it from the rooftops. Let's call them DCPsdigestive-compulsive posters—and leave it at that. "If you think about it," muses Albright, "dining is a social activity. The social significance of eating together goes back to our earliest roots, right?

"So if someone is at home alone, eating ramen she made for herself," Albright says, "posting on Facebook lets her break bread, virtually, with a community she apparently lacks." Says Johnson: "Aw, it's harmless. Just think, some people are still excited about this use of Facebook—saying 'Finally! I can tell everyone what kind of cereal I had...in real time!"

#### THE JUST SUCK IT UP-DATE

Candice 'Tis a sad, sad day when one realizes she doesn't mean a thing to anyone.

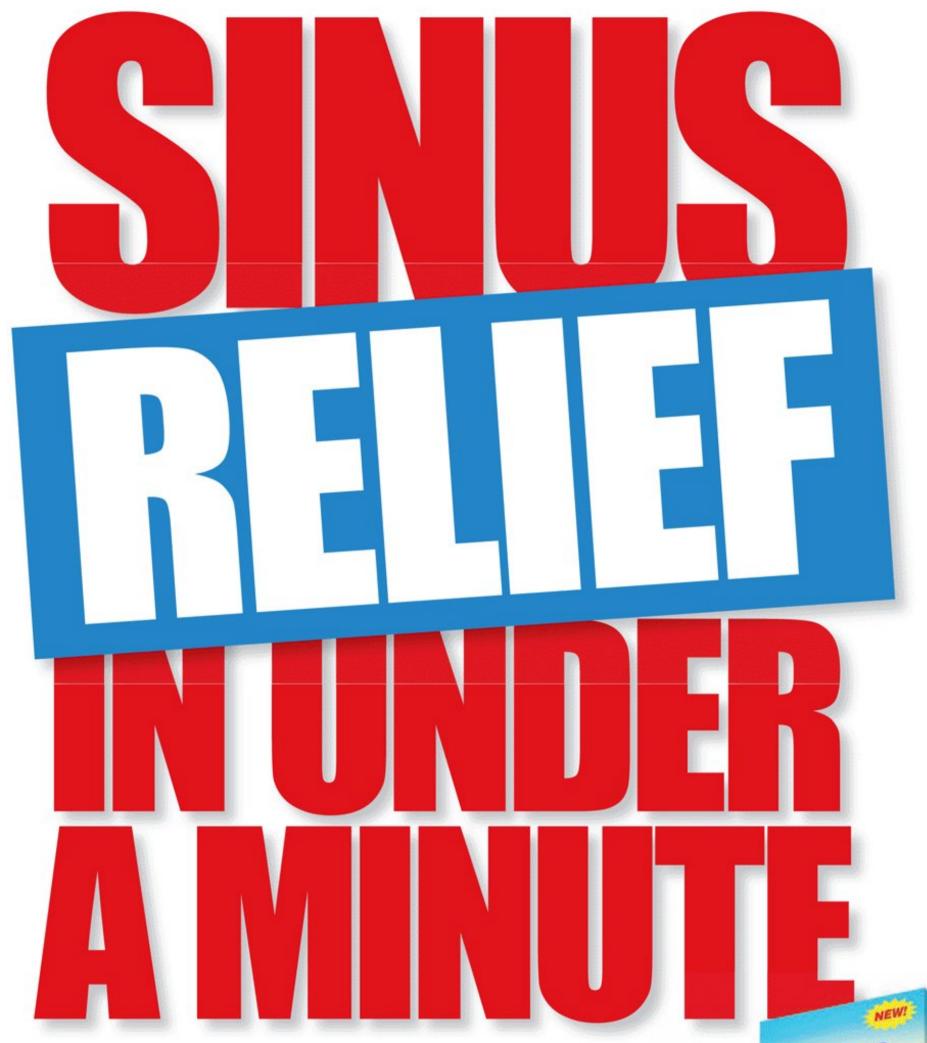
**Joe** Wish I could just disappear. Just the fact I exist has always hurt people.

"Rather than burdening a friend, some people leave a note out there hoping that someone somewhere will help them," Boyd says. OK, so maybe post a "Hey, cheer up!"-date. But if you're the sad updater and you're not really desperate, tone it down. "I know this great guy whose posts always say things like 'I'm completely incompetent and a bloody idiot,'" Johnson says. "The more he insists he's pathetic, the more I believe it." So unless you want your status updates to actually lower your status, stop whining.

#### THE RE-**UP-DATE**

Samantha is on the plane! Samantha is landing! Samantha is getting off the plane! Samantha Here comes my suitcase!

Overposters—those whose constant stream of drivel sends sensible people lunging for the "hide" button on their news feed—compulsively chronicle their every move and alter their profile pictures, relationship status, and so on. Sheesh. It makes you wonder what they did all day before Facebook existed. Don't these people have friends?



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#### "ONE OF MY PATIENTS, A TVACTRESS, CAME INTO MY OFFICE THE OTHER DAYPRETTY UPSET,"

recalls Ava Shamban, M.D., a dermatologist in Santa Monica, California. "She is in her early thirties and has noticed that people have suddenly started casting her as a killer. Her face has changed—the corners of her mouth have started turning down just slightly, and it has given her a much harder look."

It's one of life's crueler jokes. Your thirties are supposed to be your best years: You finally have a handle on your relationships, you're on track at work, you've built a respectable shoe collection. In other words, you've gotten your act together. But it's at this exact moment that life throws you for a beauty loop. "Thirty is often the age when you start to see your looks changing...and not for the better," Shamban says.

Those first deep wrinkles begin to emerge, turning once-charming crinkles into full-on crow's-feet. High school-style acne may decide to make a comeback, or crop up for the very first time. Damage from decadesold summer-camp sunburns can begin to emerge as brown spots and saggy skin. A formerly plush ponytail may become a scrawny shadow of its former self. You get the not-so-pretty picture.

Hormones are one of the main culprits for all these maladies. "The majority of hormone changes start around age 30," explains Beverly Hills endocrinologist Eva Cwynar, M.D. Because we're engineered to have babies in our teens and twenties, our reproductive hormone levels begin to taper off in our thirties, which can result in hair loss and funky skin conditions. Human growth hormone, or HGH, begins to peter out too, which means cells don't turn over as quickly. This puts the brakes on collagen production, giving way to dull, slack skin. "When we're 18, our growth hormone levels may be around 800. By 30, they've dropped to 150. It's normal. It's just how we age," assures Cwynar.

And if you spent your twenties on a beach chair with a glass of chardonnay in one hand and a cigarette in the other, those vices will begin to show, quite literally, on your face. "You start to see the cumulative effects of hard living on your skin in your thirties," says dermatologist Rebecca Giles, M.D., owner of FIX skin clinic in Malibu, California. Everyone is going to see some changes in her thirties due to hormonal shifts, "but for those who have been tanning, drinking, smoking, and eating poorly, the problems are going to be worse."

To keep you looking gorgeous throughout your thirties and way beyond, we asked dermatologists to identify the major skin and hair issues you're bound to encounter during this decade and offer ways to keep problems at bay. If you've already detected some beauty erosion, don't fret. There's still time to undo the damage.





#### **CELLULITE**

Roughly 85 percent of women have some cellulite, and those first thigh dimples often show up around age 30. A less active lifestyle can lead to a cottage cheese-like appearance. "By their thirties, a lot of people have desk jobs and don't have as much time to work out," Shamban says. Adding to the problem: Collagen production starts to taper off at this age, making the skin thinner and cellulite more noticeable.

#### **Preemptive Strike**

- > Add simple weight-training exercises like squats and lunges to your cardio routine three or four times a week to tone up and blast fat, says Wayne Westcott, Ph.D., coauthor of No More Cellulite.
- > Stop yo-yo dieting. Repetitively gaining and losing weight stretches the tissue that connects skin to muscle. When that tissue is stretched, it can have a tough time holding in fat pockets effectively.

#### **Turn Back Time**

- > There's no magic cure for cellulite. That said, to increase the effectiveness of cellulite creams, Shamban suggests using them in conjunction with over-the-counter retinoid creams like Elizabeth Arden Ceramide Plump Perfect Ultra Lift and Firm Moisture Cream *SPF 30 (\$68, elizabetharden* .com). "Retinoids have been shown to stimulate collagen," Shamban says.
- > Some experts say that inoffice or in-spa treatments for cellulite may offer temporary relief. "New devices like the Smooth Shapes cellulite

machine—a laser-plus-light treatment with suction action—can be moderately effective," Shamban says (\$300 per treatment; a series of eight is recommended).

#### WRINKLES

Thanks to sluggish cell turnover, everyone sees a little wrinkling in their thirties, but for sun worshippers and smokers, "the bell starts tolling earlier and louder," Giles says.

#### **Preemptive Strike**

- "Wearing broad-spectrum" sunscreen with at least SPF 30 is the best thing you can do for your skin," says Giles, who recommends using a physical sunblock like titanium dioxide, which doesn't wear off as quickly as chemical sunscreens. And you need to slather it on every day. "If you can see outside without a flashlight, you need to wear sunscreen. Period," says Ranella Hirsch, M.D., a dermatologist in Boston.
- Layer an antioxidant serum under your sunblock. "Research shows that vitamin C in particular can help make sunscreen more effective," Giles says. Try Neutrogena Ageless Restoratives Antioxidant Booster Serum (\$19, ulta.com).
- Cut down on processed foods, don't drink excessively, and good grief, quit smoking already! "These habits all contribute to the premature signs of aging," Hirsch says.

#### **Turn Back Time**

- Thirty isn't too young to start using heavy-duty prescription retinoids, especially the superhero of the bunch, tretinoin. It exfoliates cells to reveal smoother skin and also prevents sagging. Apply a pea-size amount to clean skin a couple of nights a week at first (more than that can cause redness and irritation).
- > If you've been a maximum sun offender, a small dose of Botoxyes, even at 30—may be in order. When used in conservative amounts, it may keep "dynamic" wrinkles (lines that show up only when you frown or smile) from turning into "static" wrinkles (which hang around no matter what your expression). "I'll see some 30-year-old patients for Botox two or three times a year," Giles says. "It doesn't take much to make a big difference."

## A CHEST FULL OF FRECKLES

Consider these sun spots souvenirs from all those irresponsible spring breaks spent sitting around the pool sans sunscreen. Like wrinkles, they begin making an appearance when you hit the big 3-0.

#### **Preemptive Strike**

> Daily dedicated use of broad-spectrum SPF 30 or higher prevents sun spots from forming and keeps existing ones from becoming darker.

#### **Turn Back Time**

- > Studies show that retinoids, those all-powerful skin rejuvenators, can zap sun spots. "Your skin regimen for your face can be modified for your chest, which is more sensitive," says Doris Day, M.D., a dermatologist in New York City. "Try applying an OTC retinol product with a moisturizer to clean skin a few nights a week."
- > "I've had great success removing brown spots with the new AcuTip laser and the Nd:YAG laser," says Beverly Hills dermatologist Peter Kopelson, M.D. Laser treatments can set you

back \$500 to \$2,000, "but if you address these brown spots now, at age 30, you're likely to have fewer issues later on if you continue to wear sunscreen and stay out of the sun,"

> Intense pulsed light (IPL) therapy can also lift sun-damage spots from the chest or face. It's an in-office treatment that delivers intense blasts of broadband

says Kopelson.



light therapy deep into the epidermis to kill pigmented cells, which then slough off after a week or two. It's slightly less expensive than lasers (around \$500 per treatment), but several sessions may be required to see maximum results.

#### THINNING HAIR

It can be downright freaky when you start seeing clumps of hair swimming around your shower drain and some thinning (thinning!) around your temples. This is largely due to the 30something hormonal shift, which is genetically determined, but big-time thinning can be triggered by stress, a vitamin deficiency, an excess of mercury, or giving birth (moms experience temporary hair loss about two months after popping out a baby as their hormones readjust). More serious causes include hypothyroidism, which often manifests itself in your thirties, and polycystic ovarian syndrome (PCOS), which is most often seen in women ages 30 to 40.

