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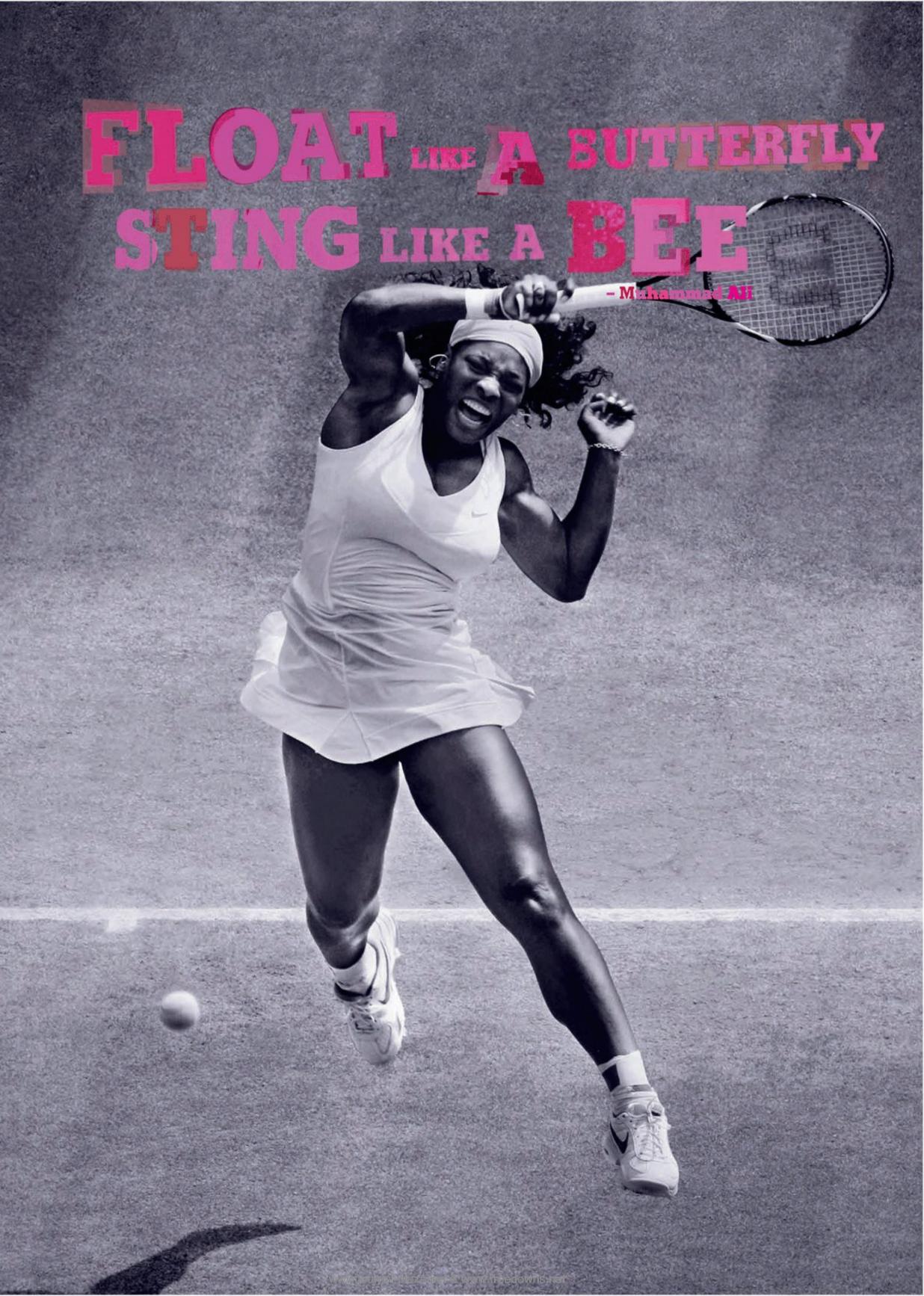
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AD

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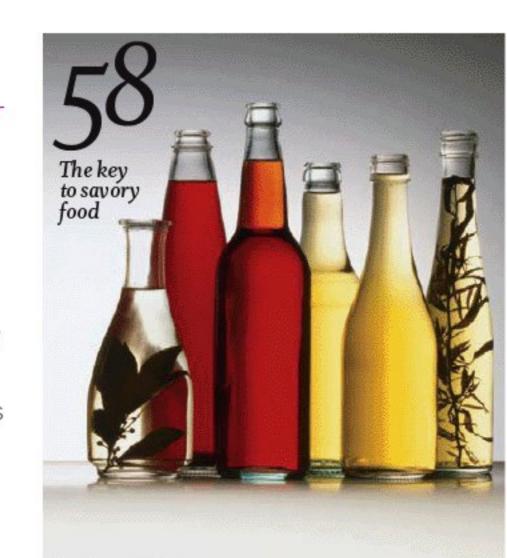
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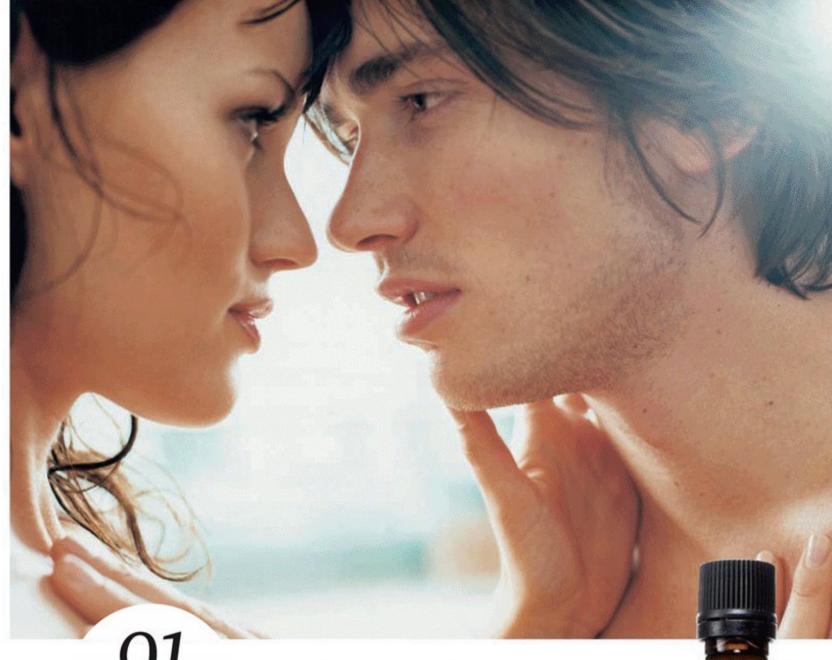
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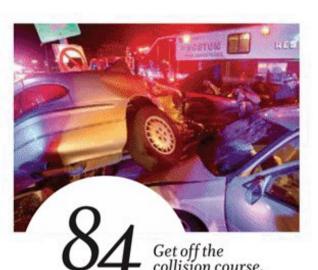
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HEALTHY DOSE

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BEHIND-THE-WHEEL HABITS THAT ARE PUTTING WOMEN IN SERIOUS DANGER



ON OUR COVER

Paula Patton photographed by Nino Muñoz. Styling: Kate Moodie; Hair: Ursula Stephen for Motions/Epiphany Artist Group, Inc.; Makeup: Lucky for Dior Cosmetics/Epiphany Artist Group, Inc.; Manicure: Elisa Ferri/See Management. T by Alexander Wang dress, Agas and Tamar Jewelry & Design necklace and rings. Makeup by Shiseido: Shiseido Makeup Smoothing Eyeliner Pencil in Black, Shiseido Makeup Perfect Mascara in Black, Shiseido Makeup Luminizing Face Powder in High Beam White, Shiseido Makeup Luminizing Face Powder in Tea Rose, Shiseido Makeup Perfect Rouge Lipstick in Pink Mesa



Pretty on the Inside

As we set out to put together our special beauty bonus (flip this entire issue over to dig into the 24 pages), I spent some time thinking about how important—or not—our outward looks should be. Women's Health certainly talks a lot about losing weight and toning up, but at the root of those efforts is the goal of being healthy (for instance, burning fat helps ward off diabetes and heart disease, while weight training can keep bone-weakening osteoporosis at bay). Getting a hotter body is just a really great side effect!

Turns out, primping has some pretty amazing benefits too. You're probably already aware that you walk a little taller when you leave the hair salon with a new cut, gleaming highlights, and a perfect blowout. Feeling good about the way you look is a key component of confidence. But that self-assured attitude has a ripple effect, magnetically drawing in potential employers, dates, and even platonic friends. And yes, attractive people tend to get a little further in life—research bears that out. But it has more to do with caring about how they present themselves to the world than with having perfectly symmetrical features. We explain more about the power of beauty in "Why Looks Matter" on page 2 of the "beauty flip."

And who better to grace the covers (front and back) of the March issue than actress Paula Patton, one of the more gorgeous women to walk the planet. Paula, as you know, costars in the critically acclaimed film *Precious*. Though she plays an inner-city teacher who is anything but a fashion plate,

her character's incredibly generous, warm heart—like that of the student she helps guide—proves to be one of the most beautiful features a person can possess.

Michele

Michele Promaulayko Editor-in-Chief

IN HER WORDS ADVICE AND OPINIONS FROM WOMEN INSIDE THIS ISSUE

"I know if I
enrich my mind
and spirit, then
I'll feel good.
And when you
feel good about
yourself, it can't
help but reflect
on your outer
beauty."

—Actress Paula Patton, "Precious Moments," page 36

"The minute you're afraid to ask for something is when you should do it."

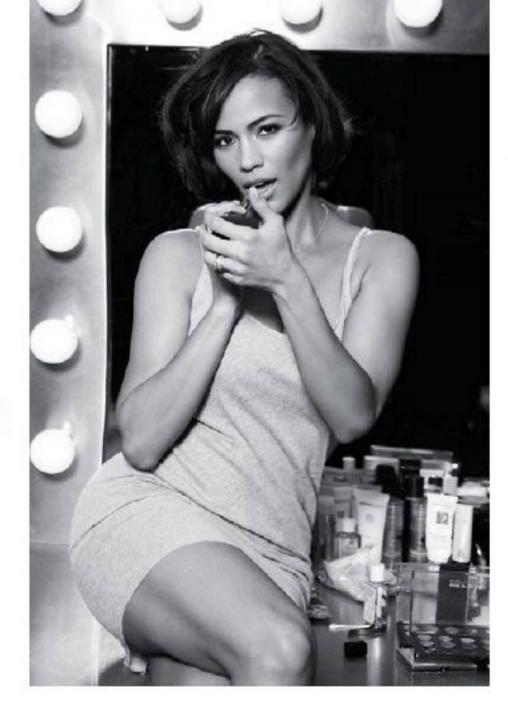
> —Author Andrea Buchanan, "How to Make the Big Ask," page 104

"Research shows that people who are more active and happier with their bodies have better sex lives."

> —Nutritionist Elizabeth Ward, R.D., "Prevent Love Chub," page 74

"Sometimes change is hard, but...it opens your life up to new experiences and keeps it moving forward."

—Singer Katharine McPhee, "The Power of Change," page 102



Vamping it up: Paula Patton gets her primp on.

Which topics are most important to you?

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



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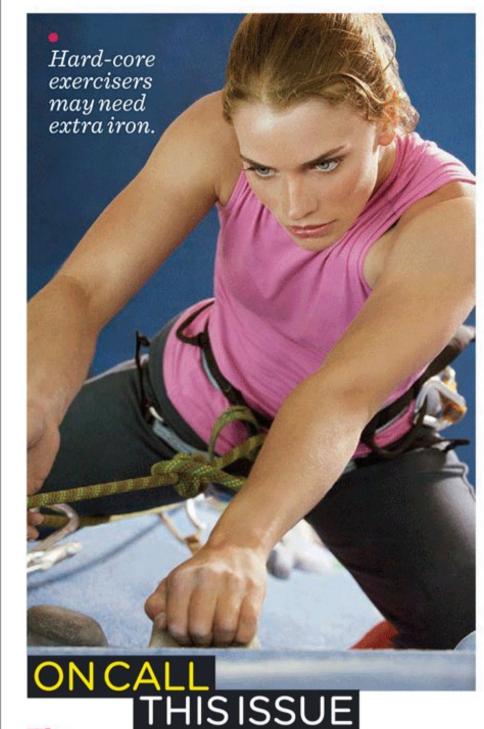
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ADVISORS



The Fatigue Fighter

If you're feeling sluggish, you could have anemia, a condition that in premenopausal women is usually

caused by an iron deficiency. "The average woman needs 18 milligrams of iron daily. You can get this by eating iron-rich foods such as lean meats, beans, spinach, and fortified cereals, or by taking a multivitamin," says Irl B. Hirsch, M.D. However, vegetarians and women who are pregnant or exercise heavily are at greater risk for iron deficiency and may need an overthe-counter or prescription supplement. But before you pop any pills, have your doctor run a simple blood test to determine if you're anemic. Your lack of energy could be caused by something else, like sleep apnea or thyroid

disease. Turn to "Flat-Belly Food," page 82, for an iron-filled recipe.

F

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BELLDUJOUR

I was so happy to see Kristen Bell on your November cover. It's refreshing to see an actress who's less concerned with her status than she is with leading a healthy lifestyle. Thanks for giving us someone we can look up to because of her solid values—and not just because of her great style (although the shoes she's wearing on the cover are killer).

Nicole Pirshafiey, Gilbert, AZ

FREEFORALL

To put it simply, "Get Healthy, Buff & Beautiful on a Budget" (November) was not one of my favorites. People who are unemployed basically have a nonexistent budget, so it would have been nice to see a few more totally free ideas. However, all was redeemed when I turned to "Secretly Sexy Things" and found James Marsden staring back at me. Yum.

Stacey.Simon, via WHOnline

TAKEASTAND

I never realized all the negative effects that sitting can have on the body ("Your Body's Biggest Enemy," November). I work at a call center and sit all day, then come home and work at the computer, and then veg out in front of the TV for the rest of the night. No wonder I can't lose weight!

Simone Mitchell, Wichita, KS

PLAYDATES

I couldn't stop laughing while reading "28 Days of Hot Sex" (November). It's so true—especially the part about being distracted on Day 25, but having the potential to reach a more intense orgasm. Finally, there are scientific explanations for my actions!

Casey Spence, via Facebook

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.



"Mean Girls at Work," November 2009

WEHEAR THAT!

→ **BITCH SESSION.** The estrogen-fueled catfights on *Gossip Girl* have nothing on the real-world drama women experience every day at their jobs. In November's "*Mean Girls at Work*" we exposed a nasty new breed of bullying backstabbers in the workplace and offered advice on how to deal with them. Judging from your letters, our article on this ugly trend really touched a nerve:

"Bullying bosses live unhappy lives and take it out on others. My advice: If the 'kill them with kindness' approach doesn't work, just get your work done with as little interaction as possible. Be the better person and maintain your dignity."

—Ali Schmid, via Facebook

"You can bet that every personal hang-up, insecurity, and issue that someone has will follow her into the workplace. What's worse, this kind of bad behavior has become acceptable...and even expected. It's truly sad. Human kindness and decency are rare traits in the corporate world."

—Kysa Winter, Houston, TX

"Before I became engaged, I was friends with a married [female] coworker. I was the 'single girlfriend' who was always up for the movies or shopping. But when the dynamics changed and I was no longer always available, she became vindictive and started undermining me at the office. In this economy, there's absolutely no way I can afford to quit my job, so I put my head down, do my work, and try to ignore her behavior as best I can."

—Brenda Collins, Perris, CA

"I never had a problem working with women until I started working in a predominantly male field. The women in these types of jobs are of a different breed! They prefer to work with guys over other women and treat you like you're only getting in their way. There is nothing worse than constantly wondering, Are they going to be nice to me today?"

—Amanda Gudaitis, Jacksonville Beach, FL

"I still have a job. My bullying coworker, however, does not. **People recognize** unprofessionalism when they see it...and karma is a bitch."

—Julie Remonte Barnes, via Facebook

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DAILY MOISTURIZING TREATMENT

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What's **New This** Month



Spotlight: Heart Health

Your ticker works hard, day in and day out-have you shown it enough love lately? Our new feature is packed with tips to keep your cardiovascular system in tip-top shape, including the best exercises, recipes, and vitamins and herbal supplements to keep it pumping. Visit WomensHealthMag .com/hearthealth.

Olympians Spill All

Wondering what elite snowboarders, skiers, and skaters need to do to make it to the Olympics? We got your favorite Olympianstoshare their exercise tips, workout playlists, and what keeps them motivated to go for the gold. Plus, we're live-tweeting from Vancouver! Go to WomensHealthMag .com/olympics.

MARCH'S GIVEAWAY

WIN THE BEST BEAUTY LOOT!

Go to WomensHealth Mag.com/wintoday in March 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 professional teethwhitening system from Supersmile, including an electric toothbrush—all worth more than \$500.

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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 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 A.M. ON MARCH 1, 2010, AND END AT 2:59 A.M. ON APRIL 1, 2010. 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!



If you have a reaction after being exposed to an allergen—pollen, mold spores, and pet dander are some of the most common—your immune system has kicked into overdrive. Among the cascade of chemicals it releases is histamine, which causes symptoms that can be easily confused with a cold, such as itchiness of the eyes, nose, and throat, as well as a runny or stuffy nose, says New York City allergist Clifford Bassett, M.D. If you also have chills, a cough, a fever, or a headache, chances are good that it's a cold.

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

Is it dangerous to use expired OTC pain relievers or vitamins?

-Sarah C., Bozeman, MT

Manufacturers guarantee the safety of their products only until the expiration date, but a study published in the Journal of Pharmaceutical Sciencesfound that 88 percent of more than 100 drugs are safe and effective for use at least one year afterward. It's impossible, however, to know the condition of your medication after it has expired, says Albert Levy, M.D., an assistant professor of medicine at Mount Sinai School of Medicine. "There is always a chance that they have become irritating to your stomach,

as their active ingredients break down over time or when they're exposed to excessive heat and humidity (a good reason to store medicine in a cool, dry place). Bottom line: Don't risk it. Replace drugs when they expire, or very shortly thereafter.

Why is the skin under my wedding band dry and itchy? And what can I do to make it better?

-Chelsea K., Milwaukee, WI

The most likely reason is contact dermatitis, an inflammation that is caused by an irritating substance, says Ella Toombs, M.D., director of Aesthetic Dermatology of Dupont Circle in Washington, D.C. In your case, soap or detergent might be trapped under the band. The resulting rash isn't contagious or dangerous, but it can be uncomfortable. Leave the ring off and apply hydrocortisone (1 percent) to the area twice a day for a

ASK the GUY NEXT DOOR

MATT BEAN

week. Once the spot clears up, keep it from coming back by removing your ring whenever you wash your hands and drying your finger thoroughly before slipping the ring back on. If the irritation persists, you may have a metal allergy and should schedule an appointment with your dermatologist.

Can I use my antiaging facial cream on my hands too?

-Jordan W., Lakewood, CO

Sure. While specialized creams may claim to target different areas of the body, the active ingredients in antiaging formulas are the same, says New York City dermatologist David Colbert, M.D., author of The High School Reunion Diet:Lose 20 Years in 30 Days. Most contain retinoids (such as retin A) to promote cell turnover and stimulate collagen, which is responsible for skin's firmness, and antioxidants (such as vitamin C), which help counteract the formation of free radicals that may contribute to aging.



The only time my husband wants to have sex is at night, when I'm too tired. Why can't he be more flexible?

-Kelly K., Destin, FL



Give him awakeup call he won't forget.

think you both ought to be more flexible. If you're into wake-up sex, ask him what it will take for him to rise to the occasion. He may be more willing if you accommodate him once in a while too. Sure, it's tough to summon the energy for a drawn-out sex session after a long day, but you can take the pressure off with an after-work quickie before exhaustion settles in. Or ask him for a five-minute massage to help you shed the tension of the day-and getyou both

How much do guys tell their friends about their hook-ups?

in the mood.

-TrishaP., NewLenox, IL

Less than you do. I get the sense that girls dish often, and dig deep, using the bedroom as a barometer for the rest of the relationship. Guys-we're all about the highlight reel. If you want your dirty details kept under cover, speak up ("If one word gets out about what just happened, you're never touching me again" should work). But be warned: The hotter the secret, and the better the buddy, the harder it is for a guy to keep mum.

My boyfriend has slept with tons of girls. How

-Allie J., Sidney, OH

Like a bad haircut, you're going to have to wait this one out. Sucks, Iknow, but once his number is out of the bag, this pointlessbut potent-piece of sexual intel will stop warping

do I get over it?

your brain only after you've established a track record together. And that takes time. Think about it this way: Why would he be so honestabouthispastifhe wanted to repeat it? And if you're worried about not measuring up, don't. Those girls-all of them-are sexual history for a reason.

My guy is never romantic. How can I get him to step it up?

-Brinn L., Phoenix, AZ

Lame hints or jabs about your coworker's massive orchid delivery will only add to the pressure he probably already feels. Take the stress off by telling him you're OK with whatever he comes up with, whether it's watching the sun set together or mowingaheartintothe lawn. That said, it's fair to tell him your favorite kind of flower or the name of a restaurant you want to try.

CRASH course

3 STEPS TO OPENING WINESANS CORKSCREW



TO UNCOVER

SCREW INTO

THE CORK,

ROUGHLY A

THE SCREW

EXPOSED.