#### **Preemptive Strike**

- > Eat a well-balanced diet that's rich in B vitamins, protein, and omega-3 fatty acids, and keep mercury levels in check by sticking to low-mercury fish like tilapia and herring, and eating it just twice a week.
- > Take a daily multivitamin with hair- and nail-strengthening biotin and zinc, Day says.

#### **Turn Back Time**

- If the root cause of hair loss is a thyroid condition, a regular dose of synthetic hormones like Synthroid, prescribed by an endocrinologist, can put your body back on track.
- > For PCOS sufferers, switching to a low-glycemic (low sugar, low carbohydrate) diet can reduce overall body fat and reset your blood insulin levels. If it doesn't, your doctor may prescribe Metformin, a drug for diabetics that controls blood-sugar levels.
- > If your doctor rules out a thyroid condition and PCOS, she may recommend a prescription drug called Aldactone (the generic name is spironolactone). "It's a

testosterone inhibitor that works like a key in a lock; it takes up space that extra testosterone would," Cwynar says.

#### **STRAY HAIRS**

It's a raw deal that when your hair starts to fall out of your head, it starts to pop up in less-than-ideal places, like your chin, nipples, and abdomen. The reason: The ratio of androgens (male hormones) to estrogen may change in your thirties, which can turn a soft, fine hair into a (gasp!) whisker.

#### **Preemptive Strike**

> Hate to be the bearer of bad news, but there's not much you can do.

#### **Turn Back Time**

> Traditional hair-removal methods like tweezing, waxing, and electrolysis work, and laser treatments have proved to be highly effective too. "There's also a prescription cream called Vaniqa that can help prevent hair from regrowing, with varying degrees of success," Day says.

#### **ACNE**

You may associate zits with first dates and SATs, "but it's a myth that acne ends in your teens," says Heidi Waldorf, M.D., director of laser and cosmetic dermatology at Mount Sinai Hospital in New York. "In fact, lots of people see it for the first time at 30." The causes? A natural decline in estrogen levels, switching birth-control pills (which can create a temporary hormonal imbalance), and stress. The adult responsibilities of your thirties (a big-shot job, a kid, or both) may make cortisol levels spike, resulting in a case of adolescent-like acne.

#### **Preemptive Strike**

> Daily cleansing and weekly exfoliation will help keep your pores clear and fend off acne. Waldorf recommends the Neutrogena Wave (\$13, at drugstores), a device that uses a salicylic acid cleaning pad to remove dead skin cells. If exfoliating seems tedious or if your skin is very oily, you can simply apply a salicylic

acid product daily (try Murad Anti-Aging Acne & Wrinkle Reducer, \$58, sephora.com, or Philosophy Oil-Free Acne Treatment Gel, \$22, sephora .com). "These exfoliate the skin and penetrate pores to disrupt oil production," Hirsch says.

#### **Turn Back Time**

> Wrinkle-fighting retinoids also have a way with pimples. If prescription-strength products are too strong for your sensitive skin (or your wallet), try Olay Total Effects with Pro-Retinol (\$23, drugstore.com), which is gentle and nearly as effective.

> Ask your dermatologist about in-office peels (a custom blend of peeling agents like salicylic acid or alpha-hydroxy acid that's left on the skin for several minutes, which may result in peeling a few days later). Both are proven zit erasers.

Apply it at night to clean skin.

#### RED BUMPS AROUND YOUR NOSE AND MOUTH

Notice a constellation of tiny, painless red bumps on the lower half of your face? Chances are, you've got a case of perioral dermatitis, which is most common among women in their thirties.

#### **Preemptive Strike**

> Quit touching your face! "While the cause of perioral dermatitis is unknown, picking and prodding can trigger it by introducing all sorts of bacteria to your skin," Giles says.

#### **Turn Back Time**

Nothing is available over the counter to treat this," Giles says. "If you notice these tiny bumps, and they don't appear to be acnerelated, see a dermatologist, who will likely prescribe an antibiotic in a pill or lotion form to reduce inflammation."

#### BROWN SPOTS ON YOUR FACE

Big blotchy patches on the upper lip, cheeks, and forehead are called melasma. While typically considered one of those annoying estrogen-related pregnancy symptoms, they can occur in 30-something women who have never been preggers. "Sometimes oral contraceptives can cause these patches, but sometimes they pop up for no particular reason at all, and even just a few minutes in the sun makes them worse," Day says.

#### **Preemptive Strike**

> According to Day, nothing can prevent melasma entirely, but slathering on Neutrogena's new Spectrum+ Sunblock Lotion SPF 55 (\$12, at drugstores), which protects skin from UVA and UVB rays, as well as certain wavelengths of infrared light, can stop patches from getting darker. "The latest research indicates that infrared rays and heat play a role, and traditional sunscreen doesn't shield the skin from them."

#### Turn Back Time

- > Melasma can be tough to treat, but light chemical peels such as the Vi peel, a combination of ingredients like salicylic acid, retinoic acid, and vitamins, can be effective in lifting the pigment from your skin.
- ➤ Don't have the bucks (or the pain threshold) for a peel? "Using a topical lightening cream with kojic acid or hydroquinone can lessen the appearance of melasma," Kopelson says. Apply SkinCeuticals Pigment Regulator (\$85, skin ceuticals.com) every other night, building up to every night.



THE ULTIMATE FITNESS PLAN 2010

Enough with the excuses. You deserve to have a body you're proud of, and we're going to help you score it. We're not promising it's going to be a cakewalk. But we can guarantee that you'll get in sick shape—fast.

BY JEN ATOR

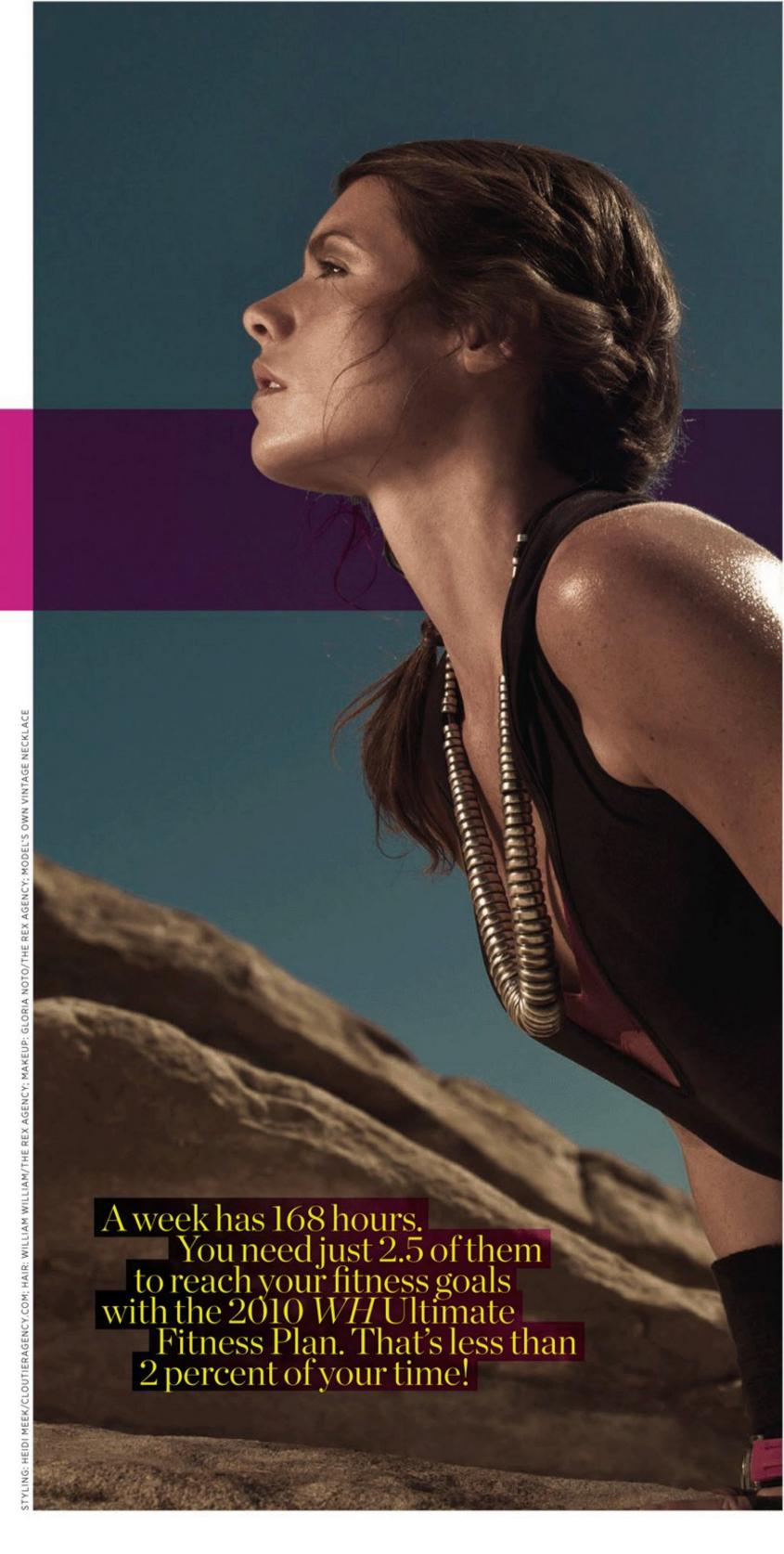
PHOTOGRAPHS BY CARLOS SERRAO

HERE'S A FITNESS VOW YOU'VE LIKELY **NEVER MADE:** 

# THIS YEAR, I WILL MAKE LESS TIME FOR WORKING OUT.

Everyone goes balls to the wall the first few months of a new year. They lace up their running shoes, hit the gym, and swear to stick with it. The problem? The first-quarter sprint almost always leads to slacking off in the second quarter.

That's why this year, we made the Women's Health Ultimate Fitness Plan the most burnoutproof ever, which means you'll stay with it and get that trim, toned, sexy silhouette you're after. This six-week accelerated full-body program is designed to keep you super-motivated by packing tons of variety into workouts that take 30 minutes or less. You'll sweat it out five days a week (with two blissful days of rest!) and focus on working out more effectively and pacing yourself for better results, without the burnout.



#### STAGE 2 DISENCHANTMENT THE FOUR STAGES OF EXERCISE BURNOUT—AND HOW TO AVOID THEM Classic sign: Your excitement anything—work, family, stress, fades when you don't see results the weather—as an excuse to right away. You stop looking skip exercise. forward to gym time and start **Burnout buster:** Make a change. skipping workouts. Use a different piece of cardio Burnout buster: Set mini goals. equipment or work out in a different part of the gym. "I don't "One major reason for dropping out is the failure to meet goals let myself get bored," says STAGE1 **Burnout** is and expectations, especially Beverly Ratcliff, a private trainer THE HONEYMOON sneaky-it within the first six months of in New York City and London. "I Classic sign: You're determined doesn't happen starting an exercise program," may incorporate plyometrics into to slip into a size 6 by Valentine's says Mark H. Anshel, Ph.D., my workouts, then in three weeks overnight—but Day, so you never miss a workout. I'll change to endurance runs or professor of health and human the stages have performance at Middle Tennessee Burnout buster: Take a less-ishigh-repetition work with free more approach. Burnout happens State University. Short-term goals weights. I always give my body classic signs. that focus on the process (like something new so that it never when you expect too much too Clueinginto soon. "Balance your excitement time spent exercising) are more has a chance to adapt." them can help with the big picture," says Rob likely to boost your confidence DeStefano, D.C., author of *Muscle* and keep you on track than long-STAGE 4 you sidestep a Medicine. "Even with the smartest, term outcome goals (say, total FRUSTRATION AND workout slump. number of pounds lost). most effective workout program, SURRENDER you still can't force your body Classic sign: Exercise slides to become stronger or slimmer STAGE 3 from your list of top priorities. You any faster than it physiologically STALLING want to throw in the towel (there's can." Start with the lowest reps, Classic sign: Boredom and always next year). sets, and weights. "It's better to apathy override your commitment do too little in the beginning than Burnout buster: Make a and motivation. You'll use almost too much, so you don't exceed schedule and stick to it for at your ability to recover mentally or least five weeks. A study in physically," he says. *Health Psychology* reports that it takes new exercisers that long to make their sessions a habit. Or make a date—with a trainer, your guy, or your best friend. "Peer pressure can be a great motivator," says Ratcliff. "You're more likely to stay on track when someone is holding you accountable." TURN THE PAGE FOR THE ULTIMATE FITNESS PLAN 2010

## THEULTIMATEFINESS

To get a slim, sleek, scorching body without losing steam, you need a workout that doesn't totally take over your life and keeps your muscles guessing so you see constant results. That's why trainer Valerie Waters, who has gotten A-listers like Jennifer Garner into on-screen shape in only six weeks, crafted this plan just for *Women's Health* readers. The *WH* Ultimate Fitness Plan combines total-body circuits with fatburning intervals to torch as many calories as possible in the shortest amount of time.

#### HOW THE PLAN WORKS

This chart outlines the six-week program. You'll do strength-training circuits on three nonconsecutive days, and twice a week you'll choose a cardio workout from the three interval options (see "Calorie-Scorching Cardio," far right). You can alter the weekly schedule to fit your needs; just don't do your strength work on back-to-back days—your muscles need recovery time. Use the other days to split up your two cardio workouts and two days of rest.

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK1	Circuit A	Cardio	Circuit B	Cardio	Circuit A	OFF	OFF
WEEK 2	Circuit B	Cardio	Circuit A	Cardio	Circuit B	OFF	OFF
WEEK 3	Circuit A	Cardio	Circuit B	Cardio	Circuit A	OFF	OFF
WEEK 4	Circuit C	Cardio	Circuit D	Cardio	Circuit C	OFF	OFF
WEEK 5	Circuit D	Cardio	Circuit C	Cardio	Circuit D	OFF	OFF
WEEK 6	Circuit E	Cardio	Circuit E	Cardio	Circuit E	OFF	OFF

#### **BODY-SCULPTING CIRCUITS**

Each circuit is made up of combinations of the eight moves on these pages. The moves are labeled 1 through 8. Refer to the exercises and this list when doing your workout.

Circuit A Moves 1, 3, 5, 6, 7

Circuit B Moves 2, 4, 5, 8

Circuit C Moves 1, 2, 4, 5, 7, 8

Circuit D Moves 1, 3, 5, 6, 8

Circuit E Moves 1 through 8

Complete each circuit three times. During weeks one and two, start at the lowest number of reps in the range given, working up to the maximum reps by week three. If you haven't exercised since before Thanksgiving (or longer), Waters recommends that you do each circuit only one time for the first two weeks while your body adapts to the new exercises.

### SHAPE-UP TOOLS YOU NEED

It pays to invest in the few key items needed for this workout, which will take your physique to the next level. Lucky for you, none cost more than \$20 (and if you belong to a gym, they won't cost a thing).

- Resistance band loop (9 to 12 inches)
- Resistance band with handles
- · Stability ball
- · Chair, step, or bench
- Dumbbells (two to five pounds)



#### 7/SIDE-TO-SIDE HOPS WITH RESISTANCE BAND

Place the band around your ankles, with your feet wide enough apart to feel the tension in the band, and get into a squat position (A). Hop to the left, leading with the left foot and then following with the right (B). That's one rep. Quickly hop back to the starting position, leading with your right and then following with your left. Continue alternating at a quick pace for 15 to 20 reps.



Loop the band through a sturdy object at chest height. Grab a handle with each hand and back away from the object until there's no slack in the band. Hold the handles with your arms extended in front of you as you sit back into a squat position (A). As you stand up, pull your elbows back and squeeze your shoulder blades together (B). Return to the starting position. That's one rep. Do 12 to 15.

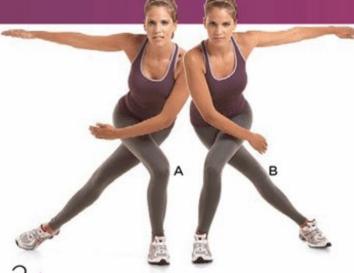


#### O / MODIFIED BENT-OVER L/I RAISE

Sit on a chair or bench and lean forward slightly. Grab a pair of two-to five-pound dumbbells and raise your arms out to shoulder height, bending your elbows 90 degrees (A). Without changing your elbow position, rotate your forearms up as far as you can (B). Straighten your arms into a diving position, close to your ears (C). Reverse the motion, pulling your elbows back and rotating them down to the starting position. That's one rep. Do 8 to 12.

MOVES: BETH BISCHOFF; STYLING: THEA PALAD; HAIR AND MAKEUP: STEPHANIA PARENT/FORD AR NUX TANK, ATHLETA LEGGINGS, AND ASICS SNEAKERS

WANT DAILY WORKOUT TIPS AND A MEAL PLAN TO KEEP YOU ON TRACK?



2/skaters

Cross your left leg behind your right leg as you bend your right knee 90 degrees. Extend your right arm out to your side and swing your left arm across your right leg (A). Jump a few feet to the other side, switching the position of your legs and arms (B). That's one rep. Continue jumping from side to side until you've done 12 to 15 reps on each side.

#### 5/chest press with RESISTANCE BAND

Loop the band through a sturdy object at chest height. With your back to the object, grab a handle in each hand and step forward until there's no slack in the band. Your hands should be at your chest, elbows up and palms facing down (A). Press the handles forward and together at the same time (B). Return slowly, being careful not to go past your shoulders. That's one rep. Do 12 to 15.



The intensity levels — are what make these workouts so effective, so when it says to go hard, push it! The hot-body reward later will be so worth the suffer-fest now.



#### //STABILITY BALL CIRCLES

Place your forearms on a stability ball and extend your legs behind you, hip-width apart. Brace your abs and raise yourself into a plank position (A). Using your forearms, roll the ball out to the left, in front of you, and back to the right (like a stirring motion) and then pull it back into the starting position (B). That's one rep. Do 8 to 12, then switch directions and repeat.

#### 8/ULTIMATE TOE TOUCH

3/POWER KICK

front of you as you stand

and straighten your left leg (B). That's one rep.

Then bring your right

leg back into a lunge position and do 10 to 15

on the other side.

continuous reps. Repeat

Stand with your feet hip-width apart and abs tight. Step back with your right foot and lower into a lunge (A). Squeeze your glutes as you push up through your left heel, kicking your right leg in

Lie on the floor with your legs straight and arms out to your sides (A). Raise your left leg and reach your right hand to touch your toes (or reach as close to your toes as you can), engaging your core and making sure both shoulders come off the floor (B). Return to the starting position. That's one rep. Repeat to the other side. Alternate until you've done 10 to 15 reps on each side.



> Sign up for our New Year, New You exclusive online program and pick from five workouts (including this one!) at womenshealthmag.com/newyearnewyou.

#### CALORIE-SCORCHING CARDIO

These intervals alternate several short high-intensity periods with longer periods of low to moderate intensity. "Interval training maximizes your effort, giving you quicker results in less time," says Waters. You can choose any of the programs, but be sure to mix them up to stave off boredom and keep your body guessing. The best part: You can do these routines using any type of cardio—running, elliptical machine, cycling, even walking. The intensity levels are based on your "rating of perceived exertion," or how hard you feel like you're working. Use a scale of 1 to 10, with 1 meaning very little exertion (walking slowly) and 10 meaning full-out effort (sprinting as fast as you can).

#### INTERVAL 1 **PYRAMID**

TIME	INTENSITY	EFFORT scale of 1 to 10	
5 minutes	Easy	3	
5 minutes	ninutes Moderate		
5 minutes	Moderate	5-6	
5 minutes	Moderate	4	
5 minutes Easy		3	
5 minutes	Cooldown	2	
TOTAL: 30 minutes	YOU DID IT!		

#### INTERVAL 2 **CALORIE CRUSHER**

TIME	INTENSITY	EFFORT scale of 1 to 10	
5 minutes	Warm-up	2	
5 minutes	Easy	3	
2 minutes	Moderate	6	
2 minutes	Easy	3	
2 minutes	Moderate	6	
2 minutes	Easy	3	
2 minutes	Hard	7	
2 minutes	Easy	3	
2 minutes	Moderate	6	
6 minutes	Cooldown	2	
TOTAL: 30 minutes	YOU DID IT!		

#### INTERVAL 3 **TOTAL BURN**

TIME	INTENSITY	EFFORT scale of 1 to 10	
3 minutes	Easy		
2 minutes	Moderate	5	
1 minute	Hard	7	
1 minute	Easy	3	
1 minute	Moderate	5	
1 minute	Hard	7	
1 minute	Easy	3	
1 minute	Moderate	5	
1 minute	Very Hard	8	
1 minute	Easy	3	
1 minute	Moderate	5	
1 minute	Very Hard	8	
1 minute	Easy	3	
1 minute	Moderate	5	
1 minute	Very Hard	9	
1 minute	Easy	3	
1 minute	Moderate	6	
1 minute	Moderate	6	
4 minutes	Cooldown	2-3	
TOTAL: 25 minutes	YOU DIE	TI (	





That's why she hasn't asked the three men she's currently sleeping with about their sexual pasts. And when they inquire about hers, she lies. They don't know she's had sex with dozens of guys—instead she cops to six, the magic number that she and her friends have decided sounds most acceptable.

For now, Jenny is focused on her public relations career in Philadelphia and has no interest in pursuing a committed relationship. "If you're with multiple people, you can't get your heart broken," she says. Having casual sex keeps her safe, at least emotionally. There's the dude downstairs—a friend's ex—with whom she could never have a relationship outside the bedroom. There's the old pal who is "just a friend with benefits, nothing else," who Facebooks her for latenight booty calls. "I'll go over and we'll have sex, and then I won't hear from him for two weeks," she says. "And I'm totally cool with it."

Cool, too, with the new rituals of the mating-without-dating culture. There are the naked self-portraits she fires out from her BlackBerry. "I send them if I want to entice the guy to have sex," she says, adding that she would "absolutely die" if the racy photos got out. There's the boozing herself loose for sexual encounters ("Alcohol is always involved because it makes you bold enough to act and feel a certain way"), even though she tends to have unsafe sex when she's wasted. There are the hit-or-miss protective measures ("I don't always

use condoms—I take morning-after pills when I need to"), even though she assumes that the men she sleeps with are intimate with other women too. "I don't really worry about HIV anymore," she says. "It's like I think I'm invincible. Nothing bad can possibly happen to me."

Jenny's cavalier attitude is shocking, but not uncommon. Plenty of young women today are shoe-horning active sex lives into ambitious professional pursuits that don't allow time for traditional dating, feeling Teflon-protected in the face of very real repercussions. "Sexually transmitted diseases and unplanned pregnancies are hugely on the rise," says sex therapist Laura Berman, M.D., a clinical professor of psychiatry and OB-GYN at Northwestern University. "Unprotected anal and oral sex, being with multiple partners, not having regular testing or regular Pap smears, drinking...all of these things create a perfect storm for putting yourself at higher risk."

#### THE STD UPTICK

Syphilis, gonorrhea, chlamydia, herpes, HPV, HIV...not only are these sexually transmitted diseases all on the rise, according to a recent report from the Centers for Disease Control and Prevention (CDC), but they also pose "a particularly heavy burden on women."

■Syphilis, once on the verge of elimination, increased 15.2 percent between 2006 and 2007 (the last year that data is available), and is now striking more women and their infants than ever.