QUARTEROF

LEAVING

THE CORK.

TWIST A

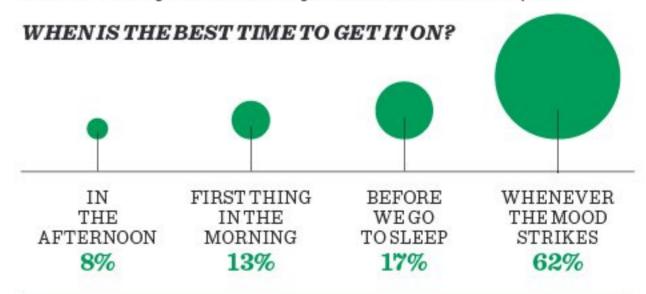
2 WITH PLIERS OR A TOWEL, FIRMLY GRIP THE SCREW HEAD AND SLOWLY PULL IT STRAIGHT UP UNTIL ABOUT THREE-QUARTERS OF THE CORK IS REMOVED.

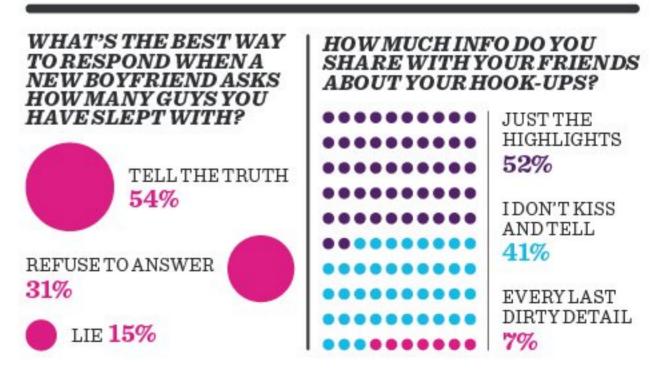


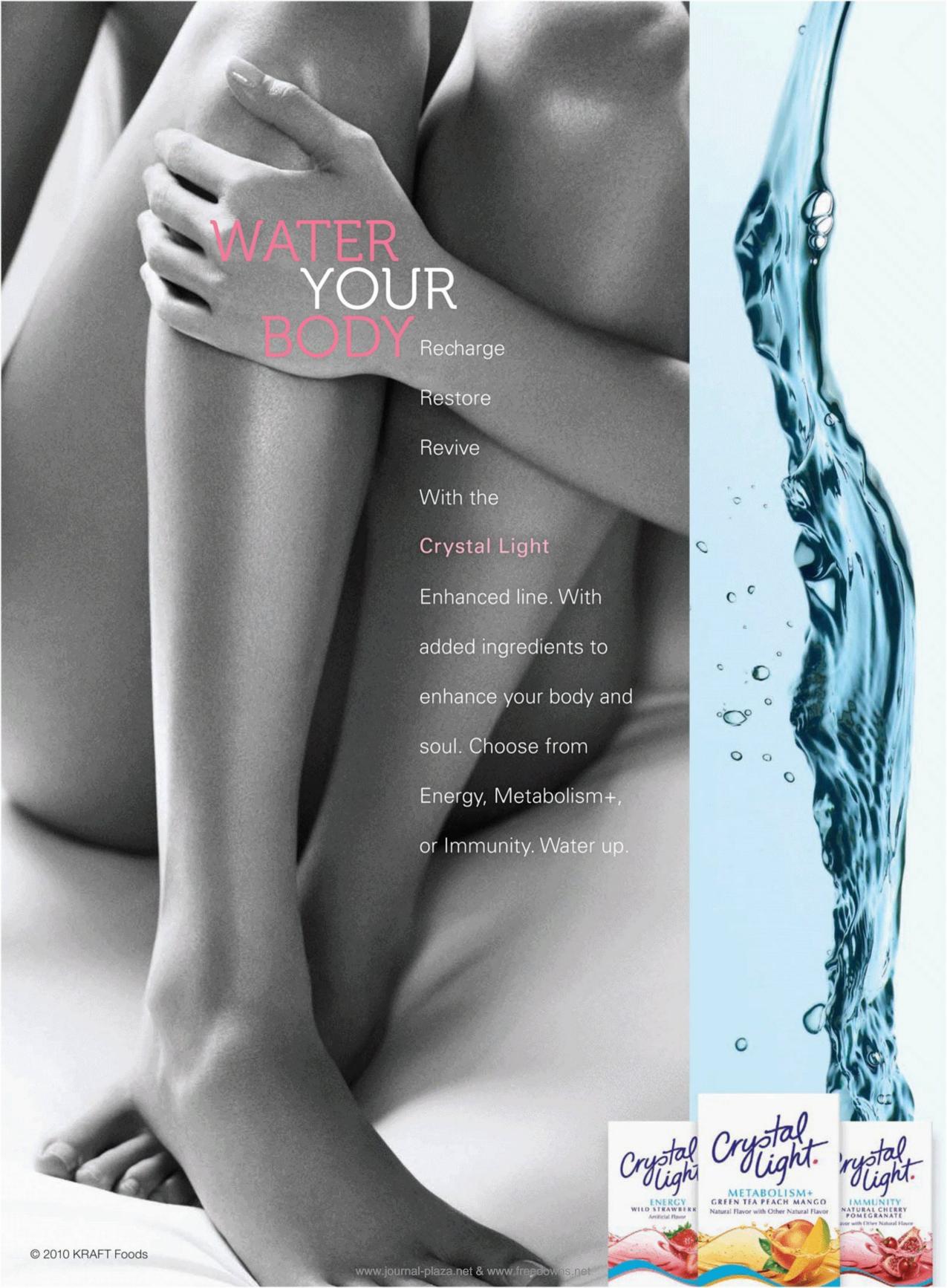
3 GRASP THE CORK WITH A TIGHT FIST AND GENTLY EASE IT THE REST OF THE WAY OUT OF THE BOTTLE BY GENTLY TWISTING IN A CLOCKWISE DIRECTION. POUR VINO AND RAISE A GLASS TO TOAST YOUR ACHIEVEMENT!

Source: Stephen Asprinio, resident sommelier for the Bravo network and a star of the popular reality series Top Chef

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







Fitness

BURN CALORIES LIKE AN OLYMPIAN

Once every four years, the world's best athletes take to the slopes and ice, inspiring us to move our workouts outside. Check out these snow-season activities...and the amount of comfort food they burn off (based on a 140-pound woman):

SLEDDING

for 30 minutes burns 221 calories, or three half-ounce Godiva chocolate squares

CROSS-COUNTRY SKIING

for 60 minutes burns 504 calories, or one cup of Kraft mac 'n' cheese

DOWNHILLSKIING

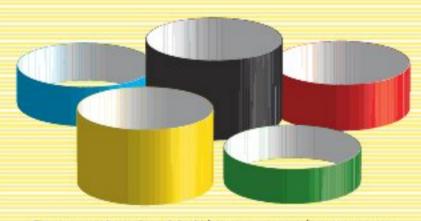
for 90 minutes burns 567 calories, or four Pillsbury chocolate-chip cookies

ICE SKATING

for 30 minutes burns 173 calories, or an eight-ounce mug of Swiss Miss hot chocolate

SNOWBOARDING

for 45 minutes burns 284 calories. or a slice of Sara Lee cheesecake



Source: Jessica Matthews, a spokesperson for the American Council on Exercise

KICK YOUR

Want to give exercise your all? Do it solo. People are more likely to work out harder if they're alone, according to a survey in the journal Medicine & Science in Sports & Exercise. It's easier to push yourself when you don't have to worry about someone else's agenda or pace, explains lead author Genevieve Dunton, Ph.D., M.P.H., of the University of Southern California. But fitness friendships do have proven perks: People work out twice as long with a friend, Dunton says. (Chalk it up to that "time flying/ having fun" thing.) But if you're looking for a hard sweat, go it alone.



ONE-WORD ANSWER

It's the best protein for your postworkout shake: After exercise. subjects were given 10 grams of either whey protein or a different kind. Their muscles recovered faster after the whey. Why whey? It's easy to digest, so it gets to muscles fast. Source: Journal of Applied Physiology

PERCENTAGE OF PEOPLE WHO SAY THEY'D STILL WORK OUT EVEN IF THERE WERE A MAGIC PILL TO KEEP THEM FIT

Source: Everyday Health, a research survey from the American Council on Exercise

SCOTT MCDERMOTT/AURORA PHOTOS

FROM THE WOMEN'S HEALTH BIG BOOK OF EXERCISES: Researchers found that people who sprain their ankles don't have the same range of motion in those joints as do folks whose ankles stay injury-free. Tight gastrocnemius and soleus muscles limit ankle motion. Try this straight-leg calf stretch: Stand two feet from a wall with your left foot in front of your right. Place both hands on the wall and lean against it, shifting your weight to your right foot until you feel the stretch in your calf. Hold for 30 seconds, then switch leg positions and repeat. By Men's Health fitness director Adam Campbell (\$25, WomensHealthMag.com/bigbook)

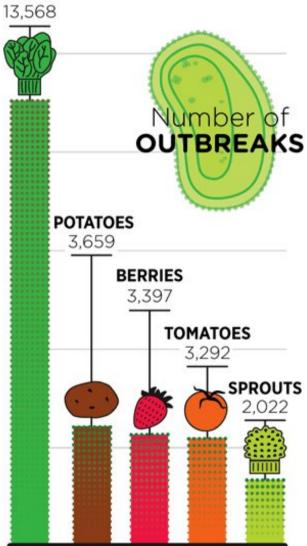
Found:

Secret sources

WHERE THE VILE THINGS ARE

Some of the most nutritious edibles are also the most likely to carry food-borne bacteria, according to data on food illness outbreaks from the Centers for Disease Control and Prevention. Luckily, it's pretty easy to reduce the risks. "Refrigerate your produce as soon as you get it home to prevent pathogens from growing," says Craig Hedberg, Ph.D., an epidemiologist at the University of Minnesota School of Public Health. Also, rinse fruit and veggies under cold water for at least 30 seconds to remove more than 90 percent of contaminants. These produce picks require the most vigilance:

LEAFY **GREENS**



Data from 1990 to 2006. Source: Center for Science in the Public Interest

THISJUSTIN

Nutrient 411

Want more info about what you're eating? The USDA recently expanded its nutrient database to include more than 7,500 foods, and added information on the latest supernutrient, vitamin D, for nearly 3,000 of them. And takeout addicts, rejoice: You can now find the nutrition breakdown for popular menu items from Chinese and Latino restaurants. Go to ars. usda.gov.

ONE-WORD ANSWER

This single food can improve your overall diet: Rice eaters have higher levels of folic acid. potassium, and iron than those who don't scarf the grain. They also tend to feast on more vegetables and fiber—foods linked to healthy cholesterol and blood pressure levels. Source: Journal of the American Dietetic Association

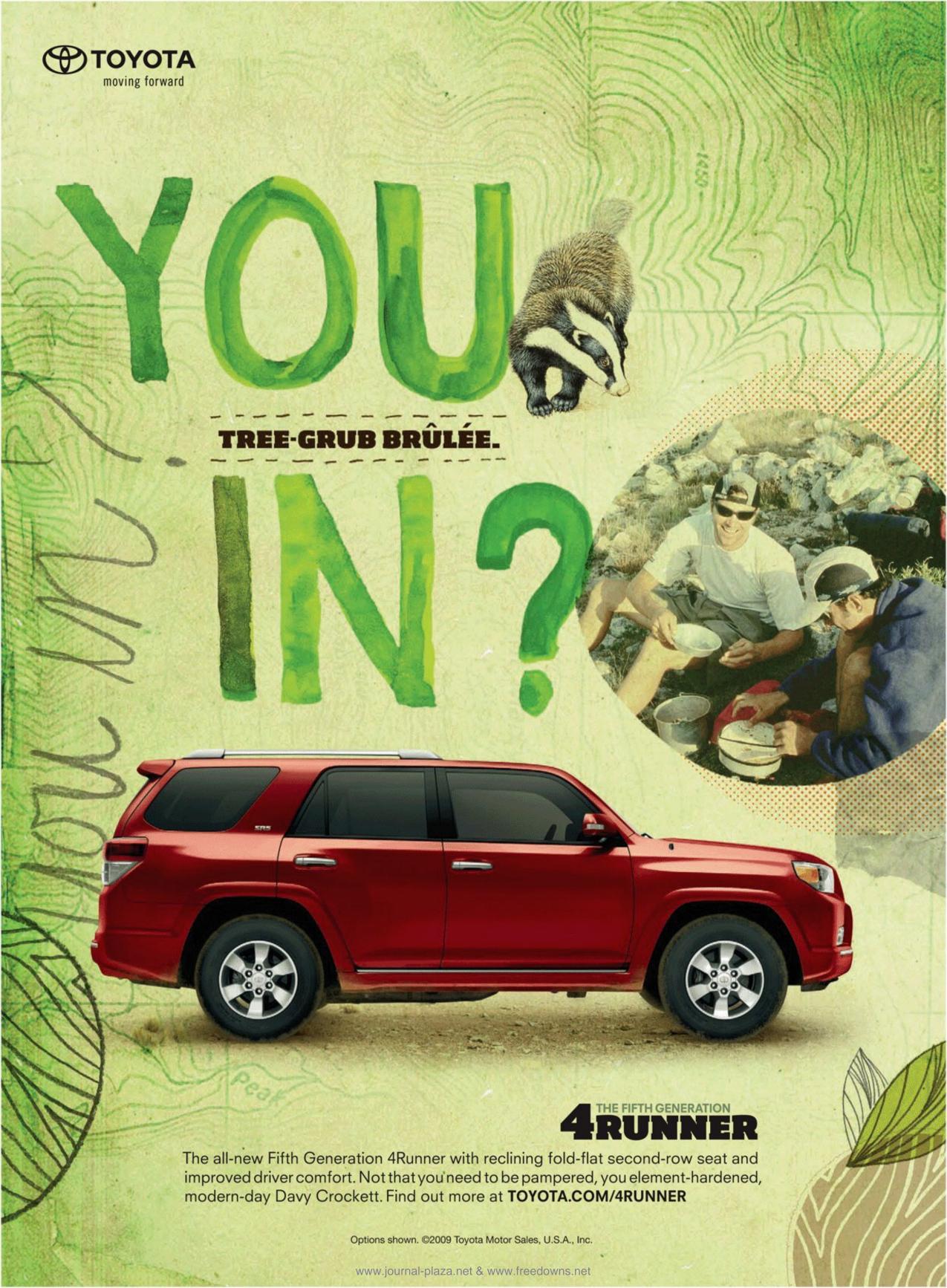


JUICE IT

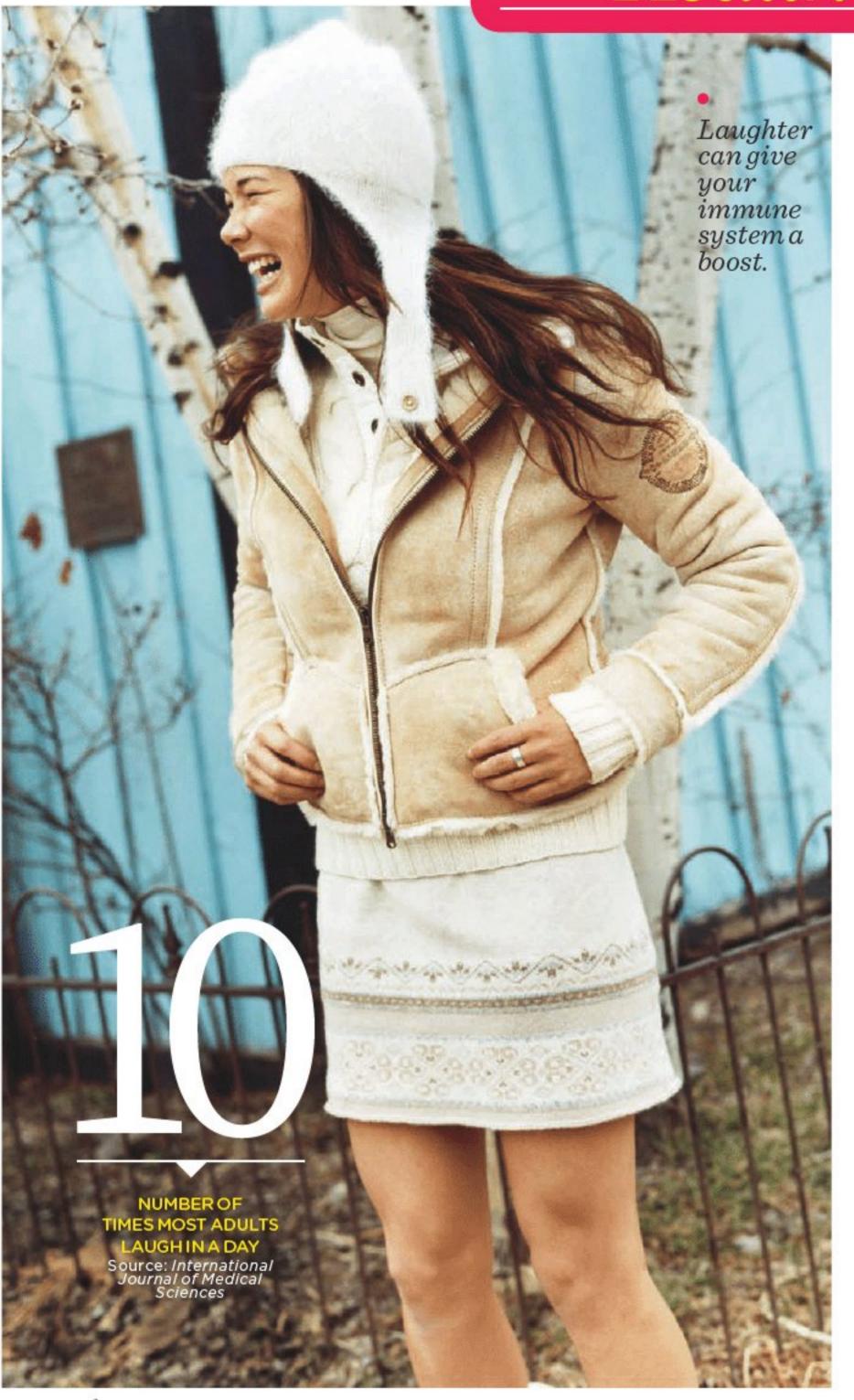
OJ MAY BE the go-to drink for vitamin C, but new research published in the journal Food Chemistry reveals that other fruit juices may contain just as much. Using a new, more accurate method for measuring vitamin C, scientists found that some brands of apple juice, and even grape and pineapple juice, contain levels of C that are as high or higher than those in orange juice, says study author Ana Rodríguez Bernaldo de Quirós of the University of Santiago de Compostela in Spain. If you're not an OJ fan, or just want more variety, you can switch it up and still get your C.



PERCENTAGE INCREASE **IN RESTAURANT DESSERT PRICES IN** 2009. AND BAR DRINKS WENT UP 2 PERCENT. YET ANOTHER REASON TO INDULGE SPARINGLY. Source: Intellaprice



Health SCOOP!



ONE-WORD ANSWER

Acupuncture

The practice can help treat polycystic ovary syndrome (PCOS), a condition that can lead to irregular periods and infertility. Acupuncture reduces harmful levels of nerve activity caused by PCOS and increases the likelihood of regular monthly cycles. Source: American Journal of Physiology-Regulatory, Integrative and Comparative Physiology

THISJUSTIN

Climate

Warmerweather makes for higher bedroom temps, which cause night sweats and wake-ups. Enter Select Comfort's new line of bedding, made with fabric that releases heat when needed (from \$90, select comfort.com). Another idea: Set the thermostat to about 64°F.



BIG JOB, BAD HEALTH

Scrambling up the corporate ladder? A high-ranking job may be unhealthy. A Social Science & Medicine survey found that managers have more conflicts with coworkers and more work interferences with their home lives-both of which can lead to headaches, irritability, and psychological distress. But recognizing the downsides of big-time roles can help you set healthy boundaries, so there's no need for you to stifle your ambition.

TIME-SENSITIVE INFORMATION

Thanks to a series of biological rhythms known as your body clock, certain meds can be more or less effective depending on the time you take them. But how do you follow a clock you can't see? By reading this guide on what to swallow when.

TAKE IN THE MORNING

DECONGESTANTS

Some congestion aids may have an adrenaline-like side effect, explains Michael Smolensky, Ph.D., coauthor of The Body Clock Guide to Better Health. So take yours in the morning.

ACID NEUTRALIZERS

Popping heartburn or ulcer aids early, when they're more effective at suppressing stomach acid, can prevent symptoms for a 24-hour period, say Canadian researchers.

ANTIDEPRESSANTS

They're prescribed to keep mood levels steady, but some blues busters may also give you an energy boost. Swallow them in the morning to avoid any restless nights.

TAKE IN THE EVENING

ANTIHISTAMINES

Some nasal allergies worsen overnight and peak in the a.m., so many meds work better when taken at bedtime, says the American Academy of Allergy, Asthma & Immunology.

ASPIRIN

A study in the journal Hypertension found that people who took aspirin at night experienced a significant drop in blood pressure, compared with no change for those who took it in the morning.

COUGH SUPPRESSANTS

When you're horizontal, mucus can drip down your throat and activate your cough reflex. Fortunately, the strongest cough meds can also cause drowsiness. so use them at night.



SUPERIOR LIGHT BEER



CLOCKWISE FROM TOP LEFT: WALTER CHIN/TRUNK ARCHIVE; GRANT COWAN/EYE C

dimminum)

THEEYESHAVEIT

Men are drawn to the most feminine-looking faces. A shocker, we know. But a new study in the journal Perception helps level the playing field. Turns out, women's eyelids are naturally darker than the rest of the face, so the greater the contrast, the more feminine a woman appears. Play up your smolder factor with this smoky-eye how-to from celebrity makeup artist Nick Barose:



1/ LINE your upper and lower lash lines with black pencil eyeliner, then smudge with a cotton swab to soften the edges.



2/ APPLY dark brown, gray, or black powder eye shadow over the eyeliner along the top and bottom lash lines, using a medium-size eye shadow brush.



3/BLEND the same eye shadow up to your crease, gradually getting lighter. Continue blending up and out toward your temple, stopping about a quarter of an inch beyond the outer edge of your eye.



4/SWEEP neutral shimmery eye shadow that matches your skin tone along your brow bones. Curl your lashes, then apply two coats of black mascara to your upper and lower lashes.

SKIN SAVERS



Order some vino with your salmon and shore up that SPF, says a study in The American Journal of Clinical Nutrition. Researchers evaluated the diets of more than 1,000 people and found that those who ate a weekly serving of oily fish (such as salmon or sardines) eveloped 28 percent fewer potentially cancerous skin lesions. and those who drank a half glass of wine a day had 27 percent fewer. Oily fish contains omega-3 fatty acids, which may enhance skin's resistance to ultraviolet radiation, while polyphenols in wine counteract sun damage, says senior study author Adele Green, M.D., Ph.D., of Queensland

Institute of Medical

Research in Australia.

Get more age-erasing

wisdom at Womens HealthMag.com/age.

THIS JUST IN

Say Goodbye to Dry

Wash winter off your skin with nourishing organic plant extracts and Dead Sea minerals, like those in Ahava's Mineral Botanic bodywash line. Ingredients such as water lily and lotus-flower milk have anti-inflammatory and antioxidant properties that give skin a healthy glow. \$19.50 each, ahavaus.com



WHATISIT?

AVERAGE NUMBER

OF MINUTES IT TAKES

BLONDES TO GET READY TO

GO OUT, COMPARED WITH

66 MINUTES FOR BRUNETTES

bunny lines \bun'e līnz \ n. Wrinkles that start at the inner corners of the eyes and go diagonally upward, ending at the bridge of the nose on both sides. (Scrunch your nose like a bunny to see them.) When a woman has been overly Botoxed in the forehead and around the eyes, her bunny lines will become more pronounced since this is the only place in the area that can still move.

Source: Robert Schwarcz, M.D., a cosmetic surgeon in New York City



ATTITUDE IS EVERYTHING

If you think your workout is too hard, you're less likely to lose weight, reports the journal Obesity. Women rated how much a treadmill workout kicked their butts. Those who ranked it the toughest packed on the most pounds one year later. It comes down to this: When you have a negative experience with exercise, you're less apt to do it, says lead study author David Brock, Ph.D., of the University of Vermont. So if you drag yourself to the gym or make excuses to skip it, scale back or find a more fun-and forgiving-workout.



THISJUSTIN

Tweet Off the Pounds

Imagine how much more effective your food journal would be if 15,000 people could see it too. TweetWhatYouEat .com lets you record every morsel you put into your mouth, then posts it on Twitter for all its subscribers to see. Develop a loyal following and it can help keep you on track when you're tempted to cheat.

BE A DAIRY QUEEN

To lose weight, don't forget your five a day—and we're not talking about just fruits and veggies anymore. A new study found that dieters who ate five servings of dairy a day lost more abdominal fat than those who got only three. The likely reason: The high levels of calcium, vitamin D, and a particular type of protein found in dairy may increase fat burning, says lead researcher Wendy Chan She Ping Delfos, Ph.D., of Curtin University of Technology in Australia. A plan to meet your quota:

BREAKFAST: 1 cup nonfat milk with your morning cereal

OR:1cuplowfat yogurt (any fruit flavor)

POST-WORKOUT: 1 cup low-fat chocolate milk

LUNCH:

2 slices Swiss cheese on a ham (or any lean deli meat) sandwich

OR: 1/3 cup lowfat shredded cheddar on a baked potato

SNACK:

2 cups cottage cheese mixed with fruit jam

DESSERT:

1 cup puddina made with low-fat milk

OR: 1 cup low-fat frozen yogurt (any flavor)

THECLOCK

Noshing before bed may doom your diet, according to researchers at Northwestern University. Mice were fed identical highfat diets, but those that chowed down before sleeping gained more than twice as much weight on average as those fed on their usual schedule. Why? The body's circadian rhythms, which control sleep and wakefulness, may also help control weight, says study coauthor Deanna Arble, a Ph.D. candidate at Northwestern.

WHATISIT?

fenugreek \'fen-y\(\text{g}\)-gr\(\bar{e}\)k\\\n.\ A legume native to the Middle East. Study subjects who consumed eight grams of fiber derived from its seeds ate less at a buffet and reported feeling fuller longer than those who didn't take the supplement. Research suggests that the fiber in the seeds slows the emptying of the stomach.

Source: Phytotherapy Research







O Weight Watchers® POINTS® value per serving. 10 calories. So fun.

WHATISIT?

often through the use of social networking websites such as Facebook and MySpace.



TALL, DARK, AND HAPPY

Snagging a tall guy may lead to a more blissful union. When researchers asked a group of men how content they were in their relationships, they found that tall guys were happier and less jealous than their vertically challenged counterparts. The lowdown: "Tall men tend to be healthier and wealthier than short men, so they attract more women. And because they are in high demand, they're less worried their partners will stray," says lead study author Gayle Brewer, Ph.D., of the University of Central Lancashire in England.

THIS JUST IN

The

World's Sexiest Accent Love Colin Farrell's Irish lilt? Swoon at Liam Neeson's brogue? You have lots of company. In a poll of 5,000 women worldwide, lads from Ireland were voted the sexiest speakers, followed by stallions from Italy and chaps from Scotland. French—once believed to be the language of love—came in fourth, while the American accent landed in 10th place. Spring break in Dublin, anyone? Source: Onepoll.com

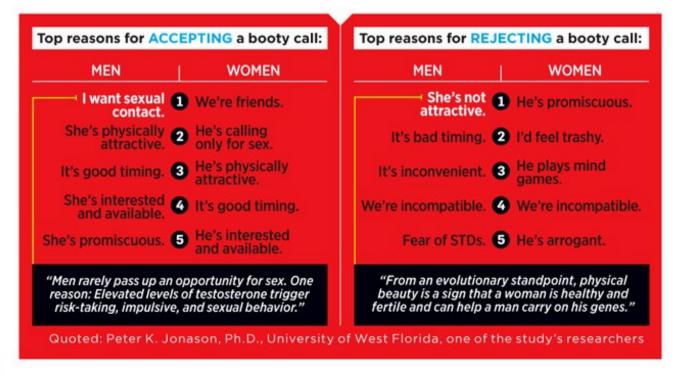
FRAME YOUR FLAME

Your honey's face has healing powers. In a study conducted by the University of California at Los Angeles, women were asked to endure pain while either holding their partner's hand or looking at his photo. Surprisingly, women rated their pain lowest while viewing the photo. Why? Viewing your honey in pixel form causes the brain to release chemicals that reduce pain. But holding his hand may make you worry that he's evaluating you, which can heighten your nerves, making you more sensitive to pain.





Contrary to what you've always believed, booty calls aren't just about gratuitous sex, reports The Journal of Sex Research. Here's what men and women say about why they have (or refuse) no-strings-attached nooky:



CLOCKWISE FROM TOP LEFT: IMAGE SOURCE/CORBIS; TRUNK ARCHIVE; JUSTIN CARRASQUILLO/GALLERY STOCK; GRANT HAMILTON/GETTY (POLAROID FRAME)

PUT A LITTLE LOVE IN YOUR HEART

smartbalance.com -

GUESS WHICH SPREAD is as close to zero trans fat as NATURE ALLOWS



Smart Balance® Buttery Spread was the first and only spread with no trans fat naturally. And we never use partially hydrogenated oils. So we're as close to zero trans fat as nature allows. Plus, Smart Balance® Buttery Spread contains a unique blend of natural oils that helps improve your cholesterol ratio.

Others try. In order to reduce its trans fat level, I Can't Believe It's Not Butter just replaced partially hydrogenated oils by adding a chemically modified fat to its formula. But at Smart Balance, we always think natural tastes better.

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Smart Balance® Buttery Spread. Great taste and good health—together at last.™



LOVE IN YOUR HEART by Jackie DeShannon, Randy Myers and Jimmy Holiday © 1969 UNART MUSIC CORP. Renewed 1997 EMI CATALOGUE PARTNERSHIP. *Based on a survey of leading brands. †When at least 2/3 of fat intake comes from this product or our food plan; limit fat to 30% of calories and saturated fats to 10%. Limit cholesterol to 300mg/day. Avoid foods with partially hydrogenated oil. Exercise regularly, I Can't Believe It's Not Butter is a registered trademark of Unilever Supply Chain, Inc.



Precious Months Precious Preci

Thanks to her captivating turn as an inner-city teacher in the critically acclaimed film *Precious*, all eyes

are on Paula Patton

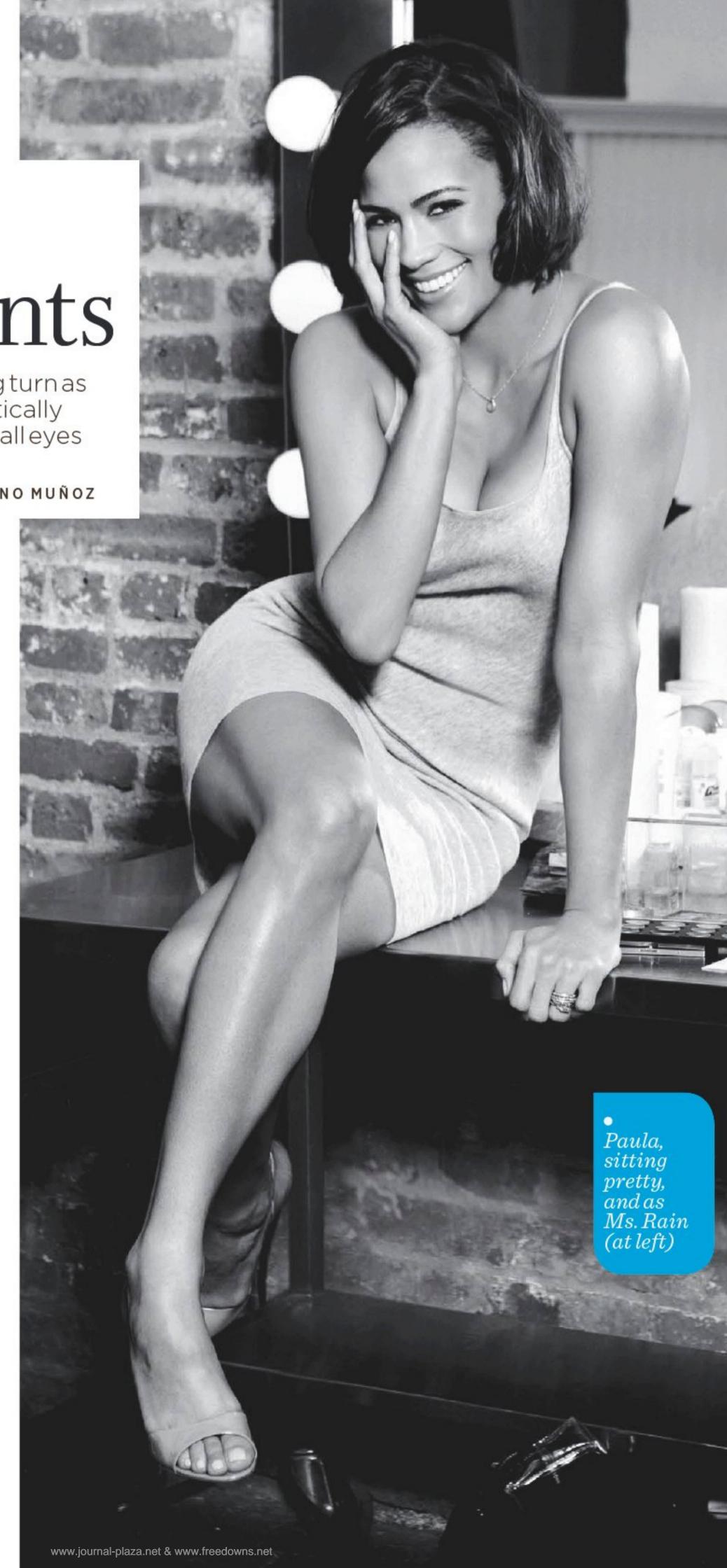
By Rory Evans / PHOTOGRAPH BY NINO MUÑOZ

As surprises go, this one was pretty sweet. Midway through her Women's Health photo shoot at a New York City studio, actress Paula Patton is interrupted by the unexpected delivery of an enormous arrangement of roses and lilies from a not-so-secret admirer: her husband, R&B singer Robin Thicke, 32. "He's so good about sending flowers," she says with a smile. "He does it consistently."

Yes, it's nice to be Paula these days.

Not only is the 34-year-old enjoying major accolades for her role as Ms. Rain, the heroic teacher in the emotionally powerful film Precious: Based on the Novel "Push" by Sapphire, but she and Robin are also expecting their first baby (they got the happy news not long before the aforementioned photo shoot; she's due this spring). The actress curls up on a leather sofa in the studio and talks animatedly about becoming a mom. "You can get into that cycle of 'What's next? What's next?" she says. "But I thought, I want to have children, and I'm not getting







Paula's Feel-Good Guide

How she stays healthy, happy, and stress-free

1/ Breathe Deep

"A year ago, I started doing Ashtanga yoga five or six days a week. Even if I do 30 minutes, I can clear my head. I've cut back during my pregnancy. I told my trainer I don't want to see the inside of a gym. She said, 'Don't worry. I'll have you back [in shape] in six weeks.'"

2/ Go Green

"I'm trying to eat smart because I don't want [losing the] postpregnancy weight to be difficult. There's this packet of nutrients called Green Vibrance, and I at least try to have that. I also try to eat a salad every day. I switched from drinking coffee to green tea, but I've been craving milk shakes. My trick for not giving in: Fill up with some fruit or water first, then see if I still want one."

3/ Feed Your Face

"Since I've been pregnant, my nails have been stronger and my hair is thicker. My skin has been dry though, so I use a lot of La Mer products. I've also been doing Intraceuticals oxygen facials and Shiseido eye masks. I'll pop them on and look fresher. I'm also loving my Clarisonic facial wash brush. It's my new toy."

4/ Get Some Shut-Eye

"When people say 'You have a pregnancy glow!' I wonder if it has to do with my healthier lifestyle. No more cocktails, and I'm getting more sleep than ever—nine or 10 hours a night. I was never that girl!"

any younger. But I didn't know if it would be hard for me to get pregnant."

Not to worry. Shortly after going off birth control, Paula was with child, prompting Robin to brag about his supersperm. "He's so proud of himself, it's ridiculous," says Paula with a laugh.

Playing the Part

The charmed life Paula is now living is a far cry from the grittiness portrayed in Precious, Lee Daniels's film about the salvation of a poor, illiterate teenage victim of abuse and incest. To prepare for the role, Paula spent weeks shadowing a teacher at a New York City alternative school. On set, she tried to stay in character by keeping a distance from the actresses who play her students, including the movie's star, Gabourey Sidibe. That didn't last long. "The way she walked and talked, I thought she was [as sad as] Precious," Paula recalls. Within a week, though, she discovered the real "Gabby" friendly and upbeat. "In the makeup trailer, she'd say, 'Did you guys see The Hills this weekend?' I was like, Who are you?"

Paula knows what it's like to be misunderstood. Growing up in L.A., the daughter of
a white teacher and an African-American
defense attorney, it wasn't easy to fit in.
"People judged me because I was lightskinned. [They'd assume] I didn't want to
be part of the black race," she says. In fact,
Paula, who has been referred to as biracial,
says it's a word she doesn't care for. "I find
it offensive. It's a way for people to separate
themselves from African-Americans...a
way of saying 'I'm better than that.' I'm black
because that's the way the world sees me.
People aren't calling Barack Obama biracial.
Most people think there's a black president."

A Change in Plans

After graduating from high school, Paula headed off to the University of California at Berkeley for a semester, then studied at the University of Southern California's film school. Eventually, she found work as a producer for the Discovery Health Channel's Medical Diaries, but she ditched the documentaries to try her hand at screenplay writing. It wasn't the right fit."I didn't have the passion," she says.

What she did have was an epiphany. "I'd loved to act since I was little," she says. "So I thought, Screw it! I have nothing to lose." About a year later, she landed a part in Will Smith's 2005 film Hitch, then in 2006 starred with Denzel Washington in Déjà Vu. (Her next movie is Just Wright, with Common and Queen Latifah, due out this year.) Given how gorgeous she is,

it's no shocker she wound up in front of the camera. Still, Paula insists she hasn't always felt confident about her looks. "Just like in *Precious*," she says, "we all have that feeling of looking into the mirror and not liking what we see."

Through Thicke and Thin

If she ever doubted her beauty, someone else has always been convinced of it: Robin. The two started dating when she was 19 and he was 18. Fifteen years later (they've been married for almost five), the couple is still

"If I enrich my mind and spirit, I'll feel good."

going strong. "He makes me feel beautiful," Paula says. "That's the best thing about having a partner—there is someone to tell you, 'Stop it. You look great!' Of course, he can't say anything else—he's been trained."

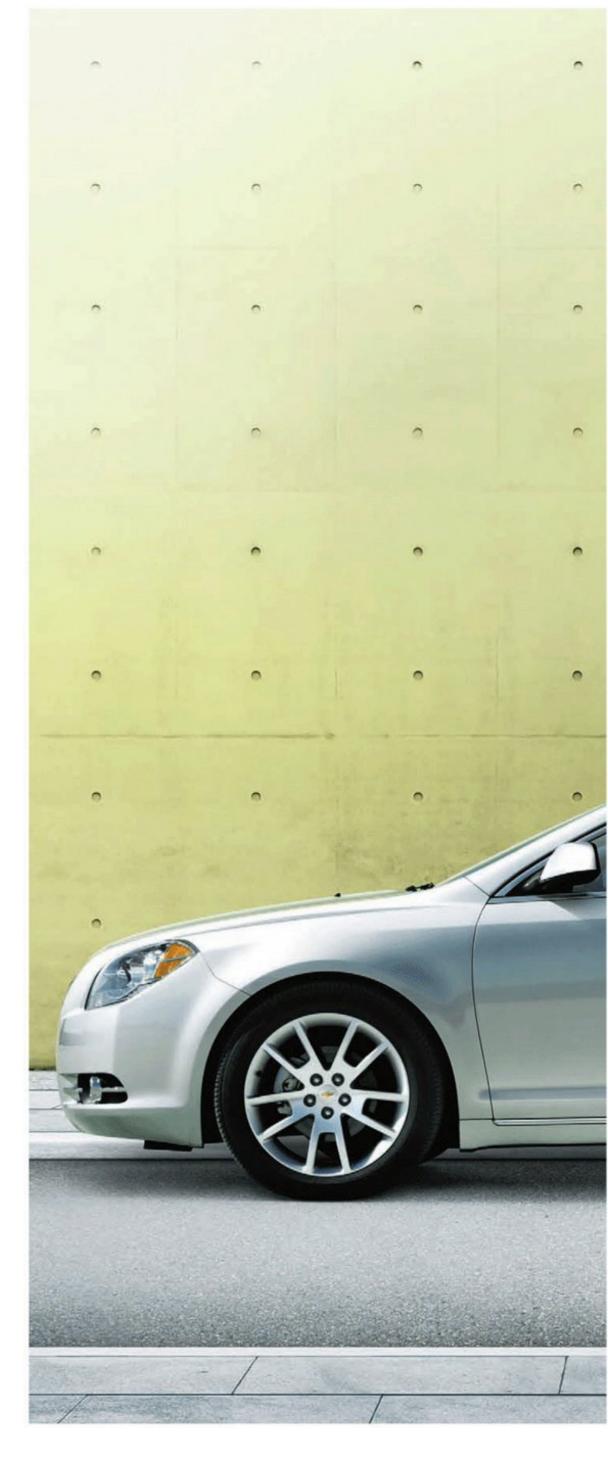
His support came in handy during a rough patch about two years ago. Between movies, Paula returned to her L.A. home "feeling lonely and just trying to figure out who I was." Making matters worse, she committed the cardinal Hollywood sin of—gasp!—