- Reported cases of chlamydia (which can lead to infertility) and gonorrhea—estimated to represent only half of actual cases since so many go undiagnosed—were the highest in history in 2007, with the rate of chlamydia among women three times that of men.
- Females now account for more than a quarter of all new HIV/ AIDS diagnoses, with high-risk heterosexual contact the source of 80 percent of these newly diagnosed infections.
- Hepatitis B, which is 50 to 100 times more infectious than HIV, often causes no symptoms. People may not know they're infected until they develop serious liver disease.
- ■And HPV—which is responsible for causing 70 percent of cervical cancer and 90 percent of genital warts cases—has become the most common STD on the planet, and it's spreading at epidemic rates: About 25 million women in the U.S. are currently infected, according to the CDC, and another 6.2 million are newly diagnosed each year.

"The public is blissfully ignorant that so many of these diseases are on the rise. Anybody who has ever had sex has probably been exposed to HPV," says medical sociologist Adina Nack, Ph.D., author of Damaged Goods?, about living with STDs. "The consequences are serious and real. Are people thinking along those lines when they're making their safer-sex or not-safer-sex decisions?"

Apparently not. Drew Pinsky, M.D. (aka Dr. Drew), host of the nationally syndicated show Loveline, offers one explanation for the lax behavior. "There was a pushback to the scare tactics of the '80s and '90s HIV campaign," he says. "What's always true is that if you overstate your case, young people will not only return to the behavior you're trying to control, but they'll go above. So we've started seeing some riskier behaviors. All the messages about STDs started getting lost, and now we have a real problem."

\*Some names and identifying details have been changed.



One of those riskier behaviors is the ditching of condoms: Studies show that even as young women are sleeping with ever-increasing numbers of men, they are using latex less often. A study published in 2008 in Perspectives on Sexual and Reproductive Health found that women who had two or more partners in the past year were more likely to be inconsistent contraceptive users, and only 51 percent of condom users used one every single time in the three months prior to the study.

"Frankly, I know a lot of very smart women who rarely use condoms," says 30-year-old Amelia Parry, editor of TheFrisky.com, a website that focuses on celebrities, dating, sex, and relationships. "They go to the gym five days a week, but they don't insist that the guy wear a condom? That's insane."

In fact, many aren't using birth control at all, which explains why almost 70 percent of all unplanned pregnancies are had by unmarried women in their twenties, according to a 2009 study by the National

*PERCENTAGE* **OF WOMEN** *WHO ARE* INFECTED WITH HPV WITHIN TWO **YEARS OF BECOMING** SEXUALLY ACTIVE Source: Centers for Disease

Control and Prevention

Campaign to Prevent Teen and Unplanned Pregnancy. The organization just completed the first nationally representative survey of single young adults, ages 18 through 29, and found that although young women say they don't want to get pregnant, they are not careful with contraception. "They said they expect to have unprotected sex in the next year. It's not like 'Oops, it happened.' They know it's going to happen," says the campaign's CEO, Sarah S. Brown.

But, like Jenny, they feel invulnerable to the consequences, and that carefree attitude extends to other risky behaviors, including the sharing of explicit pictures of themselves with their potential hook-ups. Nancy, a 33-year-old vice president of a public relations agency in New York, is firmly embedded in the casual-sex ethos and sends nude photos of herself to guys she's interested in. She compares the appeal of "sexting" to the "instant gratification of a love letter. Turning men on is a turn-on, and they are so easy," she says.

Nancy is not alone in her exhibitionist activities. A recent survey from the National Campaign to Prevent Teen and Unplanned Pregnancy found that 36 percent of 20-something women had sent out nude pictures of themselves, 80 percent of whom said it was to get a guy's attention. Unfortunately, these women are getting more than that guy's attention: Forty percent of men in their twenties say they've been sent nude photos that were originally sent to someone else.

But consequences are an afterthought, as Chicago resident Jessica Voth found out after her exboyfriend posted nude photos of her on a website that encourages guys to download sexual snapshots of their former flames. After not leaving her condo for more than a month, except to go to work, she filed suit for emotional distress and invasion of privacy for becoming an unwitting pinup, but there's no amount of monetary compensation that can undo the humiliation she has felt.

Kristy, 27, an administrator at a children's mental health agency,

has suffered significantly more than humiliation as the result of having unprotected sex at age 18. One year after Kristy's twin daughters were born, she was diagnosed with HPV, which she was unknowingly infected with the night she got pregnant. Today—even after having invasive laser, chemotherapy, and injection treatments—her vagina remains crusted over with cauliflower-like genital warts.

Even worse, the infection was transmitted during delivery to one of her daughters, who now has warts around her anus and vagina, growths that are so painful, she has trouble going to the bathroom. "How do you tell your 8-year-old daughter that she

has an STD?" asks Kristy, who still feels blindsided by the life-altering aftermath of one night of risky sex.

#### THE INVULNERABLE GENERATION

When 26-year-old Whitney, who works in the finance industry in Boston, was in college, her friends teased her about attaching herself to a serious boyfriend. "They'd be like, 'You only get one chance to have fun in college and hook up with tons of guys. Why would you stay with one person?" she says. "Sleeping around was not really what I wanted or needed, but I felt pressured." So she took occasional "breaks" from her boyfriend and had mostly unprotected "sexual rampages" with her crush of the

PERCENTAGE
OF UNPLANNED
PREGNANCIES
THAT ARE HAD
BY SINGLE
WOMEN
IN THEIR
TWENTIES
Source: National Campaign
to Prevent Teen and

Unplanned Pregnancy

moment. Back with her college sweetheart today, she's still horrified about buying into the anonymous-sex scene at school.

"Women feel like they have to hook up," Dr. Drew explains. "It's so institutionalized that they feel like something is wrong with them if they're not having fun with it. And the hook-up culture knocks aside the fear of consequences."

"Hooking up is definitely not stigmatized, and I don't think it should be," says TheFrisky.com's Parry, who knows plenty of "single and mingling" women who are in the habit of chasing their cosmos with casual sex. "I don't think there's anything wrong with people having multiple sexual partners, as long as they're being safe. The question is, are they being safe and are they being honest about having multiple partners? How much can you really trust somebody? To a certain degree, you never know, which is disconcerting. And I think it makes people so uncomfortable that they'd rather not think about it at all."

Alcohol certainly helps women not think about it. That the booze-and-sex cocktail is a risky mix was confirmed in a 2008 study from Johns Hopkins University Medical School, which found that women who binge drink are more likely to indulge in unsafe sex: They are three times more likely to have anal sex, twice as likely to have multiple sexual partners, and five times more likely to have gonorrhea as nondrinking women.

Nancy, who has had about 30 sexual partners and says that alcohol "is a big thing," admits she's not overly concerned with the fallout of latex-free sex with multiple partners. She doesn't always use condoms, and never for oral sex. "I do oral all the time. I don't use protection," she says. And yet unprotected oral sex may be one of the most widespread and most dangerous sexual practices for women's health. Oral and throat cancers have recently been causally linked to the same HPV strains that cause cervical cancer; herpes, chlamydia, and gonorrhea also can be easily transmitted from mouthto-genital contact, though many women are completely unaware of



the risk. "I had no idea you could get herpes from oral sex," says Wendy, a 37-year-old teacher from Colorado who recently contracted genital herpes after receiving oral sex from a boyfriend. He never told her about his infection. "Now who is ever going to want to be with me and deal with this crap?"

Some experts blame eight years of abstinence-only educationthe only sex ed that was federally funded under President George W. Bush—for not only failing to inform younger women about the dangers of unprotected oral sex, but also for actually fueling its popularity. "A lot of teenagers reduced the message to 'I must abstain from the kind of sex that makes a baby," says Nack. For young women, oral sex pleased their partners and preserved their virginity, as did anal sex, another risky sexual behavior that's becoming more prevalent. According to the CDC's National Survey of Family Growth, nearly 35 percent of women ages 25 to 44 engage in anal sex.

"Women are complying with anal sex to the point that they're damaging themselves," says Dr. Drew, who notes that today's young men are obsessed with the practice thanks to its prominence in porn. "No matter how much it hurts, the women are like, 'Well, I want to make him happy.' It's the most bizarre thing in the world."

#### THE PRESSURE TO BE EDGY

Of course, some women do derive pleasure from anal sex; the problem is that, like with oral sex, many don't use protection, and because the rectum lacks natural lubrication, the resulting tiny tears are perfect entry points for STDs. "It's much riskier than vaginal sex," Berman says. "HPV anal cancer is hugely on the rise, and most experts believe it's because of anal intercourse."

But among 20-something women, anal sex seems to have become the badge of a sexually adventurous soul. "It has become a new symbol for young women of a kind of sexual fluency: 'I'm sexually progressive, therefore I have anal sex," says Jenny Higgins, Ph.D., an assistant professor at Columbia University

#### SEXUAL ROULETTE

You're most likely to take chances when...

#### YOU'VE HAD ONE COCKTAIL

"Really, it's about knowing your own drinking limits," says Kelly J. Ace, Ph.D., J.D., clinical sexologist for SexualHealth .com. A good idea: Alternate your alcoholic drinks with diet soda, and make sure you eat something during the evening. Also consider having a buddy system with a pal to keep impulsive boozy hook-ups in check. YOU'RE CAUGHT

THE HEAT OF THE MOMENT The best move: Always have

condoms with you. This way there's no excuse for having unsafe sex. Figure out a way to make putting on a condom a part of foreplay (you can even use your mouth if you're very careful, Ace says). Make it seductive and say something like, "Wait-let's slow things aown and use a condom...I want this to last all night."

AFTER A FEW DATES WITH A GUY, YOU DECIDE HE'S "SAFE" ENOUGH TO GO SANS CONDOM

"The reality is that you have no medical knowledge about him, and a person doesn't have to look like a villain in order to have an STD," Ace says. It's not about trustit's about keeping yourself safe.

—Hanna Lee

who researches women's sexuality. "Part of me feels like, 'Right onif we want to expand the sexual repertoire, then fabulous,' but I really wonder if women are getting as much sexual satisfaction out of this as men are."

So why do they do it? A cultural pressure to be sexually liberated, she says, is driving so many of these dicey sexual practices. Dr. Drew agrees: "Rather than asserting their needs and autonomously presenting them, women are adopting the male point of view, taking it on, even though it isn't for their benefit and it's a kind of disempowerment. I think that's at the core of this." Based on the endless conversations with students at colleges where he speaks across the country, he concludes that "these sexual interactions make men very happy, but they do not make women very happy."

Women who appropriate male sexual behavior, who throw out the late-night booty call because that's what a man (and therefore a modern woman) does, are only hurting themselves, Berman says. "The bottom line is that whether they like it or not, women are wired differently than guys are. When we do have good sex with someone, even if it's someone we wouldn't want to have an actual relationship with, our brains are washed with oxytocin, the chemical of attachment, and then we get all flipped out when he doesn't call the next day," she says. Women go into a dissociative state around their sexuality, she says, and have to lie to themselves—"I don't care, I'm just like a guy"—to believe otherwise.

Of course, not everyone agrees with that point of view. "I don't like that perspective, because I think it victimizes women. I think it's really condescending," Parry says. "I think, in general, women are in control of their sexuality and have sex when they want to. I don't think it can be boiled down to women buying into what men are telling them. Women are a hell of a lot smarter than that."

What it comes down to, Nack says, is that there's a lot of sex in our culture but a surprising lack of knowledge about how to keep ourselves sexually healthy. "And we can become caught up in the morality of it and lose track of the health side of it," she says.