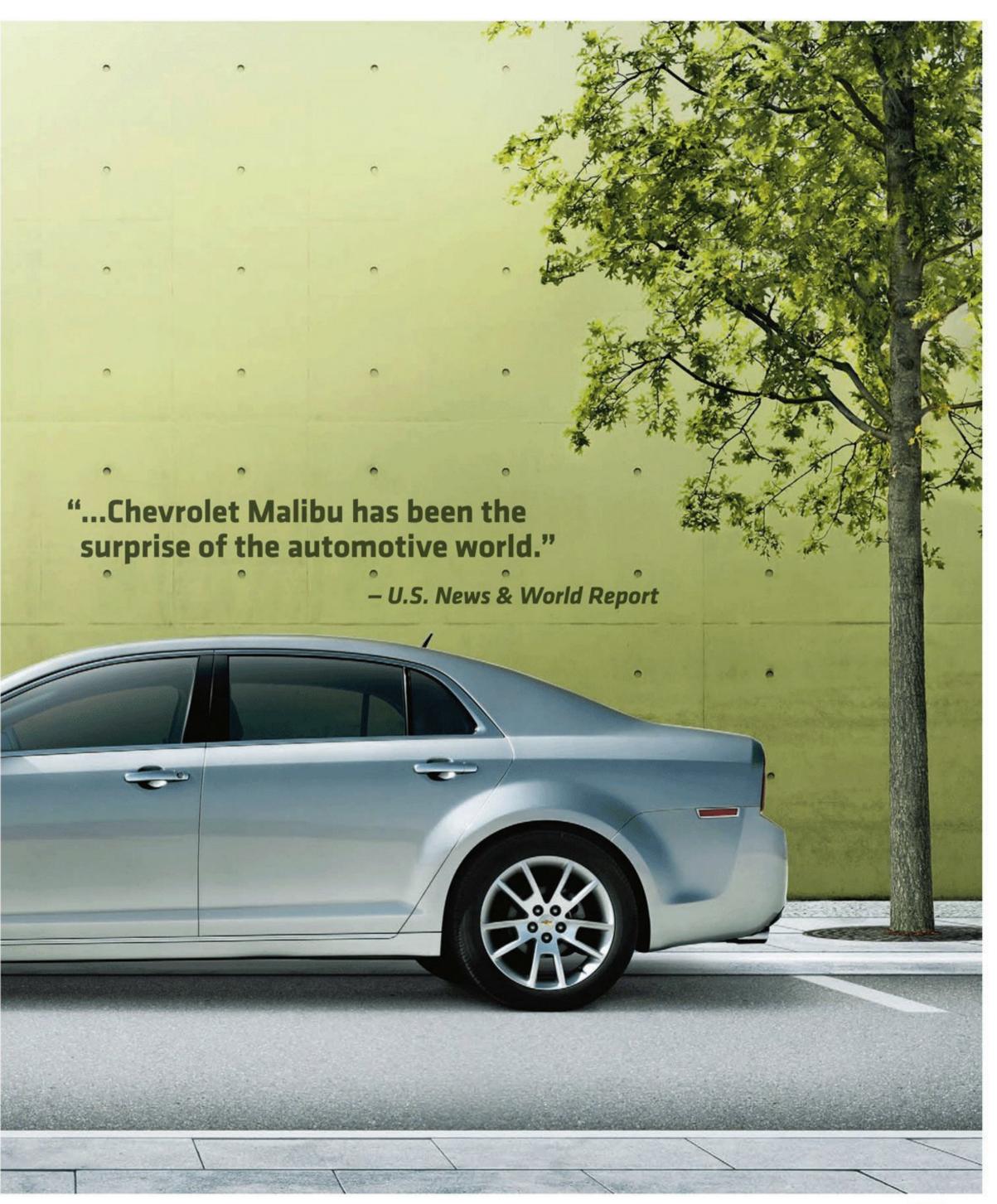
gaining a few pounds.
Shortly after, the couple attended a party and Paula wore "this babydoll dress that made me look pregnant."
The result: tabloid pregnancy rumors, which hurt. "That's when you realize you do care what people think."

Over time, Paula has grown more comfortable with seeing herself the way Robin does enough to agree to grace the back cover of this issue, which contains a beauty bonus section. "The older I get, the more I accept and appreciate myself," she says. "I know if I enrich my mind and spirit, then I'll feel good. And when you feel good about yourself, it can't help but reflect on your outer beauty."

Showing a hint of baby bump in a Bottega Veneta dress (with her hubby, Robin)

	2010 CHEVY MALIBU LTZ	2010 TOYOTA CAMRY XLE	2010 HONDA ACCORD EX-L SEDAN	2010 FORD FUSION SEL
HWY. FUEL ECONOMY¹	33 MPG	32 MPG	31 MPG	31 MPG
5-STAR FRONTAL/ SIDE-IMPACT CRASH SAFETY RATINGS ²	✓	✓	5-STAR FRONT SEATING POSITION, 3-STAR REAR SEATING POSITION	5-STAR FRONT SEATING POSITION, 4-STAR REAR SEATING POSITION
2010 TOP SAFETY PICK BY IIHS ³	√			
ONSTAR®4 W/ BUILT-IN AUTOMATIC CRASH RESPONSE	(STANDARD FIRST YEAR)			
TURN-BY-TURN NAVIGATION	(STANDARD FIRST YEAR WITH ONSTAR)	NAVIGATION EXTRA COST	NAVIGATION EXTRA COST	(WITH SYNC®5)
POWERTRAIN LIMITED WARRANTY ⁶	100,000-mile 5-year	60,000-mile 5-year	60,000-mile 5-year	60,000-mile 5-year
EPA estimate. 2 ead-curtain side- ational Highway rogram (www.sa	-impact air bags Traffic Safety A fercar.gov). 3 Ins	sh test rating is (SABs). Governi dministration's urance Institute	for a model test ment star rating (NHTSA's) New (ed with standa s are part of the Car Assessment fety testing





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



2010 LTZ as shown, \$27,6757





1/ A racer-back style keeps you looking—and

feeling-cool. Calvin Klein full-zip racer-back

hoodie, \$48, at Paragon Sports, 212-255-8889

Alo V-neck bra, \$38, alosport.com 3/ A pair of

answered. Adidas by Stella McCartney gym

burned...and your friends' birthdays! Tech4o

.com 5/ Minimize treadmill pounding with the

smelly sneakers in this bag's separate shoe

compartment. Dakine Avani, \$60, ebags.com

innovative two-pod cushioning system. Reebok

Lagosta DMX Max, \$70, reebok.com 6/ Quarantine

Heartbeat women's watch, \$90, tech4o

figure-flattering sweats—your prayers have been

cover-up three-quarter pants, \$100, shopadidas

.com 4/ Keeps track of your heart rate, your calories

2/ Genius mesh panels provide ventilation.

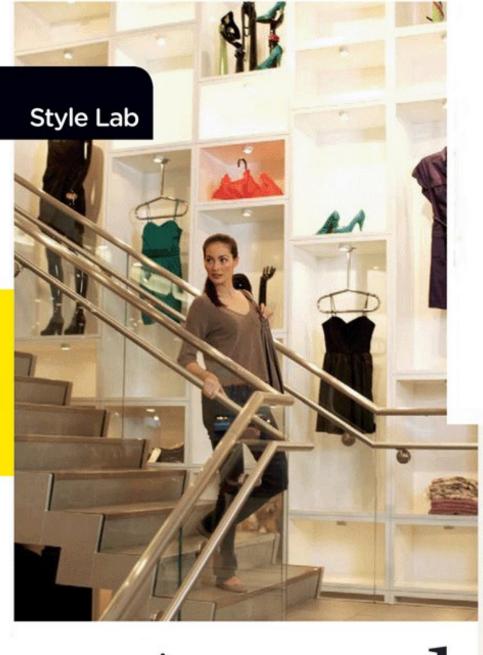




www.journal-plaza.net & www.freedowns.net



1/Slip on this moisture-wicking cardigan after a tough mat session. Patagonia Vitali wrap, \$80, patagonia.com 2/Ruching eliminates the uniboob look. Champion Balance cami-bra, \$30, champion usa.com 3/ The people positioned behind you will appreciate these flash-proof shorts. Nux sport shorts, \$37, nuxusa.com 4/Roomy enough for an oversize mat. prAna Revolution mat holder, \$50, prana.com; Lululemon Athletica Manduka Pro yoga mat, \$90, lululemon.com for stores 5/ This round yoga block makes poses more challenging. Yogitoes Ecodot, \$15, yogitoes.com 6/ Stasha key, credit card, or cash. Lululemon Athletica Foldin' key cuff, \$8, lululemon.com for stores 7/ Toss this hygienic, nonslip towel over communal mats. Yogitoes Skidless Premium, \$64, yogitoes.com



Mass Appeal

You don't have to hit a chichi boutique to look of the moment. Your favorite chains have all the stuff you need to pull together a stylish (and affordable) head-to-toe outfit.

By Liza Collis / PHOTOGRAPHS BY ANNA WOLF



» Because the stores get daily shipments of new merch, you're less likely to see someone else wearing your identical H&M outfit.

> »Black cigarette pants and mesh shoe booties are the perfect counterpoint to a feminine floral bolero.

Trendsetting Style

It's really pretty amazing: Each season, the Swedish chain manages to have its stores stocked with designs inspired by what's happening on the fashion runways. This spring you'll find plenty of pretty florals, sculptural cropped jackets, stylish anoraks, jumpsuits, and skinny pants—all at happy prices.

Bolero, \$60; tank, \$10; cigarette pants, \$13; belt, \$25; peep-toe booties, \$50; all H&M, hm.com for stores



>> The recently launched 1969 denim line offers the same fit, fabric, and styling of higher-end brands for less than \$70.

Classics Made Cool

They've cornered the T-shirt market, but good ol' Gap is no one-trick pony. In addition to great utilitarian basics, this season they have Bohemian maxi dresses, cute jackets and vests, dainty floral prints, camouflage separates, slouchy suede bags with fringe, and superhot lace-up wedges.

Chambray shirt, \$59.50; tank, \$14.50; camouflage skirt, \$49.50; belt, \$29.50; utility bag, \$49.50; Pierre Hardy for Gap wedges, \$98; all Gap, gap.com



a frilly mini.











Toss on a boyfriend blazer to turn a tight top and mini into a day look.

EXPRESS

Seriously
Sexy
Wheth

Whether you have a date or are heading out with the girls, Express is your go-to for attention-grabbing looks. Snap up flattering, body-skimming skirts and dresses, bold-colored cardigans, hot party tops, and boyfriend blazers. And don't forget to check out the affordable industrial-inspired chain jewelry.

(Right) Boyfriend blazer, \$98; scoop-neck

belt (worn backward), \$44.50; slouchy bag, \$59.50; necklace, \$59.50. (Below) Striped cardigan, \$49.50; mesh clutch, \$49.50; all Express, express.com.





>> Metallic touches add a little edge to a simple outfit.



sound mind sound body



Dear Subaru,

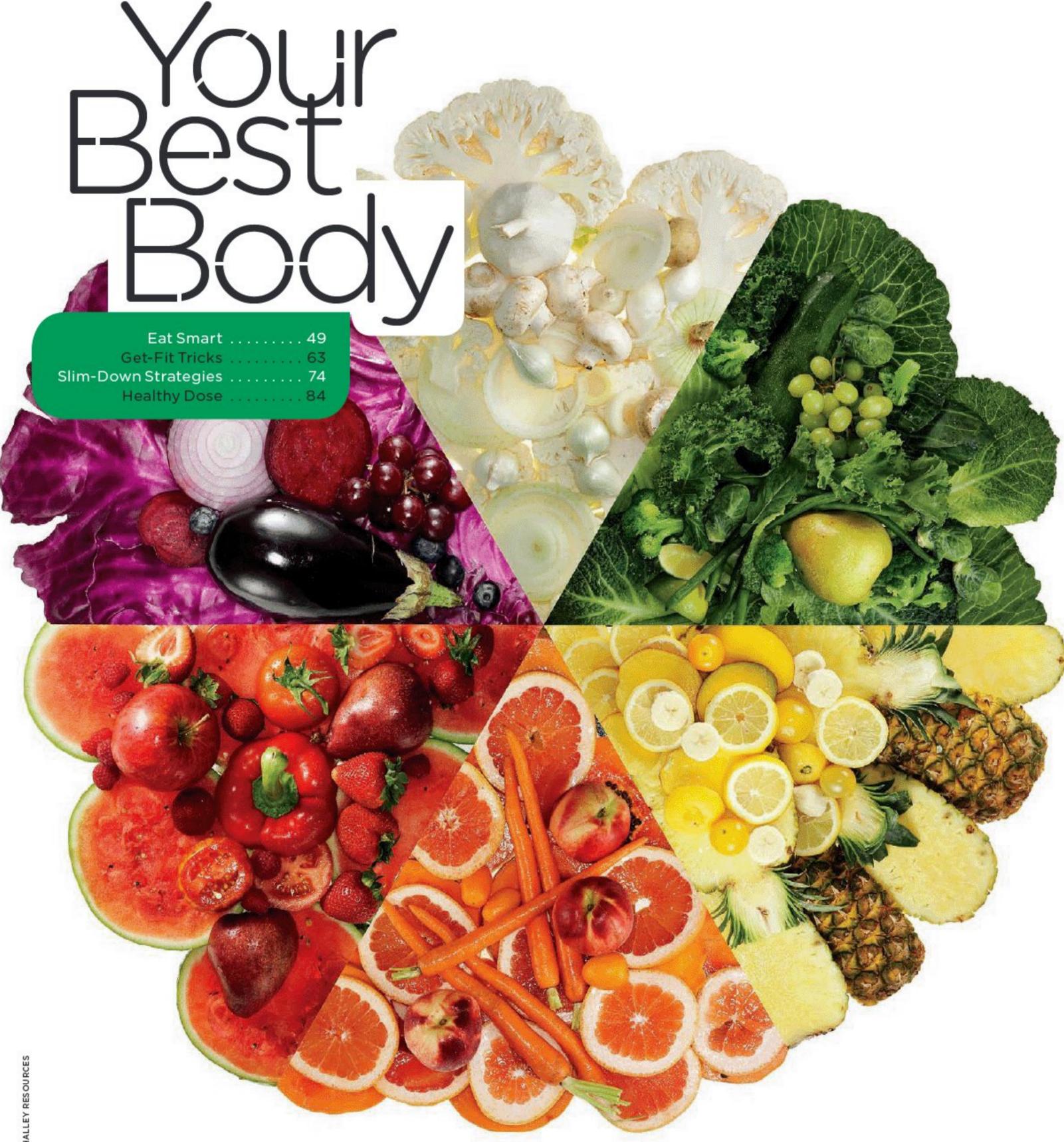


"My niece needed a reliable car so I gave her my '94 Subaru Legacy. Then one day, for the first time ever, it wouldn't start. Our mechanic simply asked us to try our spare key. It started right up! After 200,000 miles, the key had worn out before the car!" – Ginger C., Hood, VA. Love. It's what makes a Subaru, a Subaru.



Tell your story at subaru.com/dearsubaru





The Rainbow Connection

A wide selection of color shouldn't be only in your closet. Fill your plate with a vibrant array of produce to keep your brain and body at their peak.

By Matt Kadey, R.D. / PHOTOGRAPHS BY PLAMEN PETKOV



Crack the Color Code

When it comes to selecting produce, there's no one tint that rises above the rest. "We need the full spectrum. That's why we're omnivores," Grotto says. Here's what each hue brings you.

- **GREEN:** These foods contain cancer-protecting phytochemicals, like isothiocyanates. They also have lutein and zeaxanthin, two antioxidants that may reduce the risk of macular degeneration, a leading cause of blindness.
- YELLOW: Sun-colored produce is full of vitamin C, which helps heal wounds and also blocks some skin damage caused by free radicals.

- ORANGE: These have betacarotene, which may help boost immune function and protect against free-radical damage. Nutrients in citrus fruits also improve oral health.
- **RED:** Produce in this hue has lycopene, a noted cancer fighter, and ellagic acid, which may help reduce DNA damage. "Flavonoids—found mostly in berries and cherries—boost antioxidant defense, protect individual cells from freeradical damage, and fight heart disease, and may help maintain cognitive function and put the brakes on aging," Grotto adds.
- BLUE AND PURPLE:

Grapes and purple cabbage have anthocyanins, which may protect cells from oxidative

This skew toward bland means we're missing out on a lot more than just good-tasting food. "There are unique phytochemicals, or plant chemicals, that vary from color to color. These various compounds all do different things to protect your health. If you're eating only red bell peppers, you're going to be limited as far as health benefits because you're not getting all those other colors," says David Grotto, R.D., author of 101 Optimal Life Foods.

variety of fruit and vegetable colors:

white; 88 percent don't get enough

same produce over and over again.

purple/blue; and 79 percent don't get

Sixty-nine percent of Americans don't

get enough green; 78 percent don't get

enough red; 86 percent don't get enough

enough yellow/orange. We tend to eat the

damage and slow the signs of aging. "The nutrients that make them dark in color also help cognitive function and have antioxidant properties that may fight cancer," Grotto says.

■ WHITE: Onions, shallots, and garlic contain allicin and quercetin, both of which have been associated with reduced heart disease risk and increased immune function. Cauliflower contains cancerfighting sulforaphane.

How to Choose Well

The most flavorful and nutritious produce isn't always the prettiest in the store. We asked Aliza Green, author of Field Guide to Produce, which fruits and veggies are the toughest to pick, and how to find the best of the bunch.

ARTICHOKES

Peak: March to May

Seek out deep-green, heavy artichokes with tightly closed leaves that squeak when pinched. Storage: In the fridge, in a plastic bag, up to five days.

ASPARAGUS

Peak: February to June

Buy vibrant green spears with tight, purple-tinged buds. Thin spears are sweet and tender.

Storage: Trim the woody ends. Stand the spears in a bit of water in a tall container; cover tops with a plastic bag. Cook within a few days.

AVOCADOS

Peak: Year-round

Find firm ones with no sunken, mushy spots, and a waxy rather than shiny appearance. Shake it—a rattle means the pit has pulled away from the flesh. Not good.

Storage: To ripen, place in a paper bag and store at room temp for two to four days. Ripe ones can go in the fridge for up to a week.

BROCCOLI

Peak: October to April

Look for rigid stems with tight floret clusters that are deep green or tinged purple. Pass on any with yellowing heads—they're too bitter. Storage: Refrigerate in a plastic bag for up to one week.

GREEN BEANS

Peak: May to October

Good beans have vibrant, smooth surfaces. The best are thin, young, and velvety and will snap when you bend them gently.

Storage: Refrigerate unwashed in an unsealed bag for up to one week.

KIWIS

Peak: Year-round

A ripe kiwi will be slightly yielding to the touch. Avoid mushy or wrinkled ones with an "off" smell.

Storage: Let kiwis ripen at room temperature. To speed up the process, place them in a paper bag with an apple or a ripe banana. Once ripe, refrigerate kiwis in a plastic bag for up to a week.

ROMAINE LETTUCE

Peak: Year-round

Look for crisp leaves that are free of browning edges and rust spots. **Storage:** Refrigerate for five to seven days in a plastic bag.

BLUEBERRIES

Peak: May to October

You want plump, uniform, indigo berries with taut skin, covered with a dull white frost.

Storage: Transfer them unwashed to an airtight container and refrigerate for five to seven days.

GRAPES

Peak: May to October

Find plump, wrinkle-free grapes that are firmly attached to stems. A silvery white powder ("bloom") means they'll stay fresher longer. Storage: Keep unwashed in a shallow bowl in the refrigerator for up to one week.

BELL PEPPERS

Peak: Year-round

These should have lots of heft for their size, and brightly colored, wrinkle-free exteriors. The stems should be a vivid green.

Storage: Refrigerate in the crisper for up to two weeks.

STRAWBERRIES

Peak: April to September

Seek out unblemished berries that have a bright red color extending to the stem and a strong fruity smell. The best are neither hard nor mushy.

Storage: Place unwashed berries in a single layer on a paper towel in a covered container.

TOMATOES

Peak: June to September

Go for heavy ones with rich color and no wrinkles, cracks, bruises, or soft spots. The best tomatoes aren't rock hard and have some give.

Storage: Never in a fridge; cold destroys flavor and texture. Keep them on a countertop but out of direct sunlight for up to a week.

WATERMELONS

Peak: June to August

Pick it up; you want a dense melon free of cuts and sunken areas. The rind should be dull, with a creamy yellow underside. A slap produces a hollow thump. If buying a cut watermelon, check that the flesh is not dried out and pale.

Storage: Keep whole in the fridge for up to a week to prevent flesh from drying out and turning fibrous.

...

PEACHES

Peak: May to October

Good peaches have a fruity aroma and a yellow or warm cream background color, without green shoulders. They're ready when

they yield to gentle pressure on the seams, but skip if mushy.

Storage: Leave unripe ones out at room temperature. Ripe ones can go in the refrigerator, but eat within two or three days.

PEARS

Peak: August to March

You want a pleasant fragrance and a little softness at the stem end. Some brown discoloration is fine. Storage: If not yet ready to eat, ripen at room temperature in a loosely closed paper bag.

PINEAPPLES

Peak: March to July

Look for vibrant green leaves, a bit of softness to the fruit, and a sweet fragrance at the stem end. Avoid ones that feel spongy.

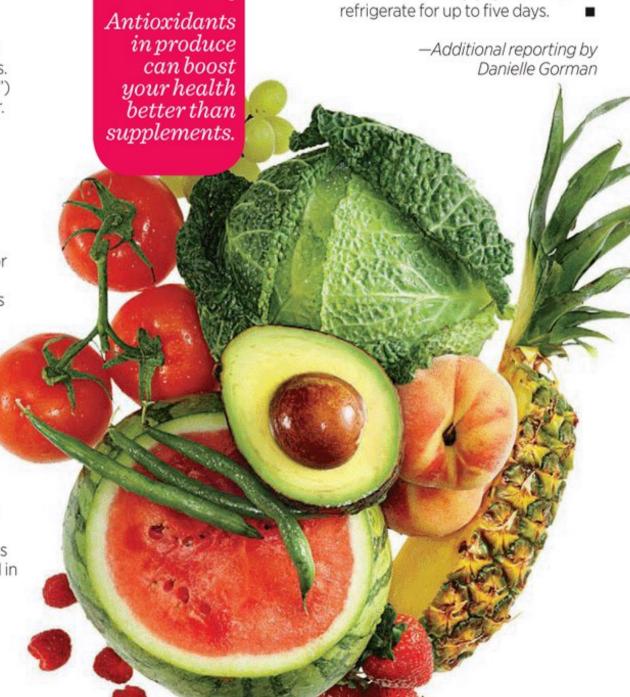
Storage: If it's unripe, keep it at room temp for three or four days until it softens and gives off a pineapple aroma. Refrigerate for up to five days.

...

BUTTON MUSHROOMS Peak: September to March

Find tightly closed, firm caps that aren't slimy or riddled with dark, soft spots. Are the caps open with visible gills? Eat them soon.

Storage: Spread on a flat surface, cover with a damp paper towel, and





Help Yourself:

YOUR 5-MINUTE WELLNESS BOOST

Don't let a busy schedule get in your way of being healthy. Reaching for nutritious snacks and fitting exercise into your day can help you build muscle tone and increase energy. For simple ways to improve your health, we turned to celebrity trainer Bob Harper and Mr. Peanut. Read on for healthy advice that you can adapt to your daily routine.



No celebrity endorsement implied.

YOUR EXERCISE BOOST

Single Leg Dead Lift With Overhead Press

"Try this exercise to strengthen your core muscles and simultaneously tighten your glutes and shoulders. Exercise, combined with a nutritious diet, will keep you on the right track."

—Bob Harper

- Start by standing with your feet together.
- Lift your right foot a few inches off the ground and, bending at your waist, reach down with your left hand to touch your right foot.
- Now stand back up and reach your left hand up to the ceiling.
- That's one rep. Do three sets of 15 on each side.



YOUR NUTRITION BOOST



Like Bob says, eating nutritious food is part of a healthy lifestyle.
So when it comes to eating healthily, I've got just the thing: Planters NUT-rition, a line of delicious, good-for-you snacks that address your specific nutritional needs.

The new Antioxidant Mix, with almonds, bananas, peaches, blueberries, cranberries and cashews, supports your health without sacrificing flavor. Plus, it's a great source of vitamins C and E. So go ahead, help yourself.



Visit **PlantersNUTrition.com** for more information about Planters NUT·rition products.



Built for your healthy lifestyle. Mr. Peanut knows you strive to live a more active life and eat nutritious foods. That's why he created NUT•rition—a line of nut mixes blended with select ingredients. Choose from Heart Healthy, Digestive Health or Energy Mixes—all with the Planters taste you love.

PlantersNUTrition.com

NUT-rition Help Yourself.

*Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as almonds, peanuts, hazelnuts, pecans, pistachios, and walnuts, as part of a diet low in saturated fat & cholesterol and not resulting in increased caloric intake, may reduce the risk of coronary heart disease.



One-Day Diet Solutions

These quick-fix food cures do everything from flatten your tummy to tame PMS...in 24 hours.

By Allison Young

Spanx can solve a lot of life's problems, but they can't make you look better in your birthday suit. Nor can they tame PMS, perk you up after one too many cocktails, or keep you revved in bed. But the right foods can.

Don't let the dreaded D-word throw you off. These daylong diets aren't about deprivation or even losing weight; they're about noshing on the right nutrients so that you'll look better and feel better—fast.

"We Leave for a Romantic Getaway Tomorrow" Diet

• Breakfast
Oatmeal
+ walnuts
+ dried
cranberries

What•

Snack
 Celery +
 peanut butter

• Lunch Garden salad + chicken + olive oil dressing

 Dinner
 Whole-wheat pasta and shrimp tossed in olive oil + fresh-berry dessert Your sexual vitality depends on eating foods that are rich in the amino acid L-arginine, says Robert Fried, Ph.D., senior professor of biopsychology at Hunter College and coauthor of *Great Food*, *Great Sex*. Found in nuts, poultry, and seafood, this sexual secret weapon promotes healthy blood flow to the sex organs so you can experience maximum pleasure.

Also, devouring heavy foods before the big lovefest can weigh you down and divert blood flow away from your sexual regions. Reach for lighter fare that balances carbs (for energy), protein (for stamina), and healthy fats (which your body uses to produce testosterone and estrogen, the two hormones that keep your libido running nicely).

"I'm in PMS Hell" Diet

Premenstrual mood swings and crazy cravings come down to a shortage of the brain chemical serotonin, says Judith Wurtman, Ph.D., coauthor of The Serotonin Power Diet. "The only thing that helps—and it helps instantly—is to eat carbs, because that's the only way the brain makes new serotonin," says Wurtman, who adds that the serotonin boosters need to be eaten straight with no fat or protein (think sweet potatoes or a whole-wheat English muffin without butter). No, this isn't a license to go all-day carb crazy—just when your PMS tends to be at its worst, which is usually late afternoon and evening. "The rest of the day, fill up on fruits, vegetables, and protein, which can help curb your cravings and keep you satiated," says registered nutritionist Joey Shulman, author of Healthy Sin Foods: Decadence Without the Guilt. Also, forgo salt and get more of the nutrients that have been linked with lessening those heinous that-time-of-the-month

(grains, nuts, greens), and calcium and vitamin D (dairy, fortified OJ).

"I Want to Look Fab on My Date Tonight" Diet

It's one thing to look good in your little black dress, but it's even more important to look good if it comes off. Certain food combos (protein plus carbs) can make the tummy tent up, says Esther Blum, R.D., author of Secrets of Gorgeous. So she recommends pairing protein with vegetables and fat, or carbs with veggies and fat. Banish bloat inducers such as beans, broccoli, cabbage, cauliflower, carbonated drinks, and artificial sweeteners, and fill up on high-water foods instead (cucumber, watermelon, pureed soup). "These will hydrate the system and help flatten the stomach," Shulman says. Bromelain, a digestive enzyme in pineapple, also works wonders by breaking down protein and amping up digestion. Got waterretention woes? Skip saltladen foods (that includes all takeout) for potassium powerhouses like avocados and bananas, which will help get rid of the extra fluid. If constipation is the culprit, insoluble fiber found in fruit and wholegrain products can relieve you. Psst: Peppermint tea can decrease bloating gas and speed up digestion.

What to Eat

• Breakfast
Fruit smoothie
(peaches,
strawberries,
banana,
pineapple,
yogurt)

Lunch
 Chicken Caesar salad with avocado

SnackPeppermint tea+ cucumbersticks

• **Dinner**Low-sodium
soup + steamed
salmon or
chicken

What to Eat ►

- Breakfast Cottage cheese + berries + fortified OJ
 - Lunch Spinach salad + salmon + low-fat milk
 - Snack Air-popped popcorn (no butter) drizzled with fat-free chocolate sauce
 - Dinner Whole-wheat pasta with garlic, mushrooms, and onions in a tomato sauce

symptoms: magnesium



"I Need to Be on Top of My Game for Work" Diet

Before a morning powwow, make sure you have some protein. "Otherwise you're going to be brain dead," Wurtman says. The amino acid tyrosine in protein makes you mentally alert. A latte lift and pastry pickme-up may seem like the answer, but "too much caffeine can make you jittery and could increase stress," says Melina Jampolis, M.D., diet and

fitness expert for CNN. Limit the caffeine and avoid clarity-clouding white stuff (white flour, white sugar, white pasta) in favor of complex carbs like bran muffins and whole-wheat bread. "They metabolize more slowly to keep your blood sugar and energy on an even keel," says Cheryl Forberg, R.D., nutritionist for NBC's The Biggest Loser. Studies also show that vitamin C may act as a chill pill and help you bounce back faster from

What to Eat

Breakfast Scrambled egg whites + whole-wheat cereal + orange

Lunch Taco salad (salad greens + kidney beans + lean ground beef)

Snack Low-fat bran muffin+water

Dinner Turkey sandwich on whole-wheat bread + apple

high-pressure situations. Also, "iron deficiency can make you feel sluggish by decreasing your ability to carry energy-essential oxygen," Jampolis says, so opt for iron-rich foods such as beans and lean beef.

"I Shouldn't Have **Had That Third** Martini" Diet

After a big night out, you may feel more like praying to the porcelain god than eating, but the right food

What to Eat

Breakfast Bacon + egg whites with turmeric + tomato juice

Lunch Fortified breakfast cereal with low-fat milk + ginger tea

Snack Greek yogurt + banana with peanut butter

Dinner Salmon + baked potato

can pep you up and sideline those sangria-induced symptoms. Gay Riley, R.D., founder of NetNutritionist .com, suggests starting the day with a high-protein, low-carb breakfast paired with fresh vegetable juice to replenish energy. Korean researchers also give a hangover-nixing nod to asparagus, which boosts key enzymes that break down alcohol. Add more detox bang to your breakfast with turmeric-topped egg whites, suggests nutritionist Christine Avanti, author of Skinny Chicks Don't Eat Salads. Curcumin, a bioflavonoid in turmeric, coupled with cysteine, an amino acid in eggs, helps mop up hangover-causing toxins such as acetaldehyde. Other morning-after picks include vitamins B₆ and B₁₂ (found in cereal and salmon) and headachehelping magnesium and potassium (in peanut butter and bananas). And despite what you may have heard, a Bloody Mary won't help; the alcohol will only further tax your liver. But straight-up tomato juice is full of potassium, as well as alcohol-burning fructose. Also drink water or nausearelieving ginger tea.

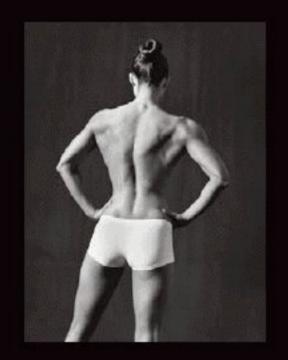
INTRODUCING



GNC WELLbeING™ is the first and only complete line of innovative vitamins and supplements created just for women.

Nutrition, fitness and body care products have been designed to keep you head-to-toe healthy. The three products featured below are a great way to introduce yourself to the unique benefits of GNC WELLbelNG.™





be-BUFF™

Fuel lean muscle and curb appetite

be-BUFF[™] is a delicious protein shake formulated for women that helps you get the lean look you want to achieve with your workouts. It has just 100 calories, with fiber designed to curb your appetite. Shake it up, and make a good workout great.



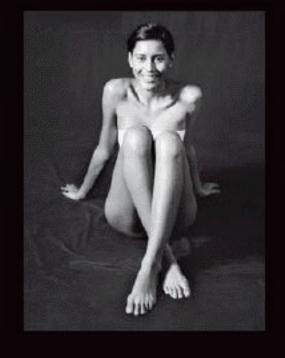


be-WHOLE™

Whole body nutritional supplement

When you're leading an active lifestyle, getting all of the nutrients your body needs isn't always easy. be-WHOLE™ is a complete multivitamin and mineral supplement designed just for women to give them the essentials they may be missing in their diet and help them look and feel great.





be-CLEANSED™

Reset your system in seven days

If you're looking to kick start a diet or simply want to remove toxins after indulging a little too much, be-CLEANSED™ is the perfect way to refresh your system. It's like pressing the reset button, so you can be your best you.



Ask a GNC sales associate to help you design a regimen that's perfect for you.



be-HOT™ be a better you

INTRODUCING



Take your workout to the next level with be-HOT™, an exercise enhancing Turbopak™ program with ingredients clinically proven to maximize the results of your workout. Three formulas work together to increase your metabolism, boost energy and support lean muscle tone. Its calorie-burning formula burns three times more calories before your workout and 12 times more for up to one hour after.* Each nutritional supplement is pleasant tasting and easier to swallow. You'll even love the way they look.

*In a double-blind, randomized, placebo-controlled crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion, the subjects took GNC's proprietary thermogenic blend 60 minutes before exercise and on the second occasion, they took a placebo. When the subjects took GNC's proprietary thermogenic blend, they burned three times more calories before, 3% more calories during and 12 times more calories for up to one hour after exercise compared to when they took the placebo. This resulted in an average cumulative total of 278 more calories burned before, during and after exercise compared to the placebo. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S. Ad: Amell Photos: Arnell



INVEST 5 MINUTES PROFIT FOR LIFE



Oils get all the attention, but using the right kind of vinegar is the secret to a perfect dish.

> inegar adds vibrant flavor to your food, and unlike its oily counterpart, it does so without adding a ton of fat or calories. "Good chefs keep a variety of vinegars on hand. They can make you look like a culinary genius because of what they do," says Keith Snow, author of The Harvest Eating Cookbook.

Vinegar's acidic and sour background wakes up the taste buds, Snow says, letting them better detect other flavors like sweet, salty, savory, and bitter. Because the acid weakens meat fibers and can soften leafy vegetables, foods dressed in vinegar often end up more tender, says Lawrence Diggs, author of *Vinegar*: The User-Friendly Standard Text Reference & Guide to Appreciating, Making, and Enjoying Vinegar. And if that's not enough to tempt you to stock your pantry, studies have shown that vinegar can reduce your blood-sugar response to carbs, and may even help increase short-term satiety, so you'll eat less.

But if all you know is balsamic, you're missing out big-time. Our experts clued us in on a range of unique flavor boosters and explained how you can easily use them in your everyday meals.

SHERRY

Flavor: Nutty, with warm, sweet brownsugar notes Best for: Meat, poultry, and salad dressing Try this: Simmer minced shallots in a few teaspoons of sherry vinegar. Serve atop beef or chicken.

BLACK (CHINESE OR JAPANESE)

Flavor: Malt Best for: Sauces and thick gravies Try this: Add a teaspoon to canned gravy, or reduce in a pan after cooking beef or chicken for a quick sauce. To make a great dipping sauce for crab, mix black vinegar with sesame oil and chopped ginger.

CHAMPAGNE

Flavor: Floral and like tart apples

Best for: Salad dressing Try this: Mix chopped garlic, a teaspoon of mustard, and a teaspoon of sugar-into a cup of champagne vinegar. Slowly add a cup of olive oil and whisk together. Refrigerate for two hours, then pour

over salad.

WHITE RICE

Flavor: Light and mild Best for: Marinades and general use Try this: Mix with pineapple chunks, soy sauce, and oil and use it to marinate chicken, beef, or pork (for 30 minutes or longer).

MERLOT

Flavor: Rich and robust Best for: Meat, poultry, and hearty greens **Try this:** Sauté spinach in olive oil. When wilted, add merlot vinegar, a pat of butter, and onion. Heat, then toss with pasta.

FLAVORED

Flavor: Typically sweet and sour, with notes of what it was infused with (for example: fig. tomato, raspberry, basil, or passion fruit) Best for: Cheese, salads, and desserts Try this: Drizzle tomato vinegar over Brie and serve on crackers. Warm any fruit vinegar-raspberry, fig, passion fruit-in a pot with a dash of sugar, then drizzle over roasted pears and low-fat ice cream.

-Erica Tobin



 LISA DRAYER LisaDrayer.com

I've read that some food dyes (yellow No. 5, red No. 40) can make kids hyperactive. If so, what can the dyes do to me?

-Lee F., Orlando, FL

Probably not much. Some research suggests a possible link between behavioral problems in kids and certain dyes, and a lot of parents swear there's a connection between their kids' hyperactivity and food coloring. But the FDA says there's no established link. It's possible (but rare) that yellow No. 5 may cause itching and hives. If you're concerned, read your food packaging. The FDA requires that all dyes be identified on product labels.

I want to get some more protein into my diet. Is it possible to add protein powder to food?

-Natalie, via e-mail

Sure is. Protein powder can be added to muffins, cakes, milk shakes, pancakes, and more. When it comes to baking, my advice is to use recipes designed with protein powder as an ingredient and use the specific brand or type indicated in the instructions, because different powders and ingredient combinations can result in different textures. Nutritional profiles vary too; protein powders typically range from five to 25 grams per serving, and some have more carbs and sodium than others. That said, don't go crazy and add it to every meal. If you're eating a decent, well-rounded diet, you're probably getting enough protein already.



WomensHealthMag.com/ Experts



Quick Tip

Fiber, how do I love thee? Let me count the ways.



Crunchy clusters, sweet squares, nutty granola—Kashi has lots of ways to make fiber lovable.

I Honey Sunshine® 2 GOLEAN Crunch!® 3 Heart to Heart® 4 GOLEAN Crunch!® Honey Almond Flax

5 Mountain Medley® 6 Kashi UTM 7 Island Vanilla® 8 Cocoa Beach.TM More to love at Kashi.com





2 salmon fillets (preferably wild), 6 oz each



1/2 stick salted butter, softened for 1 hour at room temperature



1/2 c red wine



11/2 tsp fresh thyme leaves



1 shallot, minced

An Elegant Heart-Healthy Meal

Grilled Salmon with Red-Wine Butter

You'll also need

1/4 c balsamic vinegar Olive oil

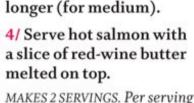
Putting it together

- 1/Combine the shallot, wine, and balsamic vinegar in a saucepan over mediumlow heat and cook until the liquid is reduced by half, about 10 minutes.
- 2/ Allow the wine reduction to cool, then add the butter, along with the thyme and a few pinches of fresh cracked pepper. Use a spatula to mix the ingredients thoroughly, and then scoop the mixture onto a sheet of plastic wrap. Roll it up, twist the ends to form a log, and store in the freezer while you cook the fish. (You can do the first

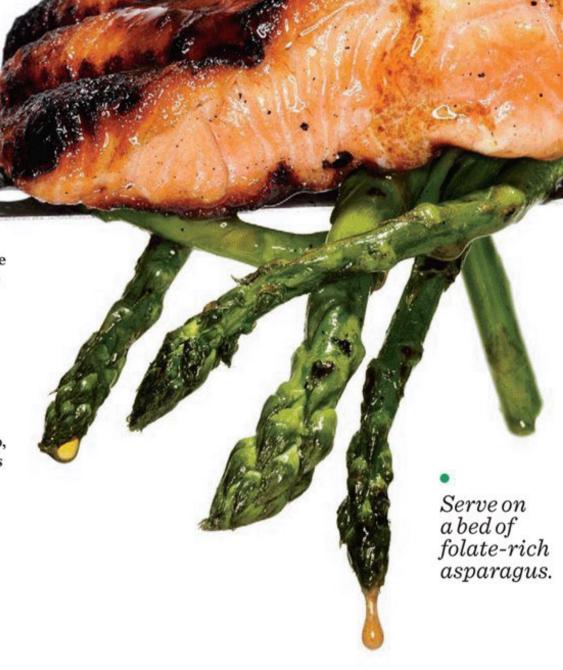
two steps ahead of time. The wine butter will keep in the fridge for two weeks.)

3/ Preheat a grill or grill pan on medium-high heat. Rub the salmon with olive oil, add salt and pepper to taste, and lay the fish, skin side down, on the grill. Cook for 4 to 5 minutes, flip, then cook for 2 to 3 minutes longer (for medium).





MAKES 2 SERVINGS. Per serving: 440 cal, 20 g fat (6 g sat), 8 g carbs, 150 mg sodium, 0 g fiber, 44 g protein





 CAT CORA Starting this month, Iron Chef Cat Cora joins the WH team of cooking experts.

What seasoning will give my food a kick without setting my tongue on fire?

-Amanda S., New York, NY

Start with cumin. This Middle Eastern favorite has a bold peppery taste without bringing on the heat, so you can enjoy a "spicy" dish without tearing up. Other good seasonings that add flavor without much fire are garlic and chili powder (which is usually a mix of spices, not just hot stuff). If you still think these spices are too strong, dilute them by adding

just a bit to bread crumbs or a cheese you're using as a dusting.

I'm often out of my house for 12 hours a day. Can I use a slow cooker for that long?

-Ann M., Boulder, CO

Hearty meats that would cook along time in the oven-roasts and pork shoulder, for example will hold up for 12 hours on a low setting, but I wouldn't go any longer. Chicken, chili, and vegetable dishes top out at eight hours. But that doesn't mean you have to shelve your slow cooker. Instead, put your ingredients in before you go to bed. In the a.m., refrigerate the food, and when you get home at night, just reheat your delish slow-cooked meal.