#### A BIG DISCONNECT

Cute undies and shaved legs. Those are the things Diana, a 24-year-old staffing agency manager, makes sure she has every weekend when she heads out to the bars of New York. "Hooking up is something to do until I find someone. It's not a problem meeting a guy and going home with him. It's easy. There's more opportunity for that than for dating," she says of no-stringsattached sex—the perfect guy being someone she has no long-term interest in. ("If I start to crush on him, it gets tougher to have a sexual relationship," she says.) Everyone, she says, is looking for the same thing: random sex. "Play or be played" is how she puts it. "Alcohol is a big factor, huge. It's liquid courage. You don't have any inhibitions: 'I can do this...I can hit on this guy," Diana says. She has slept with 32 men in the six years since she lost her virginity, and she doesn't care if anyone tries to "slut-shame" her: "I'm not ashamed of it. Other people can judge, but it's you who ultimately needs to be OK with your decisions."

Still, even Diana is not OK with her all-too-frequent unsafesex decisions. Condom fatigue? Pregnancy ambivalence? It's a rational disconnect she just can't explain. While she is "paranoid" and has STD tests every six months, and she gets furious with her friends—four of whom have HPV—who sleep around and don't use protection ("I'm like, 'You are the reason I am paranoid. It's girls like you who spread it around and make it dangerous for me"), she still doesn't always protect herself. "I've definitely made my share of mistakes and continue to do so, usually in the heat of the moment or when I'm intoxicated," Diana says. "The morning after these things happen, I'm sick to my stomach. I feel so bad about making such a stupid mistake. I'm hoping that I don't have to learn the hard way to stop doing it."



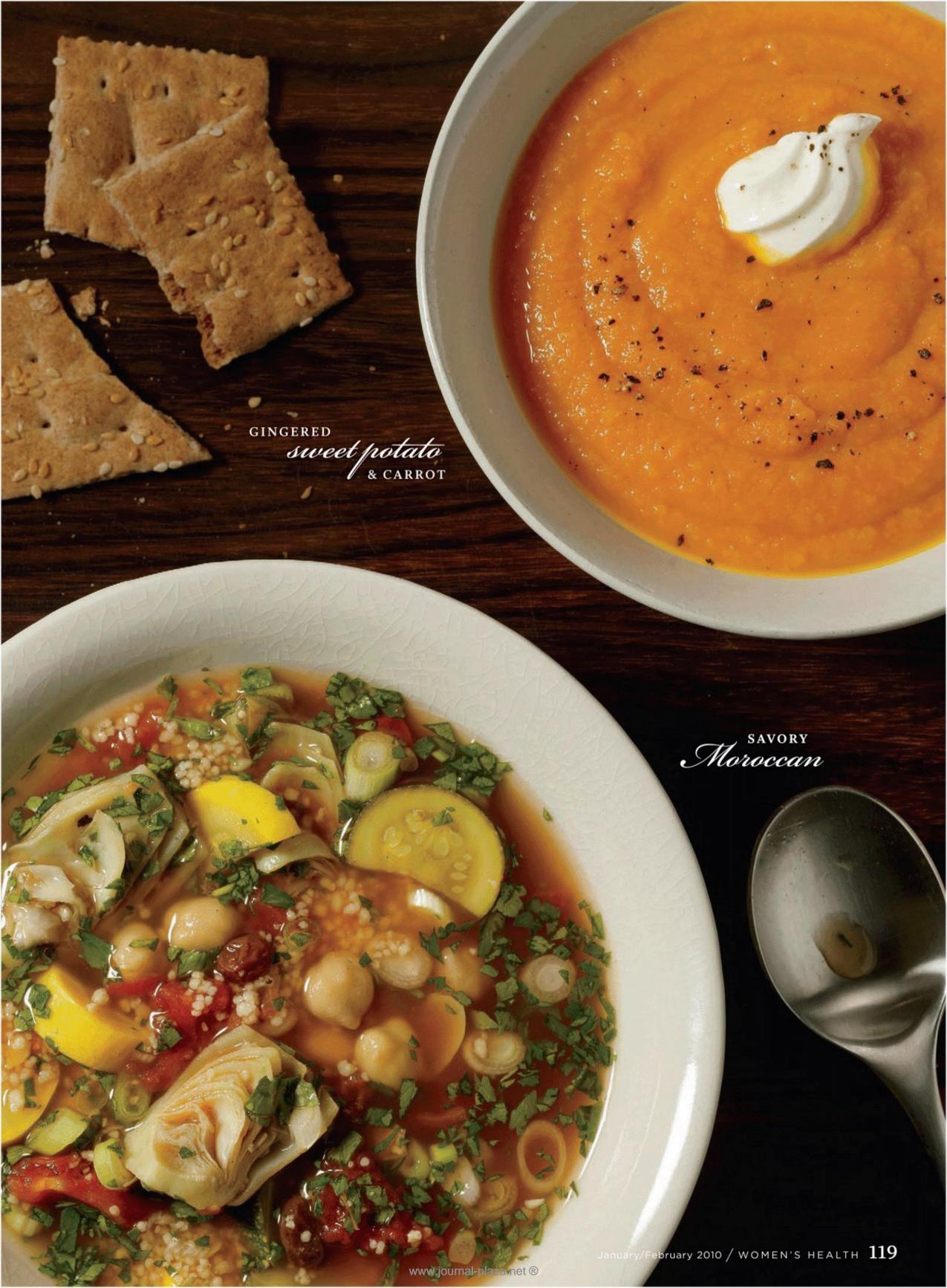


## SOUP'S ON!

NOT ONLY IS SOUP A steamy, succulent meal in a bowl, but research shows that broth-based ones help you lose weight without feeling so hungry all the time. Cook up these quick,

AND still fit into your skinny jeans.

BY KERRY NEVILLE, R.D. | PHOTOGRAPHS BY JONATHAN KANTOR



#### Gingered **Sweet Potato** & Carrot

PREP TIME: 15 MINUTES COOK TIME: 30 MINUTES

- 1 Tbsp olive oil
- 1 medium onion, chopped
- 1 c low-sodium chicken or vegetable stock
- 1 medium sweet potato, peeled and diced
- 5 large carrots, peeled and sliced
- 1 Tbsp jarred ginger, chopped Plain nonfat Greek-style yogurt (optional)
- 1. Heat oil in large saucepan. Add onion and cook until soft, about 2 to 3 minutes. Add stock plus 2 cups water, then add sweet potato, carrot, and ginger. Bring to a boil, reduce heat, and simmer until vegetables are tender, about 15 minutes.
- 2. Strain out vegetables and put them in a food processor or blender. Puree until smooth, adding a bit of broth if needed. (If you're using a standard blender, allow the mixture to cool first; hot liquid may cause the blender to squirt out contents. Depending on the size of your blender, you may have to do this in batches.)
- **3.** Pour vegetable puree back into the saucepan and stir until well blended and smooth. Add salt and pepper to taste. Serve with a dollop of yogurt on top, if desired.

MAKES 4 SERVINGS. Per serving: 119 cal, 4.3 g fat (0.7 g sat), 18 g carbs, 112 mg sodium, 4 g fiber, 4 g protein

#### Winter Tomato

PREP TIME: 5 MINUTES COOK TIME: 25 MINUTES

- 1 tsp olive oil
- 1 small onion, diced
- 2 cloves garlic, chopped (or 1 tsp jarred chopped garlic)
- 2 Tbsp no-salt-added tomato paste
- 1 tsp sugar
- 1 tsp thyme
- 1 bay leaf
- 2 cans (14.5 oz each) no-salt-added diced tomatoes, including juice
- 1/4 c fat-free milk
- 2 Tbsp plain nonfat Greek-style yogurt
- 1. Heat olive oil in medium saucepan. Cook onion and garlic until soft, about 5 minutes. Add tomato paste, sugar, thyme, bay leaf, tomatoes, and 2 cups water. Stir together and bring to a boil. Reduce heat and simmer about 20 minutes.
- 2. Remove bay leaf. Use a handheld blender to puree the soup in the saucepan, or transfer soup to a food processor or blender. Puree until smooth. (If you're using a standard blender, allow the mixture to cool first; hot liquid may cause the blender to squirt out contents. Depending on the size of your blender, you may have to do this in batches.)
- 3. Heat milk in microwave for 30 seconds to warm, and then stir it into the pureed soup along with yogurt, Mix well. Add salt and pepper to taste, and serve.

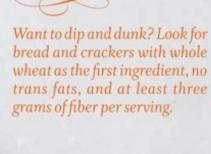
MAKES 4 SERVINGS. Per serving: 76 cal, 1.5 g fat (0.2 g sat), 14 g carbs, 43 mg sodium, 3 g fiber, 3 g protein

#### Chicken & **Brown Rice**

PREP TIME: 10 MINUTES **COOK TIME: 45 MINUTES** 

- 11/2 tsp olive oil
  - 1 lb chicken breast (or 1 c cooked and chopped)
  - 1 large carrot, diced
  - 1 celery stalk, diced
- 1/4 leek or scallion, thinly sliced
- 1/3 c brown rice
- 2 tsp thyme
- 1 can (14.5 oz) no-salt-added diced tomatoes, including juice
- 6 clow-sodium chicken stock
- 1. Heat olive oil in medium saucepan. Add chicken and sauté until cooked. Transfer chicken to a plate and set it aside to cool. (If you're using cooked chicken, skip this step.)
- 2. Add carrot, celery, and leek to saucepan. Sauté about 3 minutes, then stir in brown rice and thyme. Cook 5 minutes longer, stirring occasionally. When chicken is cool, chop into pieces and add to saucepan.
- 3. Add tomatoes and chicken stock. Bring to a boil, then lower heat and simmer 25 to 30 minutes, until rice is cooked. Add salt and pepper to taste, and serve.

MAKES 4 SERVINGS. Per serving: 220 cal, 5.8 g fat (1.4 g sat), 24 g carbs, 251 mg sodium, 3 g fiber, 21 g protein





#### Savory Moroccan PREP TIME: 8 MINUTES

COOK TIME: 15 MINUTES

- 3 c low-sodium chicken or vegetable stock
- 1 can (14.5 oz) nosalt-added diced tomatoes, with juice
- 1 c zucchini, sliced into half circles
- ¼ c canned chickpeas, rinsed and drained
- 4 artichoke hearts, cut in half (frozen or packed in water and drained)
- ½ c whole-wheat couscous
- 1/4 c fresh parsley, chopped
- 1/4 craisins
- 2 scallions, thinly sliced (including green tops)
- 1/4 tsp cinnamon
- 1/4 tsp cayenne
- ½ tsp basil
- ½ tsp oregano

Bring stock plus 1 cup water to a rolling boil. Reduce heat, add remaining ingredients, and simmer uncovered about 5 to 7 minutes. Add salt and pepper to taste, and serve.

MAKES 4 SERVINGS. Per serving: 202 cal, 1.9 g fat (0.4 g sat), 40 g carbs, 159 mg sodium, 5 g fiber, 10 g protein

#### Greek Lentil

PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES

- 1/2 Tbsp olive oil
- 1 small onion, finely diced
- ¼ tsp garlic, chopped
- 1 celery stalk, diced
- 1 carrot, diced
- 2 c low-sodium chicken or vegetable stock
- 1 bay leaf
- 1/2 c dried red or brown lentils, rinsed
- 3/4 c no-salt-added diced tomatoes, including juice
- 1/4 tsp thyme
- 1/4 tsp basil
- 1. Heat olive oil in medium saucepan. Add onion and sauté until soft, about 2 to 3 minutes. Add garlic, celery, and carrot; sauté another 3 to 4 minutes.
- 2. Add stock, ½ cup water, and remaining ingredients. Bring to a rolling boil. Reduce heat and simmer about 15 to 20 minutes, until lentils are tender. Remove bay leaf and serve.