FROM TOP: THOMAS MACDONALD/RODALE IMAGES (5); PLAMEN PETKOV; ROBERT



200 CALORIES VERSUS 200 MOUTHWATERING CALORIES.

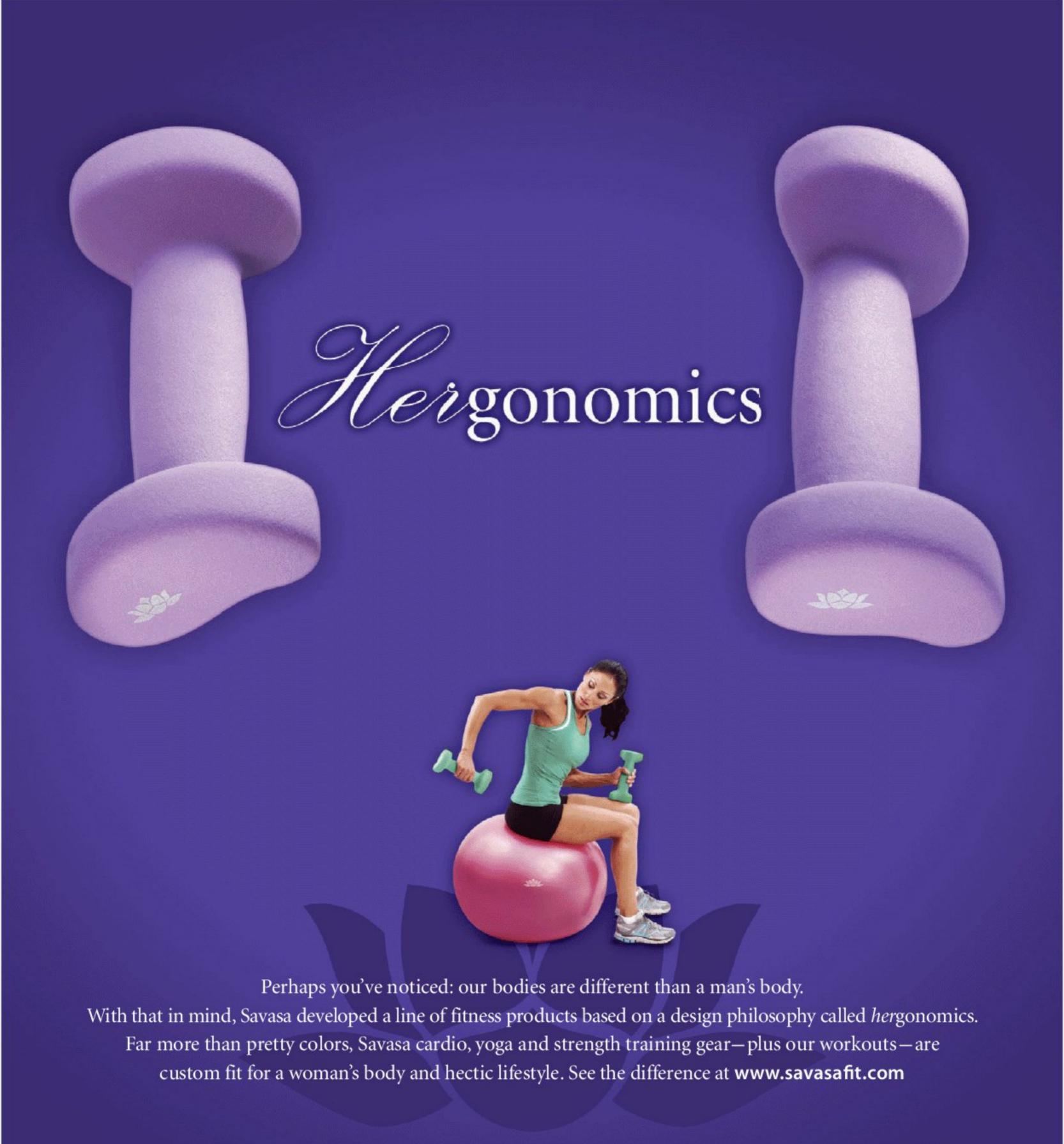


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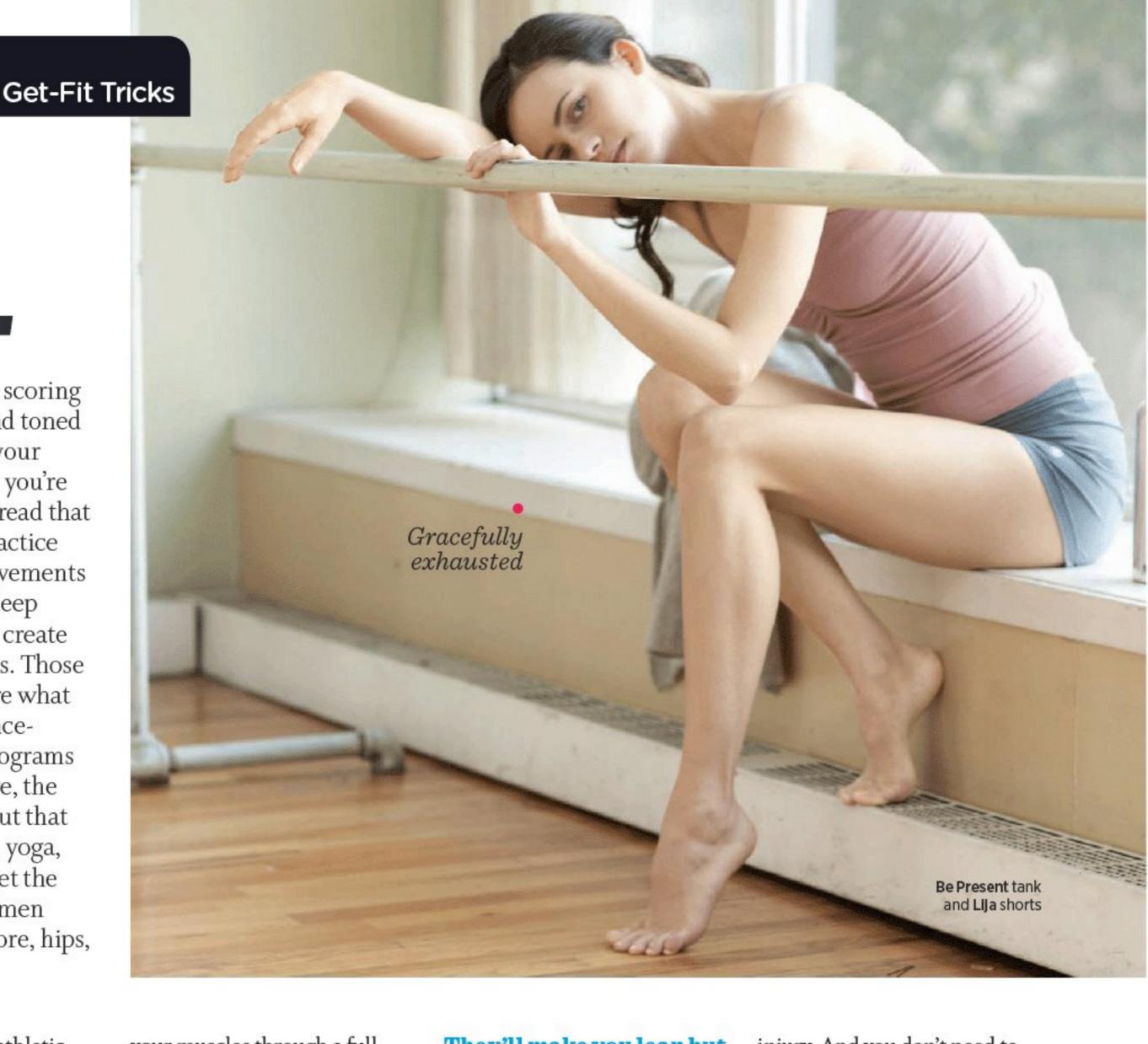


The secret to scoring a dancer's trim and toned shape is to work your muscles less than you're used to. Yep, you read that right. Dancers practice concentrated movements that function as deep sculpting tools to create long, lean muscles. Those coveted results are what have inspired danceinfused fitness programs such as Pure Barre, the total-body workout that combines Pilates, yoga, and dance to target the body areas all women struggle with—core, hips, butt, and arms.

"Pure Barre is an athletic approach to dance and Pilates," says Carrie Rezabek, CEO and founder of Pure Barre Technique. "It uses calculated isometric movements to work each muscle, then stretches the muscle back out to create long, lean lines—without the bulk."

Isometric exercise involves supporting a weight (in this case, your body weight) without moving your muscles—for example, holding a pushup in the lowered position. (That's different from most standard exercises—lunges, crunches, curls—in which you move

or an extra calorie burn and strength boost, add weights to your isometric workout.



your muscles through a full range of motion.) "Keeping your muscles in a fixed position increases the time they're under tension, which makes them stronger," says strength and conditioning specialist Mike Mejia, a personal trainer in Plainview, New York.

Dance-inspired moves are a great way to round out any workout. Here's why:

They're excuse-proof.

A closet-size apartment, no gym membership, or even a bum ankle is no reason to dodge these exercises. Because they don't require big movements or a single piece of equipment, they're perfect for small spaces. "And they also promote strength and endurance in muscles and joints that have a limited range of motion because of an injury," says Meg Lesniak, a trainer at The Sports Club/LA in Miami.

They'll make you lean but well-rounded.

Isometric exercises develop the kind of muscle fibers that are key for endurance and balance. Both are important to your overall fitness, making isometric training an ideal complement to workouts that develop speed and agility, like cardio intervals or plyometrics, Lesniak explains.

They make you flexible and injury resistant.

Ever wonder how dancers can bend, twist, and split their bodies—and then stay there? They practice isometric holds at insane angles. When a dancer holds her leg up, the main muscles recruit other, smaller muscle fibers that are often neglected in dynamic exercises. Strengthening these fibers gives them better range of motion, making them more flexible and less prone to

injury. And you don't need to make like a pretzel to benefit. You'll become more Gumbylike from any of the moves in "Go Deep" (at right).

You can adjust the moves to match your skill level and goals.

We're big fans of any workout where the only equipment you need is your own body weight. But you can accessorize isometric training with weights for an added calorie burn and strength boost. Try this move from Mejia: Grab a five-pound dumbbell and hold it at the halfway point of a biceps curl (so that your forearm is perpendicular to your upper arm) for 40 to 60 seconds. Can't make it to 40 seconds? Switch to a lighter weight. If you can tough it out for longer than 60 seconds, bump it up a few pounds. Repeat one or two times on each side.

They may not look like much, butthese moves promise bigresults.

Don't be fooled by the tiny movements: While you may not be pumping iron like a power lifter, you will feel the burn during this workout. That's because Pure Barre uses small isometric movements to work each muscle to fatigue, then stretches it out to create long, firm muscle, says Carrie Rezabek, founder and CEO of Pure Barre. And you don't even need a barre to do the workout. As long as you have a support, like a chair or kitchen counter, and a stopwatch or clock, you're good to go. Your body weight does the rest.

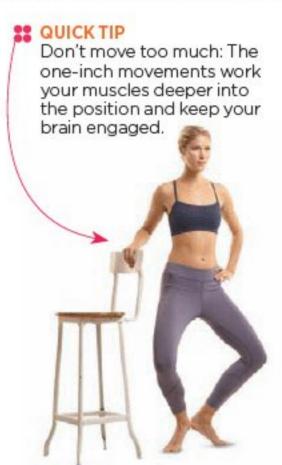


Stand facing a wall with your arms extended in front of you, shoulderwidth apart, palms resting on the surface. Bring your legs together and rise up onto the balls of your feet (a). Bend your elbows until your chest nearly touches the wall (b). Push back to the starting position. Do this for 30 seconds. Then continue for another 30 seconds, this time using a smaller range of motion and a faster pace.



PARALLEL EXTENSION

Stand next to your support, and extend your right leg in front of you, keeping your left knee slightly bent. Slowly lift and lower your raised leg by an inch for 30 seconds. Repeat, using a smaller, faster motion, for 30 seconds. Next, make small circles with your leg (as if your toe were tracing a quarter) for 30 seconds, then reverse the circles for 30 seconds. Switch legs and repeat the entire sequence.



HIGH V

22 QUICK TIP

ground.

Stand next to your support, feet in a narrow V. Rise onto the balls of your feet, keeping your heels glued together; bend your knees, bringing your butt down toward knee level. Slowly move down and up by an inch for 30 seconds. Repeat, smaller and faster, for another 30 seconds.

To prevent arching your

back during lower-body

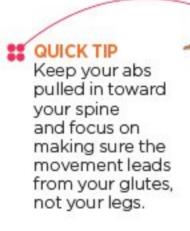
is pulling you down to the

moves, pretend your tailbone

Place your hands on your support, feet in a narrow V. Extend your right leg behind you (point your

STANDING TURNOUT

toe to five o'clock), lifting your foot off the floor. Slowly lift your leg up and down by an inch for 30 seconds. Repeat, smaller and faster, for 30 seconds. Next, make small circles as if your toe were tracing a quarter—for 30 seconds, then reverse the circles for 30 seconds. Repeat the entire sequence with your left leg (toe pointing to seven o'clock).



SEMI FOLDOVER

Place your forearms on your support and rest your head on your arms. Lift your right leg, foot flexed, and bring your heel toward your butt. Press your heel up and down by an inch for 30 seconds. Continue, only smaller and faster, for 30 seconds. Extend your leg and slowly lift up and down by an inch for 30 seconds. Continue, smaller and faster, for 30 seconds. Switch legs and repeat the entire sequence.



WIDE SECOND

Stand next to the support, feet more than hip-width apart, toes turned out. Lower your body about six inches. Slowly move down and up by an inch for 30 seconds. Continue, smaller and faster, for 30 seconds. With knees bent, rise onto the balls of your feet, then lower your feet; continue for 30 seconds. Repeat, faster, for 30 seconds.



Lie on your back with shoulders and feet raised, right leg extended up, and hands behind knee. Slowly curl up and down by an inch for 30 seconds. Continue, smaller and faster, for 30 seconds. Next, bring your left arm up to your ear and curl for 30 seconds. Then reach your left arm toward your right ankle, curling for 30 seconds. Switch sides and repeat the sequence.



Sit with your knees bent, holding the backs of your thighs. Round your back and lower it toward the floor, contracting your core. Slowly curl down and up by an inch for 30 seconds. Then bring one arm up next to your ear and continue curling for 30 seconds. Switch arms and repeat. Finally, bring both arms to your ears and curl up and down for 30 seconds.



March 2010 / WOMEN'S HEALTH 65

Bust Out of a Workout Rut

Don't let these common setbacks mess with your fitness mojo.



ven the most dedicated can fall off the wagon from time to timeespecially when there's a make-or-break moment on the job or an unexpected crisis at home. Here's how to keep your body a top priority, no matter which of these fitnessderailing transitions life throws your way.

INJURY

A pulled hamstring or torn rotator cuff can send you to the couch for weekseven months.

Set a goal. First, ask your doctor how long you'll be sidelined.

withdrawal, find out what else you can do to stay in shape and set a doable goal to achieve by the time you're all healed up. Let's say swimming gets a green light. Aim to swim the equivalent of half a mile (that's about 32 lengths of a 25-meter pool). "A goal helps you let go of your immediate disappointment and look beyond the injury," says Edmund Acevedo, Ph.D., chairman of the health and human performance department at Virginia Commonwealth University.

To avoid workout

Moving up to a better position has certain perks, but spare time is usually not one of them. Identify the workplace

Switch

up your

routine

every

weeks.

few

PROMOTION

athlete. "You're more likely to maintain a fitness routine if the responsibility doesn't rest entirely on you," says Edward Etzel, Ed.D., a sport psychologist at West Virginia University. Approach the lunchhour runner or the after-work gym fiend and find out how she makes it work. Does she keep gym clothes in her desk? Does she do short-but-intense workouts so she's finished in an hour? Adopt aspects of her routine and you'll soon have one of your own.

NEW BABY

Yeah, the bambino is a blessing, but the extra pounds can feel more like a curse.

Add gym time to your to-do list. Even if it's nowhere near the grand scale of your pre-baby regimen, check with your doctor and then make some form of exercise part of your regular schedule, alongside feedings and naps. Make yourself the priority a couple times a week. But this may be the one time you can cut yourself a little workout slack. "Women can become obsessed with dropping the baby weight and get frustrated if it doesn't happen right away," says celebrity trainer Gunnar Peterson, who got Jennifer Lopez back into shape after the birth of her twins. "All that does is add stress, and we all know that doesn't help you get the body you want." And yes, until you're ready to do more, walking around the house toting a 10-pound bundle of cuteness counts.

BIG MOVE

Between hunting for new digs and packing up your life, your running shoes may get buried in the

Scope out your fitness

options before you pack the moving van. If you join the local gym or ID new running routes prior to your move, you'll have a workout at the ready once your stuff is unpacked. "You'll commitment to Carr, Ph.D., a sport and performance psychologist at

create a subconscious exercise regardless of geography," says Chris St. Vincent Sports Performance in Indianapolis. To find running routes in your new neighborhood, go to usatf.org/routes, and to search for a fitness center in your new zip code, check out gymfinder .MensHealth.com.





 RACHEL COSGROVE, C.S.C.S. Author of The Female Body Breakthrough

I prefer to exercise on an empty stomach in the morning. Is that bad?

-Andrea S., Cleveland, OH

Just like a car, if you try to run on empty, you won't get very far. The key is to get just enough fuel to maximize your efficiency during your workout without going overboard (hello, indigestion!). Aim for 150 to 200 calories, about 30 to 60 minutes prior to your routine. Then refuel with another 150 to 200 calories after your workout. I make a 300-to 400-calorie shake with two scoops of whey protein and one cup of frozen fruit, blended with skim milk and ice. Drink half before the workout and finish it right after.

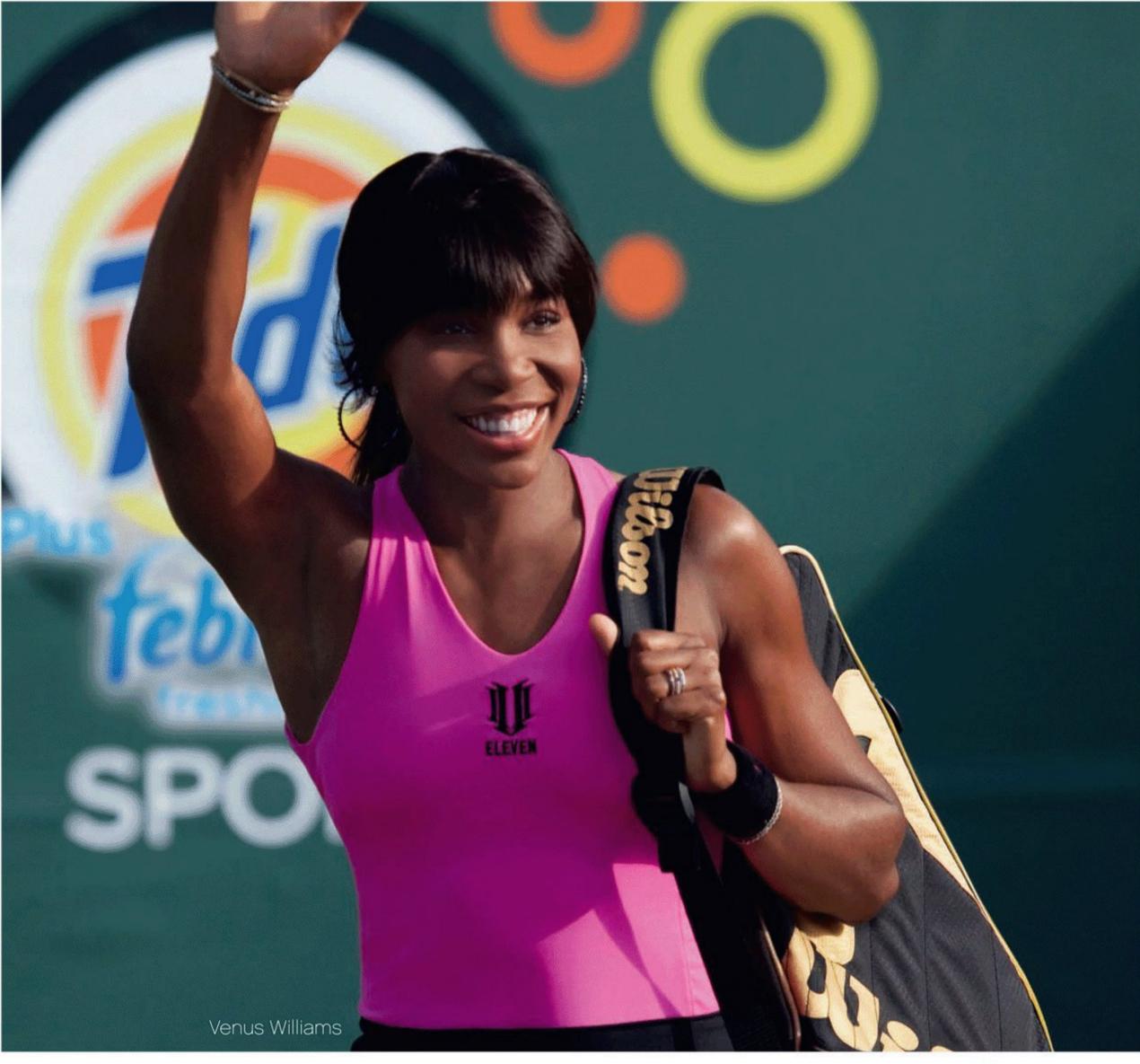
How long should I spend at the gym each time I go?

-Meghan O., Stamford, CT

Here's a good rule: Get in, get it done, and get on with your life! For strength workouts, aim for an hour (including warm-up and postworkout stretch). For cardio, stick to 30 to 45 minutes. Unless you're training for an endurance event, that's all you need. Any cardio over an hour will cause your intensity to drop. You may be working out longer, but the effort will be less effective. Warm up for five to 10 minutes. then do 10 rounds of 30-to 60second intervals, resting 60 to 90 seconds in between, and then cool down for 10 minutes.