MAKES 4 SERVINGS. Per serving: 143 cal, 2.8 g fat (0.5 g sat), 21 g carbs, 63 mg sodium, 9 g fiber, 9 g protein





# SURE, YOU CAN use store-bought broth, BUT MAKING your own stock ISSIMPLE.

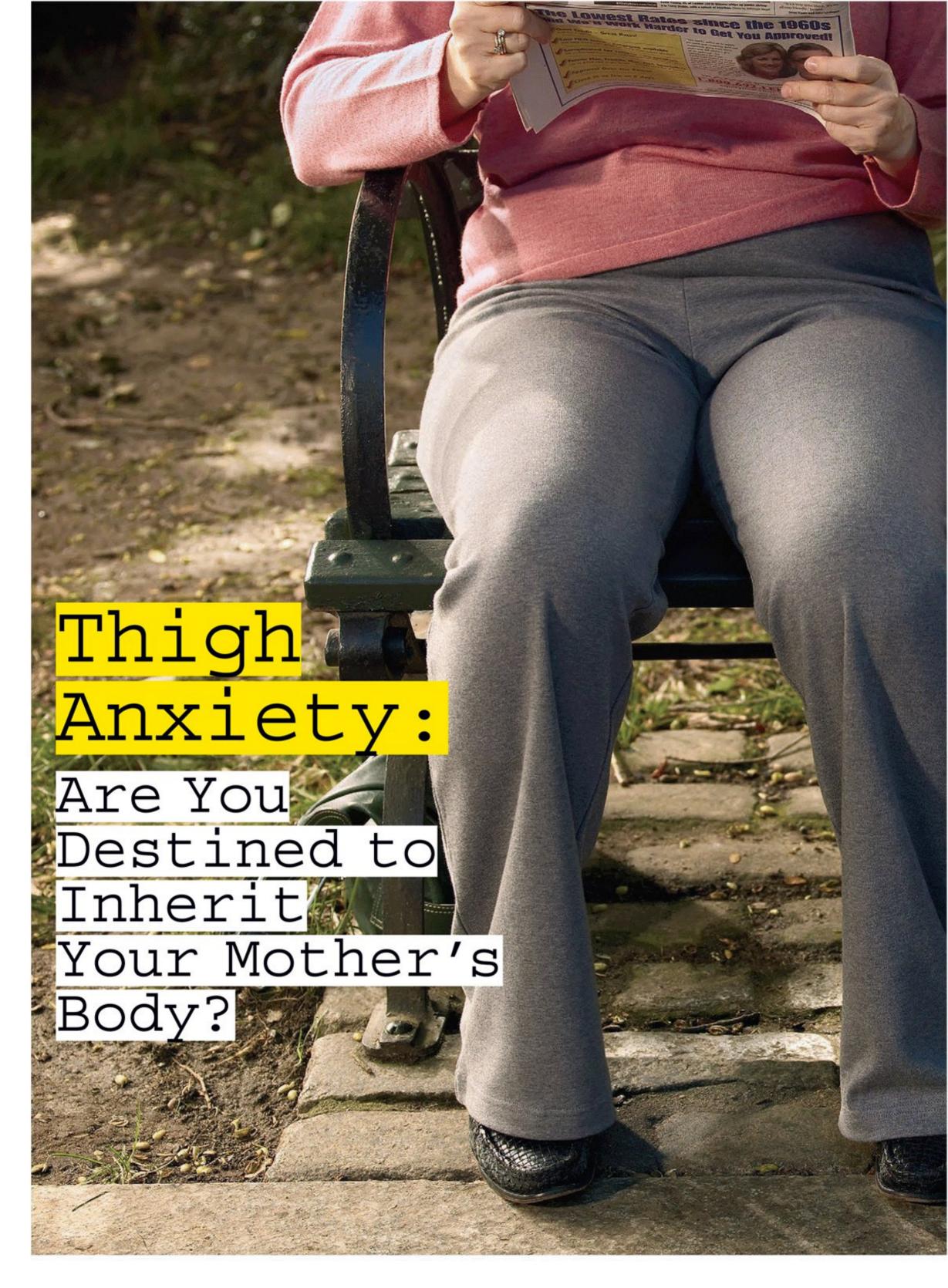
CHICKEN: Remove meat and skin from 1 roasted or store-bought rotisserie chicken. Place carcass in a large stockpot and cover with 6 to 8 cups cold water. Coarsely chop 1 onion, 2 large carrots, 4 celery stalks, and any other vegetables you have on hand, and toss into the pot. Bring to a boil, then reduce heat to low and simmer uncovered for 3 to 4 hours, skimming off fat as it rises. Remove carcass and strain, using a cheesecloth-lined colander or sieve. Let cool, then refrigerate for 2 hours. Skim off the top layer of fat. Use to make soup, or freeze for up to three months.

MAKES ABOUT 6 CUPS OF STOCK.

**VEGETABLE:** Heat 1 to 2 tablespoons olive oil in a large stockpot. Add 6 cups of any chopped vegetables, such as onions, carrots, celery, mushrooms, and bell peppers. Also add several crushed garlic cloves. Sauté until vegetables are soft and browned, about 10 to 15 minutes. Add sprigs of fresh parsley and thyme, bay leaf, and 5 cups cold water (or enough to cover vegetables). Bring to a boil, then simmer uncovered for 30 to 45 minutes. Remove bits of vegetables, then strain using a cheesecloth-lined colander or sieve. Use to make soup, or freeze for up to three months.

MAKES ABOUT 4 CUPS OF STOCK.

WANT MORE? For some hearty, waist-friendly soup sides, head to women shealthmag.com/soup.





SOME OF ELIZABETH'S\* FONDEST MEMORIES of her teen years are of baking with her mom. They'd stand in the kitchen, aprons tied around their trim waists, licking cookie batter from wooden spoons. "You could be sisters," people would remark, gazing admiringly at their similar slim-but-curvy figures.

Fast-forward a few years, and there's little chance anyone would confuse mother and daughter now. In her late forties, Elizabeth's mom became broader, thicker, and softer, and all traces of the Charlie's Angels—esque proportions of her twenties, thirties, and early forties were erased. And no one was paying closer attention than Elizabeth. "We have the same body type, and I worry that I'll gain weight like she has," says the 22-year-old Chicago artist. "Neither of us ever exercised or watched our diets, but now I've started to do both because I've seen what could be in store for me."

But peeking into your future isn't as simple as taking a look at your mom. Studies suggest that while your genes may determine up to 80 percent of your weight and body shape, environment and personal choice still play a significant role. So even if you're a dead ringer for your mother in old family photos, it doesn't mean you'll enter middle age with the same body. See, she grew up in a world where women never sweat—and never passed up a slice of pie while you grew up with soccer and diet-meal delivery services, and experts say this distinction can make all the difference. WH dissected the variety of factors that count...and looked at what control you can exert over them.

#### Body of Evidence

In the 1990s, studies done on identical twins indicated that genes pretty much determined adult shape and size. But new research is uncovering a more nuanced view. Some aspects of shape and size, it turns out, are more closely tied to genes than others. The ease with which you develop muscle mass, for example, is a highly inherited trait. A study that appeared in the International Journal of Obesity found that while you need physical activity in order to build muscle, people who have "muscular" genes require far less exercise than others to look fit. This finding may have surprised certain geneticists—but not 41-year-old Laura. The Nashville state housing director was adopted as an infant and grew up in a sedentary family. Even so, she was always muscular. "When I met my birth mother when I was in my thirties, I saw she had the same lean, fit body. It was like looking into a mirror." Nature, one; nurture, nothing.

The other major finding: Apple-shaped bodies are more genetically linked than pear-shaped or skinny ones. Some speculate this is because you also inherit genes from your father, and men typically store extra pounds in their guts. So if your mother carries weight in her stomach too, it could increase your chances of being an apple. From a medical standpoint, this is worrisome because

central abdominal fat is associated with several serious conditions, including type 2 diabetes and coronary artery disease. "You inherit half of your genes from your mother and half from your father, so you're a blend. You can be unlucky and get the worst possible combination from both parents, or be lucky and get the best," says Harvard medical professor C. Ronald Kahn, M.D.

New research has also uncovered a gene that may affect how much you eat. Neurexin 3, one of the genes recently implicated in regulating waist circumference, is also involved in brain function and has been linked to addictive behaviors such as alcoholism. Scientists believe this gene, which is carried by about 20 percent of the human population, may trigger a compulsion to overeat which could explain why obesity tends to run in families the same way certain body shapes do. "Considering how many factors are involved in obesity, it's interesting that research is increasingly pointing to the brain's involvement in its development," says Kari E. North, Ph.D., an associate professor of epidemiology at the University of North Carolina at Chapel Hill. "Because this gene has been associated with addiction, we need to think about the

psychology of weight gain too."

#### Searching for the Silver Bullet

Wouldn't it be great if you could swallow a pill and lose weight more easily or keep it from piling on in the first place? One reason so many scientists are studying the effect of genes on weight gain and distribution is in the hope of someday developing medications that can change the activity of those genes. Current pharmaceutical studies-though still only in the theoretical stage—are aimed at redirecting fat so that if you do gain weight, it won't accumulate in the central abdominal region, where it produces the greatest health risks. But the real goal is to come up with a pill that will prevent weight gain from happening. "I think ultimately those drugs will exist, but they are at least five years away," says C. Ronald Kahn, M.D., of the Harvard Medical School.

Regrettably, these shapedetermining genes can be stubborn. Even disciplined dieters often hit a wall after losing the first few pounds or regain weight they've lost. Researchers believe this is because each person has a baseline weight, a genetically influenced set point where the body naturally wants to be. If you end up more than 10 percent below your set point, your body will fight back. "The more weight you lose, the harder your body works to compensate," says David E. Cummings, M.D., a professor of medicine at the University of Washington. "You become hungrier, and your metabolism becomes more efficient. Increasingly, you begin to crave food—and such a drive is very difficult to resist."

#### The Lifestyle Link

These new scientific findings are certainly compelling, but don't count nurture out just yet. "Environment and personal choice can have an impact on body shape," says North.

The national obesity rate is one clue to the big role that environment can play. According to the National Center for Health Statistics, 65 percent of Americans are overweight or obese, a 16 percent increase in fewer than 10 years. Genes have been around as long as human beings have, but the current obesity epidemic is brand-new.

One simple explanation, says Cummings, is the supply of calorierich food in our culture. "A couple hundred years ago, not many people

In her late forties, her mother became broader, thicker, softer...and no one was paying closer attention than Elizabeth. had ready access to a lot of food, so only those with an extremely high susceptibility to weight gain became overweight." Today, for a few bucks, even someone with skinny genes can buy enough food to supersize herself. "We are living in an environment for which our genes just weren't designed," Cummings says.

But perhaps one of the biggest wild cards in determining body development is fitness. Women in their twenties and thirties who exercised as kids have less typically "feminine" body types than what was common amongst that same age-group 25 years ago. They have wider middles and narrower hips, and more muscular legs and defined arms—the result of years spent playing sports.

Credit Title IX, legislature that was passed in 1972 giving girls the same athletic opportunities as boys. "Women in their thirties and early forties today are the first generation to benefit from Title IX, and many of them have bodies that look different from those of their mothers, who exercised sparingly, if at all," notes exercise physiologist Cassandra Forsythe, Ph.D., R.D. "When you build a lot of muscle as a teenager, your testosterone levels can get slightly higher, and this could contribute to a slightly wider, more boyish middle. You don't see a lot of 23-inch waists these days." Exercise also limits body fat in the hip and butt area—where women typically store flab—which explains the slimmer hips.

Diane, a 31-year-old graphic designer from Macungie, Pennsylvania, is a perfect example. "I know I have a tendency to get my mother's stocky body type," she says. "But because I grew up swimming and started competing in triathlons when I was in my twenties, and my mom never exercised, my body doesn't really resemble hers. I'm much leaner and fitter."

The question is, will all those miles logged override her genetic destiny to morph into her mom? According to Forsythe, you can't override a genetic predisposition, but building muscle can reshape your body to a degree and delay the point at which your figure starts to widen. However, muscle mass begins to diminish as you reach menopause, so eventually your body will probably wind up nudging its way back to its genetic set point. The glass-halffull perspective: That hard work will buy you more years of owning a hot bod, and if you stay active into your fifties, you'll put on less weight than someone who has been using her gym membership card as a bookmark.