FROM TOP LEFT: UPPER CUT/VEER; MITCH MANDEL



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Looking to blast fat, tone muscle, and get your heart pumping? Just grab a helmet and opt for a two-wheeled workout.

By Christine Mattheis

Everywhere you look, people are jumping on the bicycle bandwagon. It's no surprise, given the thousands of miles of new bicycle lanes in cities across the United States and the environmental benefits. But riding a bike is good for more than saving the planet and your hard-earned cash. It's also one of the most effective workouts you'll ever do. Here's how it

can make you a lean, fat-burning machine.

IT TORCHES CALORIES. A

135-pound woman pedaling 12 to 14 miles an hour blasts 488 calories in 60 minutes.

YOU CAN DO IT ON THE GO.

Half of American workers live within five miles of their workplace, according to the most recent National Household Transportation Survey. That's a totally doable 20-minute ride each way. If you live close to your office, you can pedal to work twice a week and burn up to 3,000 extra calories-close to one pound of fat—each month.

IT TONES YOU ALL OVER.

Cyclists are notorious for having killer legs. After all, the quads, glutes, and calves are propelling the bike. But working the handlebar sculpts your upper body too, giving you balanced tone, says Erik Moen, a physical therapist who treats elite athletes.

IT BOOSTS ENERGY. Feeling sluggish? A study published in the journal Psychotherapy and Psychosomatics found that bike riding improved energy levels by 20 percent and decreased fatigue by 65 percent. Why? Cycling triggers your brain to release the neurotransmitter dopamine, which is linked to energy, says lead author Patrick

O'Connor, Ph.D., a professor of kinesiology at the University of Georgia at Athens. There's no need to ride hard to harness the perk. People in the study who pedaled at a low to moderate pace three times a week fought fatigue best.

IT SAVES YOUR JOINTS.

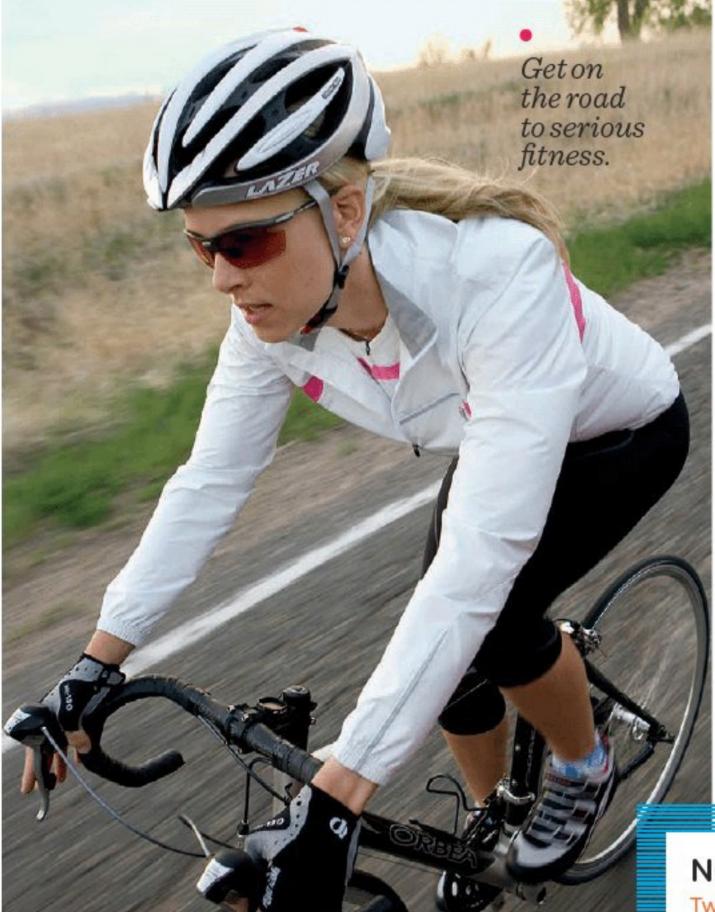
"Riding a bike puts a lot less stress on the knees, ankles, and spine than walking or running," Moen says. Get the perfect fit: Your knee should bend just slightly (about 25 degrees) on the down pedal stroke. If it's too straight or too bent, bring your ride to a bike shop and have a professional fitter adjust your saddle.

EVERY MUSCLE FEELS IT.

Find a hill that takes three to 10 minutes to climb, suggests Rebecca Rusch, a world-champion mountain bike racer. Ride up two or three times, spending roughly half the time pedaling out of the saddle. Pedaling while standing engages your core and triceps as you stabilize your body over the bike.

IT PROTECTS YOUR TICKER.

Heart disease is the numberone killer of women in this country, and two top risk factors are high blood pressure and high LDL cholesterol. In one study, researchers had 32 women ride at a moderate to high intensity three times a week for at least half an hour. After a year, they'd lowered their blood pressure and LDL, as well as significantly increased their aerobic fitness. "Look for a road or path where you can ride for at least 30 minutes without stopping so you can keep a consistently high pace," Rusch says.



NO BIKE? NO PROBLEM

Two ways to find wheels when you want them

Rent and roll. RentaBikeNow.com hooks you up with shops that rent bikes in 181 American cities. Average cost per day: \$40. Subscribe to ride. Many international cities—including Paris, Barcelona, Munich, and Rome-have subscription bike-sharing programs. In the U.S., only Washington, D.C., has a program, but Denver plans to launch one this spring. For updates, visit bike-sharing.blogspot.com.

Hot Wheels

EVERY MAJOR BIKE COMPANY OFFERS WOMEN-SPECIFIC DESIGNS, WHICH MAY BE ONE REASON SO MANY FEMALE **CELEBRITIES** ARE ONTO THE CYCLING CRAZE. PRICES VARY, BUT EXPECT TO PAY AT EAST \$300 FOR A RIG MADE TO LAST. HERE ARE OUR TOP PICKS, NO MATTER HOW YOU WANT TO ROLL.



Model Agyness Deyn

COMMUTER

Look for: A downwardsloping top tube (makes it easier to stand over the bike), a rear rack or front basket, lights, kickstand, a bell, and fenders to protect you from road spray.

Ride smart: Cyclists must follow the same rules as motorists. including stopping at lights and signaling turns. Check bikeleague .org for a state-by-state list of bike traffic laws.

Our picks: Ergonomic handgrips soften the ride on the Giant Transend DX W (above, \$540, giantforwomen .com for stores). The front and rear lights on the Globe Haul 1 Step Through (\$660, globebikes.com for stores) will help you stand out on the road.



RIDEINSTYLE

Bike-friendly fashion

1 Adidas by Stella McCartney cycling jersey (\$120, shopadidas.com). The perfect combo of technical fabric and stylish detail. 2 Shebeest NY capris (\$100, shebeest.com for stores). Made with 5 percent spandex, these jeans move with you as you ride. They also have a removable cushioned liner. 3 Zobha Katherine dress (\$80, zobha .com). A tank dress in a Supplex/Lycra blend.

FITNESS>

Look for: Thin tires, a lightweight frame, and features like adjustable brake levers for smaller hands and a wider saddle with a cutout to relieve pressure on soft girl-part tissues.

Ride smart: To get the most body benefits, try intervals. In a study published in the Journal of Strength and Conditioning Research, participants increased their endurance and power by alternating 10-second intervals of super-hard pedaling with 20 seconds of easy-effort spinning.

Our picks: The Raleigh Alysa FT2 (right, \$729, raleighusa.com) is perfect for new riders because its flat handlebar gives the feeling of better control. Not a newbie? You'll love the carbon-fiber fork and seat post on the Trek Pilot 2.1 WSD (\$1,370, trek bikes.com for stores).



BEACH CRUISER

Look for: Fat tires, one to three gears, a comfy saddle, and an upright handlebar.

Ride smart: Cruisers tend to have coaster. or foot, brakes. To avoid skidding, "Place gradual resistance on the brake," says Lindsey Bishop, a certified USA Cycling coach.

Our picks: If the lime green Electra Peacock (left, \$550, electrabike .com for stores) doesn't attract attention, just ring the handlebar bell. Work the three-speed shifter with a twist of your wrist. Or try the one-speed Schwinn Starlet (\$370, schwinn .com for stores).



lid we love.)

Heads Up > Trek Vapor (\$55, trekbikes

.com for stores). A removable snap-on visor shields your face from the sun, and plenty of vents keep you cool.



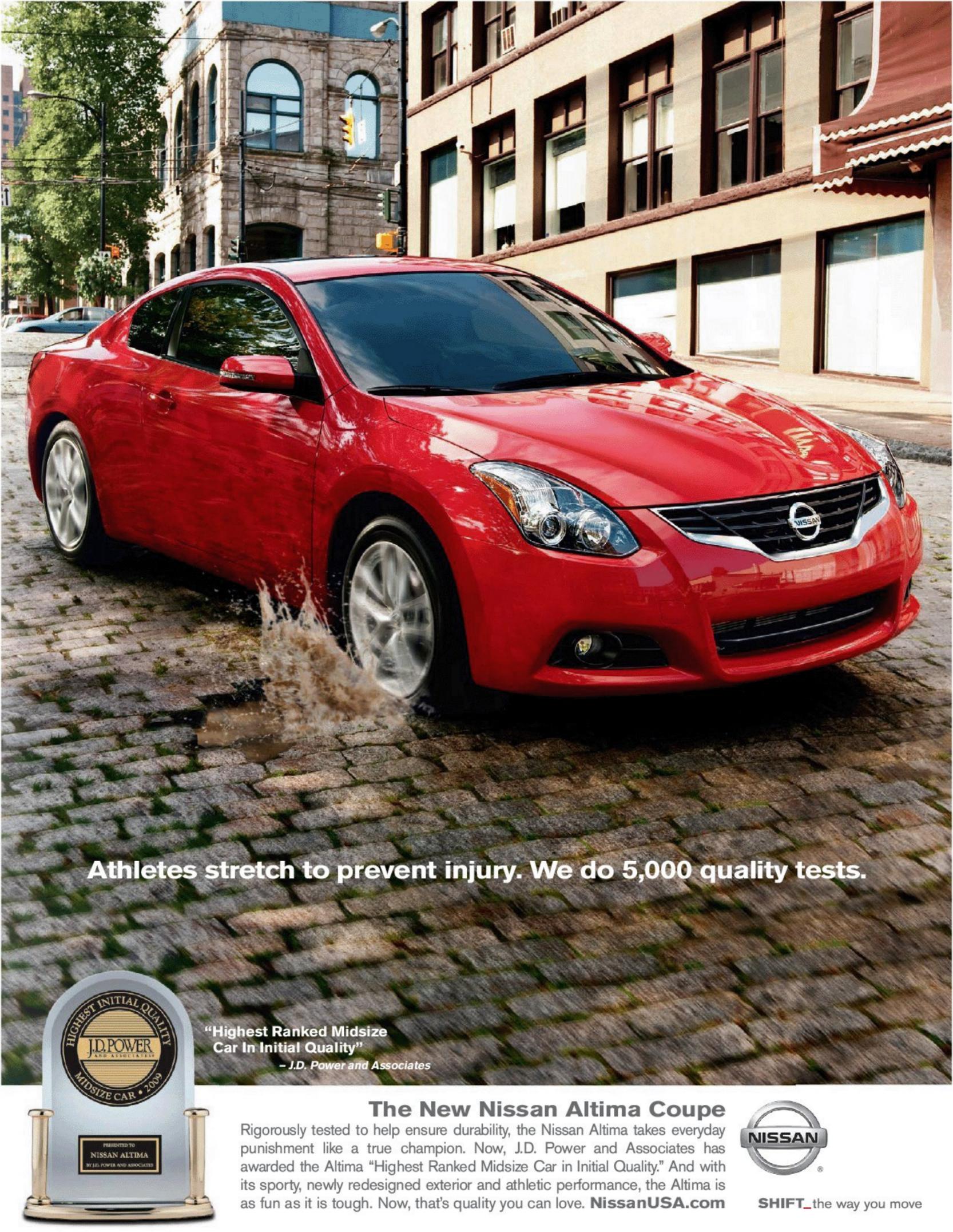




Look Closer at Tara Stiles

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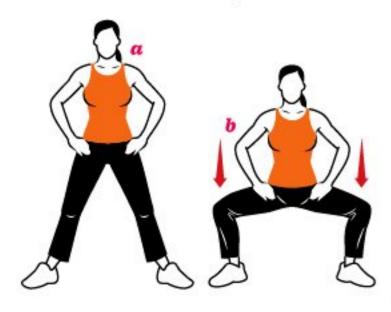
*2010 EPA Fuel Economy Estimates 23 city/ 32 highway for Altima 2.5 S. Actual mileage may vary with driving conditions – use for comparison only. The Nissan Altima received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power and Associates 2009 Initial Quality Study ^{5M}. Study based on responses from 80,930 new-vehicle owners, measuring 245 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2009. Your experiences may vary. Visit jdpower.com. Always wear your seatbelt and please don't drink and drive. ©2009 Nissan North America, Inc.



1/ PLIÉ

Sex perk: Improves strength and flexibility in the lower body.

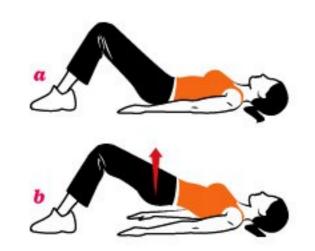
Stand with your feet wider than shoulder-width apart, toes pointed out, hands on your hips (a). Slowly bend your knees until your thighs are parallel to the floor (b). Return to start. That's one rep. Do 12 to 15.



2/ GLUTE BRIDGE

Sex perk: Raises endurance in the pelvic muscles, improving orgasm.

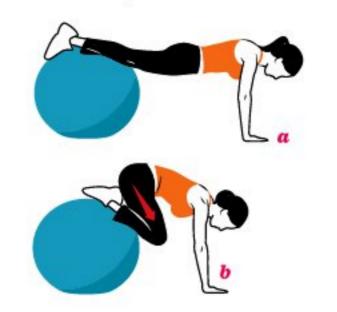
Lie on the floor, arms at your sides, knees bent, and heels on the floor (a). Lift your hips until your knees, hips, and shoulders form a straight line (b). Hold for two seconds, then return to start. That's one rep. Do 20.



STABILITY BALL JACKKNIFE

Sex perk: Strengthens the core to hold various positions.

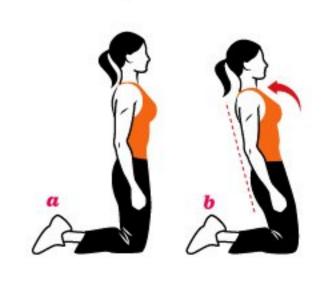
Get into a pushup position with your shins on a stability ball, palms on the floor (a). Slowly pull your knees toward your chest (b). Straighten your legs to roll the ball back to start. That's one rep. Do 10 to 15.



4/ HINGE

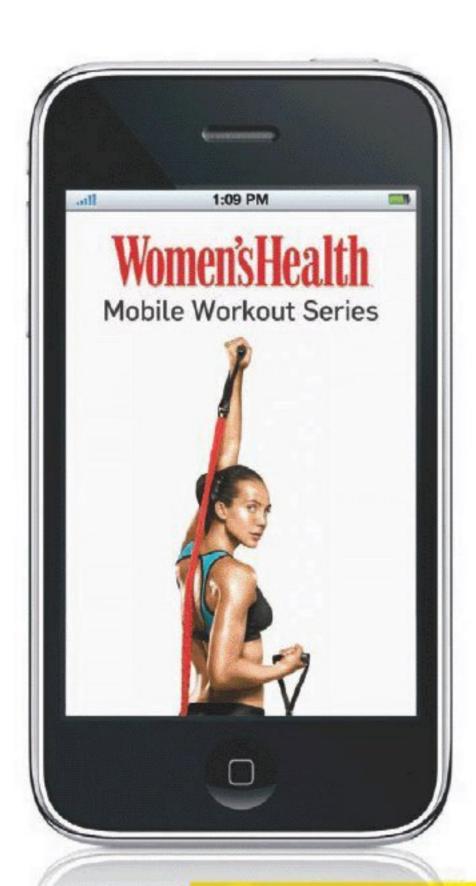
Sex perk: Improves flexibility and strengthens the quads and core.

Kneel on the floor with your hands at your sides (a). Keeping your head and spine in line with your thighs, slowly lean back (b). Hold for three seconds, then return to start. That's one rep. Do 15.

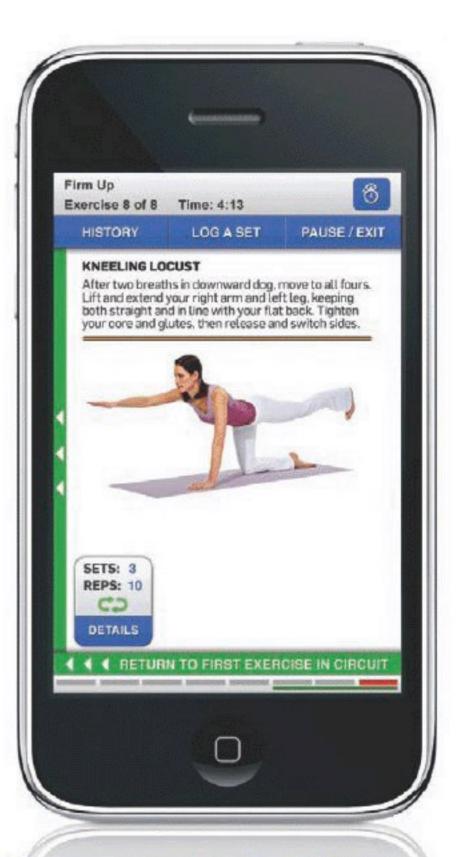


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-Craig Ballantyne, C.S.C.S, owner of Turbulence Training

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—Tara Stiles, Women's Health yoga columnist, and founder of the New York-based yoga studio Strala. "The best workouts, from the best trainers—all in your hand. This app is the perfect answer for any busy woman who is looking to get the benefits of a lean, sexy body using the workouts from *WH*."

—Rachel Cosgrove, Women's fitness expert, Author of The Female Body Breakthrough



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Prevent Love Chub

When you get comfy and secure in a relationship, the numbers on the scale tend to creep up. Follow our advice to keep the "boyfriend layer" at bay. By Jill Waldbieser

Falling in love can make you feel all soft and gooey inside. Unfortunately, it can have the same effect on your outside. Skip a workout here, order some greasy takeout there, and before you know it, you have more than just butterflies in your stomach—you've got a full-on jelly roll hanging over your waistband. Or as Lauren Conrad, former star of The Hills, put it: You've acquired the dreaded "boyfriend layer."

"When we get comfortable in a relationship, we establish new habits together that aren't always the best for our weight," says Amy Gorin, Ph.D., an assistant professor of psychology at the University of Connecticut. WH has identified five of the behaviors that can lead to a serious case of love chub. But don't worry—we've also included easy fixes.

YOU EAT OUT... ALL THE TIME

When you're single, you tend to prepare healthy foods at home. But once you're in a relationship, it's decadent dinner dates followed by caloric brunches. "Couples bond over food, and enjoying it becomes a special ritual in their relationship," says nutritionist Christine Avanti, author of Skinny Chicks Don't

Eat Salads. That's bad news for your waistline: A Men's Health analysis of 24 national chains revealed that the average entrée at a sit-down restaurant contains 867 calories. And that doesn't include apps, sides, and dessert.

THE FIX: EAT IN. "Cooking together can be intimate," says Elizabeth Ward, R.D., a nutritionist in Boston. "Food is very sensual, especially



it." Plus, of course, you can control the fat and calories by using healthy recipes and ingredients that are low in fat.

When you do dine out, eat a healthy snack that contains protein and fiber a few hours before your meal. "Women often skimp all day when they're going out at night," Ward says. "But that leaves them so hungry that they end up overdoing it." Nonfat yogurt and a piece of fruit or a small bowl of cereal with lowfat milk are smart choices.

YOU'RE ALWAYS IN BED

Or on the couch. Or anywhere but the gym. A study last year in the journal Obesity found that couples who live together for two or more years are less likely to be physically active, and the women are more likely to become obese. "As positive

also change your routine," says Martin Binks, Ph.D., director of Binks Behavioral Health. "You schedule more couple's events and have less time to yourself." Drinks with your new guy...or a date with the old treadmill? It's not exactly a tough choice.

THE FIX: GET HIM INVOLVED. A study in the Archives of Internal Medicine found that women who exercised with a partner lost more weight than those who sweated solo. "When people do something together, they're more likely to stick with it," explains Karen Miller-Kovach, R.D., author of He Loses, She Loses, So sign up together for a 5-K, go for a bike ride instead of watching a movie, or join the same gym. When you don't feel like going, he'll drag you there, and you'll do the same for him.



YOU MATCH HIM BITE FOR BITE

It's tough to stick to petite portions when your dining companion downs 500 to 1,500 more calories a day than you do. "Women develop 'portion distortion,'" Ward says. "You don't recognize a normal-size serving anymore because you're always eating with a guy who consumes huge platefuls of food." He

might be able to get away with it (guys have more muscle mass, so they require more calories), but shoveling in all those extra forkfuls will eventually catch up with you.

THE FIX: SERVE YOURSELF

LESS. Eat about three-quarters of what he's eating. Sorry, but women burn 26 percent fewer calories than men do, so at that rate you'll just about break even, says clinical psychologist

Susan Albers, Psy.D., author of 50 Ways to Soothe Yourself Without Food.