#### Fear Factor

Still, to some women, their mother's shape is a black cloud that perpetually hangs over their head. Diane took up swimming and triathlons out of a sheer passion for sports, but she acknowledges that being the daughter of an overweight mom affects how she feels about her body and how hard she trains. "I hate to say this,



"Women who have never been overweight can become paranoid about gaining, because they're concerned about looking like their heavy moms."

#### **Inherited Eating** Habits

A mother's perspective on food and shape is often passed down to her daughter in a different way that can be just as influential as genetic body type. Leann L. Birch, Ph.D., a professor of human development at Penn State, has discovered that your mother's attitude toward food has a powerful impact on the one you develop yourself. If a mother is worried about her weight, she often transfers that concern to her daughter and attempts to manage the girl's weight by restricting or withholding certain foods. "Unfortunately, that strategy has exactly the opposite effect. It makes those foods more interesting and attractive," says Birch. And the girl can develop a weight problem she might not have had otherwise.

but whenever I start slacking on my training, I picture my mom, and I pedal faster or run harder."

Clinical psychologist Sherrie Delinsky, Ph.D., hears this sentiment echoed in her private practice in Wellesley, Massachusetts. "When talking with patients who have body-image issues or disordered eating, it often comes out that women have very specific feelings and anxieties about their mothers' bodies. Women who have never been overweight can become paranoid about gaining, because they're concerned about looking like their heavy moms," she says. This is especially true of women like Elizabeth, who come from skinny stock and have seen firsthand what eating too many processed foods can do to naturally thin women over a period of time.

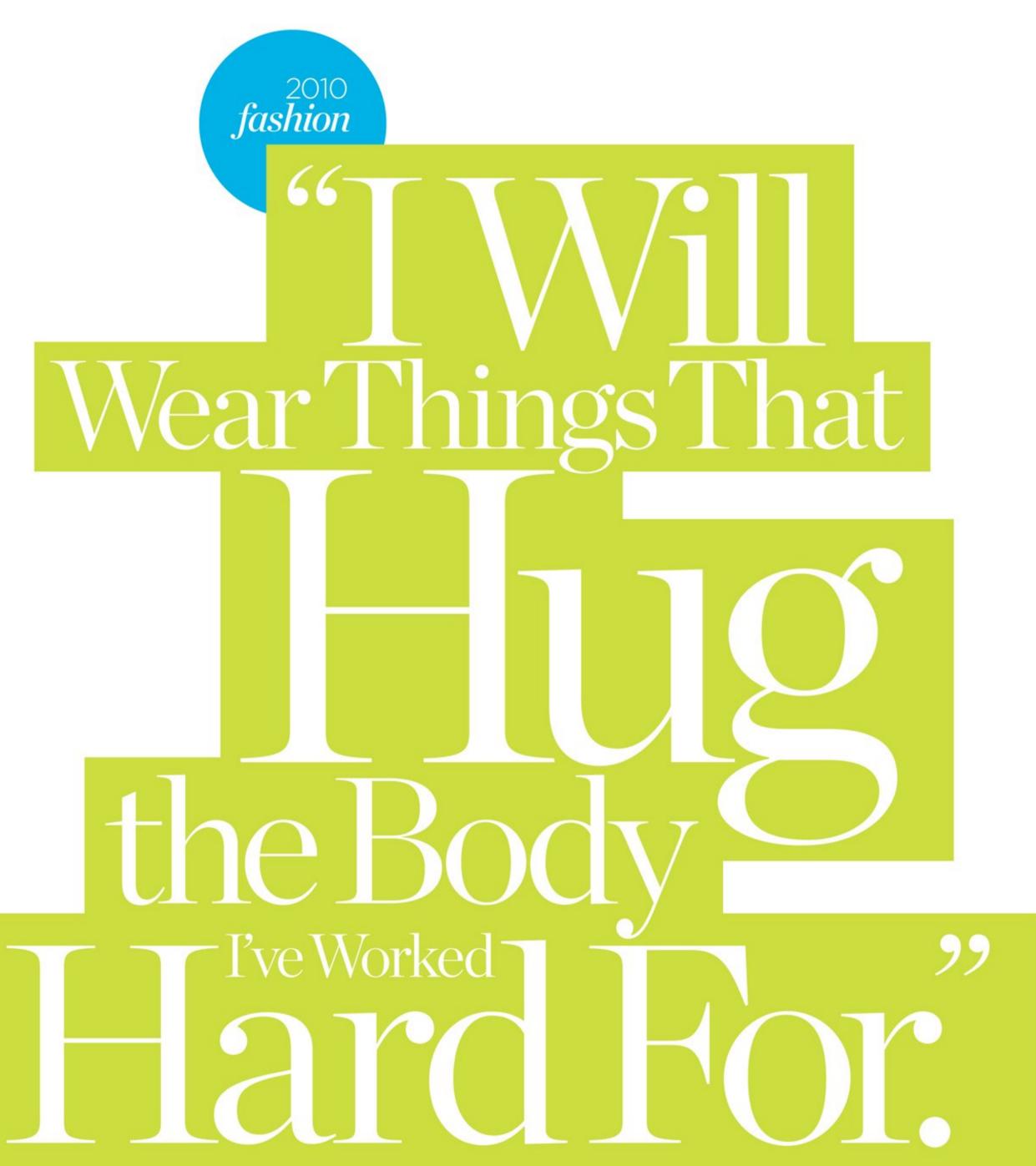
You'd think the daughters of moms with Christie Brinkley-like bodies would have it made. Truth is, girls who aren't as thin as their moms often feel inadequate. "There's a lot of competition between mothers and daughters in general, but it often manifests itself in terms of weight and size, because so much cultural importance is placed on appearance," Delinsky says.

#### Winning the Genetic War

Despite the slew of new research indicating that certain body shapes are largely preordained, it's by no means a fat sentence. At the end of the day, you're in the driver's seat of your own life and the navigator of your own body. "No matter what your genes or your environment might be, you can't gain weight unless you're taking in more calories

than you're expending," Kahn says. In other words, while you may not be able to change being apple-shaped, it's certainly well within your power to be the healthiest, fittest apple possible.

<sup>\*</sup> Some names and identifying details have been changed.



(And Six Other Style Resolutions to Make This Year)

FASHION BY KATE MOODIE | PHOTOGRAPHS BY ANDREW SOUTHAM



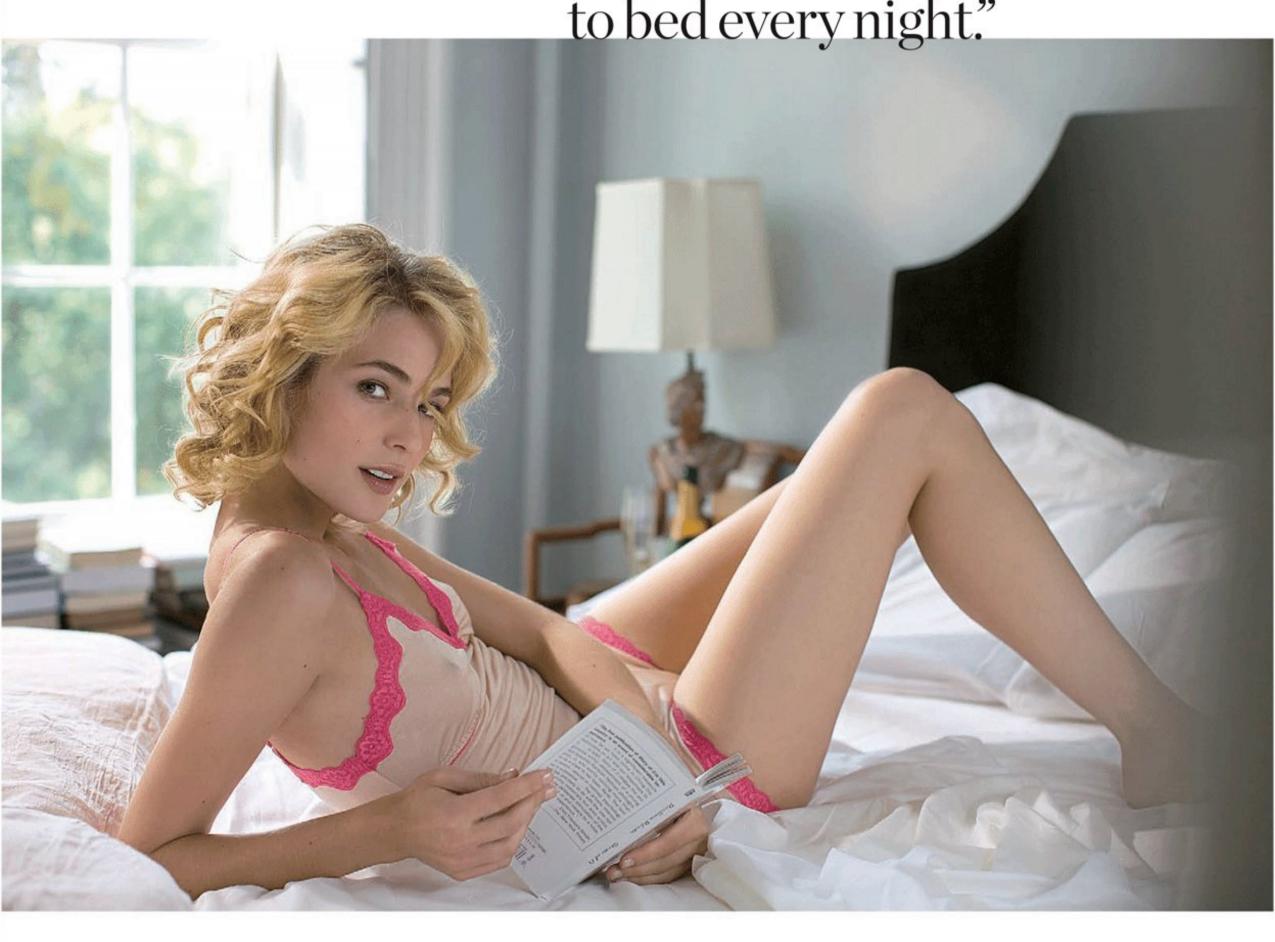






## Resolution No.5

"I'll resist wearing a T-shirt and boxers to bed every night."



A CAMI AND MATCHING BOY SHORTS ARE COMFY AND SEXY. Mary Green camisole, \$35.75, and boy shorts, \$21.50, marygreen.com.





#### Where to Buy

#### On the cover:

Bordelle silk Waspie skirt (\$325), bordelle.co.uk Nicole Farhi cotton poplin shirt (\$348), nicolefarhi.com

#### A SOFTER SHADE OF PINK

**PAGES 40 TO 43** 

Bordelle silk Angela dress (\$665), bordelle.co.uk

Nicole Miller Studio One striped dress (\$235), nicolemiller.com

#### LIGHTEN YOUR LOAD

PAGES 45 AND 46

Aldo Heiny handbag (\$50), aldoshoes.com

Arden B. ruched-front doublehandle tote (\$58), ardenb.com Calvin Klein Spy Weave dome satchel (\$128), macys.com

Carlos by Carlos Santana Bliss tote (\$108), macys.com for stores Deux Lux King duffel (\$86) and Piper drawstring pouch (\$124),

shop2lux.com Forever 21 Genevieve tote (\$34.80), forever21.com

FreeBird ruched tote (\$89),

thesak.com
French Connection Retro Stitch

bowler (\$118), frenchconnection.com **Newport News** quilted parachute tote (\$39) and ruffled satchel (\$34), newportnews.com TJ Maxx fringed bag (\$17), tjmaxx.com for stores XOXO faux-python clutch (\$49), xoxo.com

#### THE SKINNY ON LEGGINGS

PAGES 48 AND 49

291 T-shirt (\$100), 291venice.com Adam shrug (\$495), shopadam.com Aerie ruched leggings (\$19.50), aerie.com

Ann Taylor merino sweater (\$78) and ruffle pumps (\$175), anntaylor.com for stores

Aryn K. exposed-zipper leggings (\$49), akirachicago.com

BCBG Max Azria snake-print leggings (\$78), bcbg.com for stores Club Monaco Serena woven tote (\$350), clubmonaco.com for stores Elizabeth and James Artist shirt

(\$245), at GC William, 212-873-2314 Enza Costa Rogue cap-sleeve T-shirt (\$92), at Debbie Klein,

516-496-7764 Express belt (\$29.50), express.com for similar styles

Gap essential featherweight cami (\$14.50), gap.com for stores Ippolita sterling-silver hammered dome ring (\$225), ippolita.com J Brand denim leggings (\$165),

intermixonline.com for stores **Jack BB Dakota** Kallie skirt (\$45), modcloth.com **Linea Pelle Collection** belt (\$200),

intermixonline.com for stores

Magnes Sisters Beatrice clutch
(\$276), magnessisters.com

Pour La Victoire suede pumps
(\$225), endless.com

Re Collection racer-back vest (\$232), recollectionus.com Rebecca Minkoff Beloved mini

fringe bag (\$395), rebeccaminkoff .com, and Love Spell chain-strap bag (\$295), at Henri Bendel, 212-247-1100

Rebecca Taylor suede boots (\$435), neimanmarcus.com for stores Sonya Renée mini square necklace (\$52), sonyarenee.com

The Frye Company Veronica Slouch boots (\$328), thefryecompany.com William Rast Erin jacket (\$260),

nordstrom.com for stores

#### BALLS OUT!

PAGES 55 TO 57

American Apparel fine jersey hoodie (\$18), americanapparel.net Falke 3/4 Akron tights (\$60), sportperfect.com

**Ibex** Balance sports top (\$59), ibexwear.com

K-Swiss Training cap-sleeve top (\$40), kswiss.com New Balance NBxTreme leggings (\$80), NBxTreme Crop bra (\$45),

and 805 sneakers (\$85), newbalance.com **New Balance for Nine West** Cyprus 410 sneakers (\$89),

#### BURN, BABY, BURN!

newbalance.com

Girls4Sport boy-brief bottom (\$37), girls4sport.com New Balance Position Crop sports bra (\$30), nbwebexpress.com

#### GET YOUR DREAM BODY RIGHT NOW!

PAGES 106 TO 1

American Apparel hooded swimsuit (\$48), american apparel.net Asics Gel-Frantic 4 sneakers (\$85),

asics.com
Athleta Finesse leggings (\$42),

athleta.com **K-Swiss** double-wide wristband

(\$8), kswiss.com **Lululemon Athletica** Ta Ta Tamer

bra (\$58), lululemon.com

New Balance NB 3% compression
shorts (\$25), newbalance.com

Nike Dri-Fit Elite women's fitness
gloves (\$25), nike.com

Nux cross-back tank (\$56), at Exhale Spa, 212-561-6400 TKO Orlogi Milano Remixed watch (\$125), tkowatches.com

#### "I WILL WEAR THINGS THAT HUG THE BODY I'VE WORKED HARD FOR"

PAGES 126 TO 133

Accessories and Beyond bracelets (\$150 for set of seven), accessories-beyond.com

Adidas by Stella McCartney Running Image jacket (\$200), 7/8 yoga pants (\$80), and Tyyni yoga bag (\$70), shopadidas.com Allude cotton tank (\$65), at Porcupine, 843-785-2779

American Eagle Outfitters AE skinny jeans (\$49.50), ae.com Astars micro modal tank (\$51), at Lisa Kline, 310-246-0907

BCBG Max Azria Runway skirt (\$148), bcbg.com for stores Chris and Jaime side-drape blouse (\$165), at Posh, 615-383-9840

Coach Peyton metallic cross-body bag (\$148), coach.com

Elizabeth and James shoes (\$350), shopbop.com Hervé Léger skirt (\$600), herveleger com for stores

herveleger.com for stores **Kain Label** tank with binding (\$79), revolveclothing.com

Lauren by Ralph Lauren cotton poplin belted trench (\$189), lordandtaylor.com for select stores Malandrino jacket (price upon request), catherinemalandrino.com for stores

Mary Green silk knit camisole (\$35.75) and boy shorts (\$21.50), marygreen.com

Me&Ro gold sequined bracelet (\$1,700), meandrojewelry.com Metal Pointu's Paper, Even Bis, and Lolo bracelets (\$110 to \$180 each) and Board and Gazel rings (\$80 to \$110 each),

metal-pointus.com

Pelle Moda Jaron platform sandals

(\$170), shopbop.com

Rare Donna Raphael Paris jeans (\$360), at Politix, 310-659-1964 Rebecca Taylor pinstriped skirt (\$250), nordstrom.com for stores, and suede Mary Janes (\$345), neimanmarcus.com

**Stuart Weitzman** peep-toe shoes (\$365), stuartweitzman.com **Uniqlo** merino sweater (\$39.50), 877-486-4756

Wendy Brandes Siobhan Perma Stacked stacking rings (\$5,000 for set of 10), wendybrandes.com

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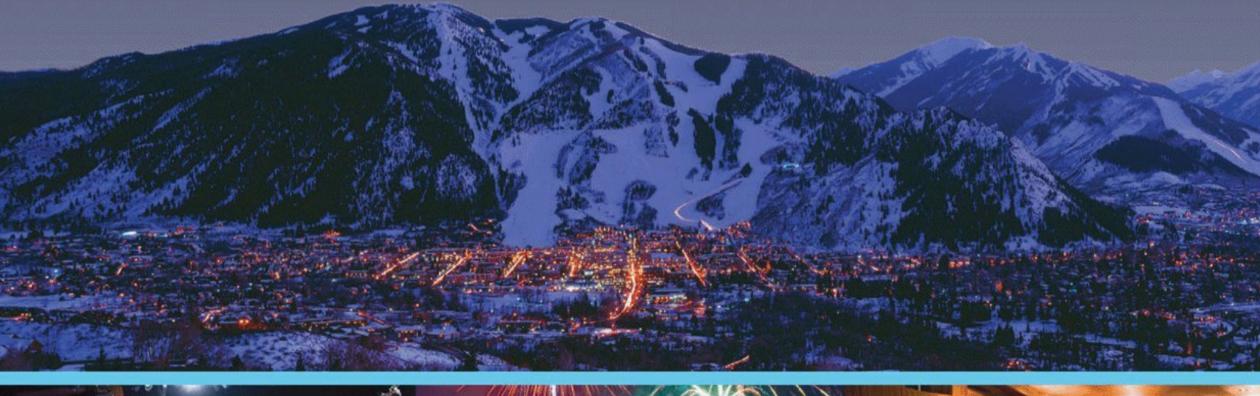
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## Trimming the Fat

The dish on your dieting behavior



are on a diet right now

Number who have gone on a diet more than 10 times in their lives:

1 *in* 3

HOW LONG THE AW'S DIETS USUALLY LAST:

#### two weeks

Amount she wants to lose:

"More than 20 pounds"

The worst part about weight watching:

"Getting bored with the same foods"

#### #1 reason the AW wants

to slim down:

She's going to be seeing her ex. -



## Toughest thing to cut out: Booze

Number of women who have popped diet pills:

5 in 10

Percentage of women who have dieted with their men:

Percentage who found dieting together motivating:

Percentage whose boyfriends told them to diet:

Percentage who say calorie counting gets in the way of their relationships:

#### Top three reasons:

1 He doesn't think she needs to be on a diet.

2 He hates the healthy stuff she is cooking.

3 She's always in a bad mood.



Percentage of women who say food restriction is a libido killer:

#### Diet tricks the AW swears by:

1 Not keeping junk food in the house

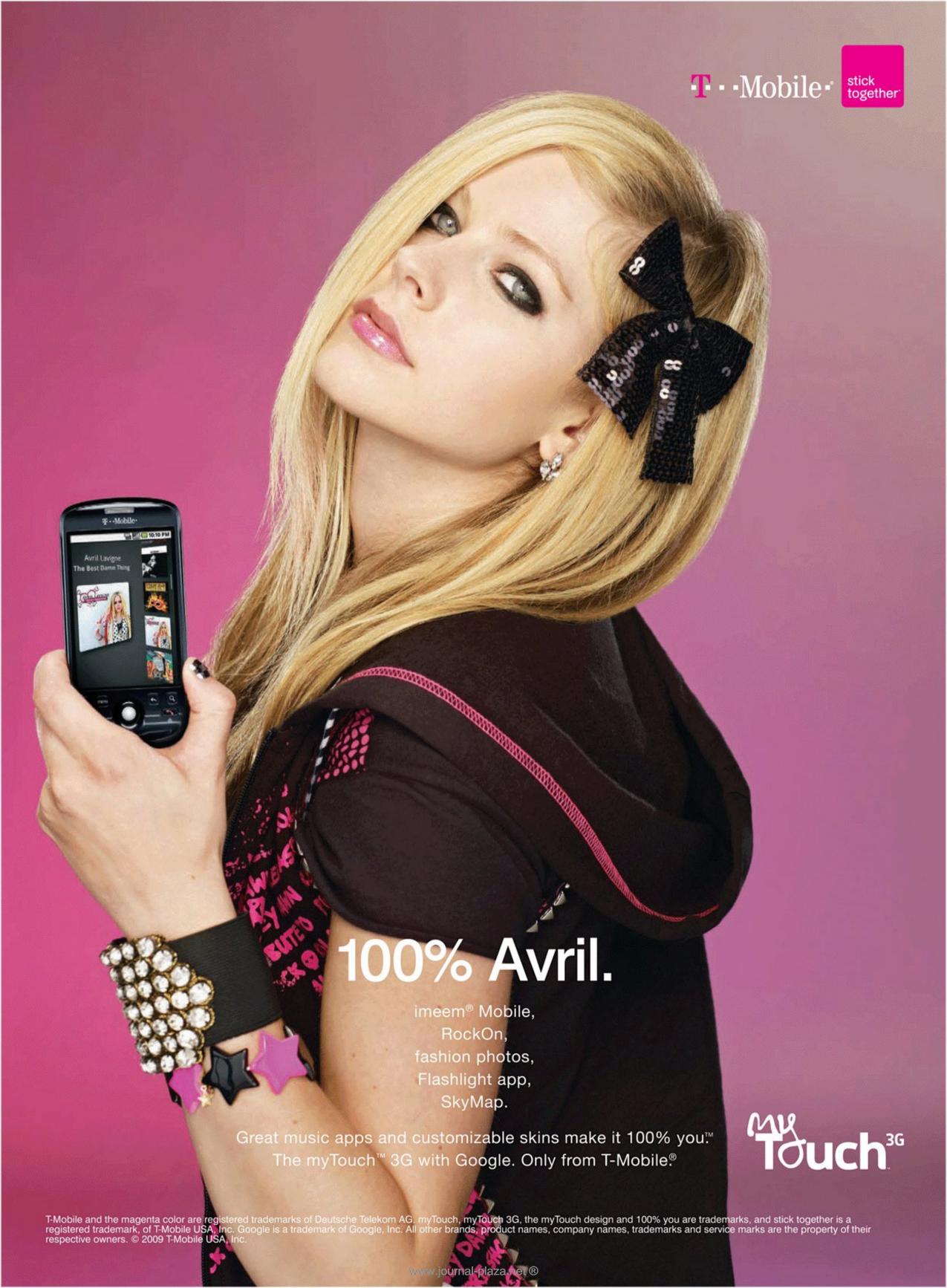
2 Eating off a small plate

3 Not eating after 8 p.m.

Percentage of women who never diet:







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