HIS SNACKS ARE YOUR SNACKS

You might not buy chips for yourself, but when he leaves the bag out on the coffee table, you need supreme willpower to ignore it. A study from Newcastle University's Human Nutrition Research Centre found that women were more likely to adopt their partner's eating habits than vice versa. "It's one way women connect with men," says Stacy Kaiser, a licensed psychotherapist based in Southern California.

THE FIX: KNOW YOUR

OPTIONS. You have two dietfriendly choices: Serve yourself a small amount of his snack and put it on a plate (dipping your hand into the bag over and over again leads to diet disaster), or do what Ward suggests and have a portion-controlled, lower-calorie alternative on hand to munch while he takes down that bag of chips or pint of ice cream. Popchips (120 calories per serving, with just three servings in a big bag!) can satisfy your salt craving, while hockey-puck-size Skinny Cow ice cream sandwiches (140 calories) fill in nicely for fattening frozen treats. And they're so good, who knows, you may even convert him.

YOU'RE HAPPY

Research shows that what's good for your heart may be bad for your hips. A study

published last year in the journal BioPsychoSocial Medicine found that happy people were less likely to succeed at losing weight than those with a "slightly negative and cautious outlook."

THE FIX: WEIGH IN OFTEN.

It's great to accept your body and not obsess over every last calorie, but it's hard to feel good

When a couple lives together for two or more years, the woman is more likely to become overweight.

Source: Obesity

about yourself when none of your pants fit. To prevent your eating habits from spiraling out of control, Miller-Kovach recommends regular weigh-ins. "Studies have shown that once you pass the five-pound mark, weight gain can take off like a runaway train," she says. Seeing the scale creep toward that mark can be a call to action. Still need convincing? Women in a Duke University study who lost as little as 10 percent of their body weight reported dramatic improvements in the bedroom. "Research shows that people who are more active and happier with their bodies have more satisfying sex lives," Ward says. If that's not motivation, we don't know what is.

Help Him Shed Pounds

These subtle (read: not insulting or annoying) strategies will help deflate your guy's spare tire, without doing the same thing to his ego.

Challenge Him

Appeal to his competitive side with a friendly bet or contest à la *The Biggest* Loser, and keep a chart of your progress. "It's likely that seeing your success will get his competitive juices going," says clinical psychologist Susan Albers, Psy.D.

Dangle a Carrot

Studies confirm that bribery works when it comes to weight loss, so recognize his effort with a reward, says Kristin Reisinger, R.D., a weight-loss consultant in New York City. For example, promise to give him a full-body massage for every 10 pounds lost.

Gear Up

We all know guys love gadgets, so getting him interested in a fitnessrelated toy may get him off the couch. "Treat him to a pedometer or a pair of cool running shoes," Albers says. "Having the right gear may help motivate him."

Cook for Him

"Swapping in low-fat ingredients that won't compromise taste is a great way to cut calories without making him feel restricted," Reisinger says. For example, replace butter or margarine with applesauce in your next batch of brownies.



Clean-Plate Club

The pounds will melt off once you kick the following five bad food habits.

ike spare change and catchy lyrics, bad eating habits are easy to pick up and nearly impossible to shake. Especially if you've practiced them at every meal since you were a kid. To help you overcome your table tics, we've rounded up expert advice on how to guit wolfing down your food and sidestep other diet pitfalls. Follow it, and you may end up with a new habit: buying all of your clothes in a smaller size.

RUSHING THROUGH YOUR MEAL

NEW HABIT: Hitting
the brakes. In a study,
women who were
asked to eat quickly
consumed more food
(and in less time)
than those who were
told to eat slowly.
The reason? When
you pace yourself,
your brain has more
time to register
fullness and tell you
to stop eating.

the study who were told to slow down chewed each bite 15 to 20 times and paused before taking the next bite.

EATING WHILE YOU SORT MAIL, SHOP ONLINE... NEW HABIT:

Meditating on your meal. Researchers at the Food and

Cornell University studied mealtime multitasking and found that most people underestimate how much they eat by 30 to 50 percent if they're distracted.

TRY THIS: Measure your food up front. People are significantly more aware of how much

they're eating

when they pay close

Brand Lab at

serving sizes, says
Brian Wansink, Ph.D.,
director of Cornell's
Food and Brand
Lab. So before you
zone out in front of
the tube with a plate
of stir-fry, scoop out
just half a cup of rice
rather than piling a
heaping mound onto
your dish.

EATING

attention to their

EATING WHEN YOU'RE STRESSED OR BORED

NEW HABIT: Noshing only when you're hungry. Having a high-carb snack when you're feeling anxious will produce a tension-relieving serotonin rush, says Joan Salge Blake, R.D., a nutrition professor at Boston University. Problem is, it will be followed by a blood sugar crash that will leave you craving more.

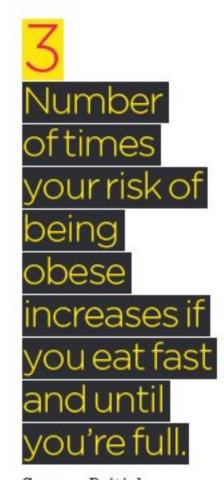
TRY THIS: Keep a clear container on your desk. Every time you resist buying a snack, put money into the box, Blake says. The growing pile of dough will be a reminder that you can overpower those urges. When you have enough money saved, use the cash to splurge on a nonfood reward like a facial or a new bag.

CLEANING YOUR PLATE

NEW HABIT: Leaving half of your meal behind. Studies show that when it comes to chowing down, Americans rely on external cues ("Is the plate clean?") instead of internal ones ("Am I still hungry?"). In his studies, Wansink found that even when he served mushy pasta in watered-down sauce. people still ate every last morsel. To make matters worse, in recent years the average plate size has grown by two inches in diameter. TRY THIS: Split an entrée with your date. Or order appetizer-size portions, or have half of your meal wrapped up before you dig in so you'll avoid temptation entirely. Research shows that just seeing and smelling food can trigger the release of hormones that make your tummy growl, even if you aren't actually hungry.

ALWAYS HAVING MEAT AS YOUR MAIN COURSE

MEW HABIT: Using meat as a garnish.
Cut back on your carnivorous ways and you'll cut back on total calories as well. Blake's rule:
Eat twice as much produce as meat at



Source: British Medical Journal

any given meal. (Think veggie stir-fry with a few chicken strips, or a big salad with a small piece of beef.)

TRY THIS: Treat
veggies like meat—
marinate, season, and
grill them—and you
can enjoy the same
flavors that come
with a juicy steak. Or
designate one day a
week for a meat main
course and cut back
on the other six.

-Samantha Cleaver

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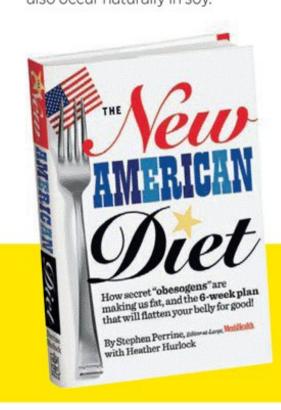
Unlock Your Weight-Loss **Power**

A new book reveals how to fight back against the chemicals in our food that are making us fat.

n the book The New American Diet, Men's Health editor-at-large Stephen Perrine and coauthor Heather Hurlock blow the lid off the stealth diet crushers that scientists are just now understanding. They're called obesogens, nasty chemicals that act as fat-building catalysts, regardless of how often you hit the gym. WH sat down with Perrine to find out where obesogens lurk and how you can outsmart them.

What—and where—exactly are obesogens?

SP: They're natural or synthetic chemicals that disrupt the way your hormones operate. For example, leptin is the hormone that tells your body it's full; fructose, an obesogen, can interfere with leptin and trick you into thinking you're starving right after a big meal. Some obesogens mimic the hormone estrogen, high levels of which promote fat storage. They're in plastics used in food packaging and other consumer goods. Many pesticides are obesogens, as are steroids and antibiotics fed to or injected into animals. Obesogens also occur naturally in soy.



But if we're healthy, what's there to worry about?

SP: Obesogens make it much easier to become obese and to develop diabetes. Plus, researchers believe that some obesogens are changing the way our genes behave, causing our bodies to create not only more fat cells, but also larger ones that are more effective at storing fat. And some studies have indicated that the more obesogens a woman is exposed to during her pregnancy, the more likely her children are to be obese as adults.

You say obesogens are in water. So we can put on weight while hydrating at the gym?

SP: Well, that water probably traveled through PVC piping and contains traces of pesticides. And hard-plastic water bottles can contain the obesogen bisphenol A (BPA), which can leach into water. You need fluid, so the thing to do is cut down your overall exposure.

What about the soy you mentioned earlier? Isn't soy supposed to be good for you?

SP: Soy is great, but it does contain two natural hormones that act as obesogens. The big problem is we now have soy in everything. It's in many baked goods and even fried foods. Another offender?

A SIMPLE PLAN

The New American Diet: How secret "obesogens" are making us fat, and the 6-week plan that will flatten your belly for good! \$26, amazon.com

Fructose derived from corn. In my house, we don't allow anything that has high-fructose corn syrup. Cutting that one ingredient can change your body mass, because you're eliminating a massive amount of sugar from your diet. Go through your fridge and pantry; you'll be surprised by how much food contains soybean oil or highfructose corn syrup.

Will that leave us with anything to eat?

SP: The key is to focus not on all the foods you shouldn't eat, but rather on the 12 New American Diet superfoods. Look for sustainable fish and grass-fed, naturally raised chicken, beef, and pork that haven't been injected with hormones or antibiotics. Buy organic eggs and dairy products. Get food that comes in boxes or bags instead of BPA-lined cans. In terms of produce, generally look for organic versions of fruits with edible skin like apples, peaches, or pears; those with a tough skin, like avocados, bananas, and kiwi, are fine in conventional form. When you cut out obesogens and add in these high-nutrition foods, you can lose weight while eating however much you want. People who did our program for six weeks lost an average of 15 pounds, just by making simple swaps.

Can you give us an ideal day on the New American Diet?

SP: For breakfast, try a high-fiber cereal with low-fat organic milk, then have a snack of Greek yogurt with nuts. For lunch, lentil or bean soup is good; if you must have bread, make it whole grain. For dinner, eat organic chicken with a Caesar salad (use organic romaine). The bottom line is that everything is OK if you know its origin—even a cheesesteak. Just be sure the beef is grass-fed, the cheese is organic, and that the sandwich isn't made with refined white bread.

How do we know this isn't iust another fad diet?

SP: A lot of diet rules we follow today are based on science from the '50s and '60s! We've ignored the fact that we've changed what we feed our livestock and how we grow our produce. We're still telling people it's healthy to have a salad with light dressing, but conventionally raised lettuce is often loaded with obesogens. And look at that dressing label. Often, the first ingredient is water, followed by high-fructose corn syrup. The point of this plan is to teach you how to swerve around weight-loss roadblocks by eating in a healthy, modern way.

—Sascha de Gersdorff



The lams



Nutrition Check		
no artificial colors or artificial preservatives	+	
no added salt or added sugar	+	
wholesome fruit and vegetables	+	+
only natural sources of taurine	+	
antioxidants	+	+
natural fish oil	+	
natural chicken as the #1 ingredient	+	

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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



As a teen, Liz Pultar, a 26-year-old administrative assistant from Damascus, Maryland, loved junk food and loathed exercise. By the time she graduated from college, she'd packed 212 pounds onto her 5'9" frame. Revamping her unhealthy diet and taking up running helped her lose more than 70 pounds.

The Gain

At 13, Liz was diagnosed with a thyroid disorder. Medication helped control her metabolism, but eating fast-food lunches, daily ice-cream cones, and pasta "snacks" tacked on 35 pounds. She gained another 30 during college.

The Change

In 2006, Liz got an office job and couldn't find pants and blouses that fit. "I wanted to be comfortable," she says.

The Lifestyle

Liz cut her normally huge portions in half and lost almost six pounds in one week. Encouraged, she



switched to whole-grain pasta and low-fat dairy, and ate more green veggies like zucchini and broccoli. She also began taking long walks. Four months later, she was down three clothing sizes and finally had the motivation to start running. In December 2007, she buttoned up a pair of size 8 jeans. "I cried in the fitting room and then did a happy dance," she says.

The Reward

Last summer, Liz ran an 8-K. "I love to run, and I never thought I'd be able to," she says. "I have a new life."

Liz's Tips

Bust a rut. "I bought a weighted Hula Hoop when I got bored with my workouts. It's amazing for your abs." Go slow. "You're more likely to stick with small, gradual changes to your diet." Get your fill. "Focus on eating more fruits and veggies, because their fiber satisfies you for longer."

Share Your Story

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

∠ Eat This, Not That ¬

...at Dunkin' Donuts



Egg White Veggie Flatbread 290 calories 9 g fat (4 g sat) 39 g carbs 680 mg sodium 3 g fiber 11 g protein

Multigrain Bagel with Reduced-Fat **Cream Cheese** 500 calories 17 g fat (6 g sat) 70 g carbs

850 mg sodium 10 g fiber 22 g protein





 KERIGLASSMAN, R.D. NutritiousLife.com

I know I'm supposed to eat mostly lean meats, but is beef totally off-limits?

-Maria V., Broussard, LA

Dieters are often warned off red meat because many cuts are naturally higher in calories, fat, and saturated fat than, say, chicken breast or fish. But let's face it: Boredom has killed more diets than a good steak ever did. To satisfy your inner carnivore without beefing up, look for cuts labeled at least 95 percent lean. They're usually called round, tenderloin (filet mignon on menus), and roast (such as London broil). Choice or select cuts are leaner than those called prime. Steer clear of any meat that's heavily marbled with white, which is pure fat. And finally, keep your portion to three or four ounces, or roughly the size of an iPhone.

I don't cook. What kind of takeout won't kill my diet?

-Randi T., Cary, IL

Put your favorite sushi place on speed-dial. A piece of sashimi (fish only, no rice) averages only about 30 calories and contains good-for-you fats. If you prefer sushi, remember that one roll is the equivalent of one serving of rice, and spicy varieties are often made with mayonnaise, ratcheting up the calorie count. Not a fan of fish? Your next best bet is Chinese food, minus the fat-laden sauces. Order steamed chicken with veggies, and ask for the sauce on the side. You can drizzle up to two tablespoons over your meal for flavor without doing damage to your diet.



WomensHealthMag.com/

Experts



Know What "Purified" Fish Oils Are Missing? A *Whole* Lot.

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The whole omegas and natural antioxidants found in nature.

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THE DIFFERENCE IS CLEAR.							
Wholemega™		"Purified" Fish Oil					
THE DIFFERENCE	Naturally Pure	16 Whole Omegas <i>3,5,6,7,9's</i>	Natural Antioxidants	100% Wild-Caught Alaskan Salmon	Chemically Processed		
Wholemega™	1	1	/	/	NO		
"Purified" Fish Oils	NO	NO	NO	NO	YES		

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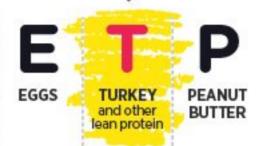


Add at least six of these powerfoods to your diet each day



Eat

this





breads and

PROTEIN POWDER

BERRIES and other

Spinach This antioxidant-loaded green will keep you lean. NOW! How to use it: For a nutrition boost, use fresh spinach leaves

- instead of iceberg lettuce in salads, wraps, and sandwiches.
- Stir-fry leaves with a little minced garlic, olive oil, and a few chopped nuts for a quick, delicious, vitamin-packed side.
- Serve any entrée on a bed of spinach instead of over carbs such as rice or pasta.
- Make a yummy, healthy dip: Mix one package of frozen spinach (defrosted and drained of water) with 34 cup nonfat Greek yogurt, and sprinkle in any of your favorite herbs and spices.



ENEMIES: Cancer, heart disease, stroke, obesity, osteoporosis

folate; minerals including calcium and magnesium; fiber; betacarotene

SUPERPOWERS: Neutralizes free radicals, molecules that may accelerate aging

SAVORY SEAFOOD PENNE

What you'll need:

- 2 oz multigrain penne
- 12 to 14 medium precooked peeled shrimp
- 2 Tbsp crumbled Gorgonzola
- 3 c chopped baby spinach
- 1 tomato, chopped
- 2 Tbsp chopped walnuts
- 3 Tbsp ready-made pesto

How to make it:

Cook pasta according to package directions; drain and transfer to a large bowl. Add shrimp, cheese, spinach, tomato, walnuts, and pesto, stirring well to help wilt the spinach and distribute the pesto.

MAKES 2 SERVINGS. Per serving: 360 cal, 19 gfat (5 g sat), 26 g carbs, 390 mg sodium, 5 g fiber, 22 g protein



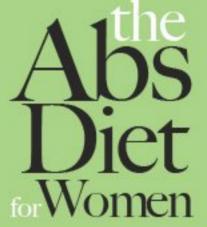


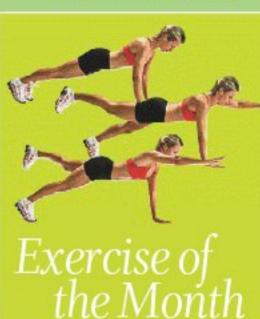
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TWO-POINT **BRIDGE**

Get into the standard pushup position and lift your left arm and right leg off the floor at the same time. Hold for three to five seconds. That's one rep. Return to the starting position, then repeat, lifting the right arm and left leg this time. Do six to 10 reps on each side.



CURVE YOUR HUNGER.

Blue Diamond® Oven Roasted Almonds offers you MORE of the nutrition you need to get you through your day. They're baked to perfection, with no added oil, making each handful MORE flavorful with MORE crunch and less mess. They're MORE delicious, MORE satisfying and MORE filling...helping to curve your hunger. Need we say MORE?



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Sea Salt | Vanilla Bean | Cinnamon Brown Sugar | No Salt





Driven to. Distraction

Even if you're a good driver, the stats can't be ignored: Multitasking behind the wheel is the deadliest thing you can do. Sadly, more and more young women are committing vehicular suicide.

By Kate Ashford

A lot of things go through your mind when Even if you're not guilty of all you get behind the wheel of a car: Will I be late? How bad is traffic? Should I have worn the other skirt? But chances are, you're not consciously thinking about navigating a 4,000-pound hunk of metal through a sea of other fast-moving hunks of metal—not to mention unpredictable pedestrians.

"Driving a car is the most complex thing the majority of people will do in their lives, unless they fly an aircraft," says Dennis Doverspike, Ph.D., a psychologist at the University of Akron who studies driving behaviors. So you're concentrating pretty hard, right? Of course you are. Especially since you're also tuning the radio, chatting on your cell phone, noshing on a bag of chips, and applying eyeliner.

that, plenty of others on the road are. Distracted driving is growing to such an extent that the U.S. Department of Transportation held a summit last year to address it. Car crashes are the leading cause of accidental death among otherwise healthy young women, and the number caused by driver inattention has risen 21 percent in the past five years. And, chillingly, more people are dying in these accidents. In fact, up to 56 percent of fatal crashes might have involved distraction, according to the

driver is distracted

National Highway and Traffic Safety Administration. "It's a disturbing trend that threatens the safety of everyone on the road," says U.S. Transportation Secretary Ray LaHood.

Why do so many intelligent, health-conscious women risk injury or death by multitasking at 60 miles per hour? Read on to find out and learn how not to be one of them.

Chatting Your Life Away

As aggravated as we are when someone on a cell phone cuts us off in traffic, we're just as likely as they are to be chatting. A whopping 85 percent of women reported using mobile devices while driving, according to a survey by Nationwide Insurance. Yet the evidence that wireless and wheels don't mix is overwhelming. One recent study found that the brain scans of people using cell phones while driving showed 50 percent less activity than scans of people who were driving without distractions.

"One reason people put their lives on the line in this way is that they believe they're better than average drivers and multitaskers," says David Strayer, Ph.D., a psychology professor at the University of Utah in Salt Lake City. In other words, we think anyone else who does it is a moron, but we're good enough drivers to pull it off ourselves. Contributing to this belief is what experts call "inattention blindness," which is when drivers are unaware of their impaired driving. So although you think you're cruising the highway like Danica Patrick as you gab with your mom, in reality, you're all over the road. You just aren't noticing.

Another possibility: You feel secure using a hands-free headset or wireless device. Two-thirds of people who use cell phones while driving think it's safer to chat this way than on a handheld, but studies haven't found significant differences; drivers are distracted either way. Despite all these risks, only six states and Washington, D.C., have banned the use of handheld mobile phones behind the wheel, and no state bans all phones for all drivers.

of a football field at 55 miles per hour without looking."

Knowing that danger, why do we keep finger tapping away? One possible explanation is that we're wired to pay attention to the wrong thing. Research suggests we get a rush of dopamine—a mood-boosting chemical

that it's automated, and you decide that you can do other things at the same time. And the more you do that without crashing, the more likely you are to keep doing it. "You're repeatedly rewarded by not getting into an accident," Britt says. "But it just takes that one time to make you wish you hadn't done it."

WHATISIT?

inattention blindness

 \in' ə-tĕn'shən blīnd'nĕs $\in n$. The tendency of drivers to be unaware of their own impaired driving.

Eyes off the Road

As dangerous as auditory interruptions are, a far more deadly habit is texting while driving. And teens aren't the only ones who are guilty: Thirty-nine percent of 18- to 30-year-olds and 15 percent of 31- to 44-year-olds cop to typing at the wheel.

In one recent study, texting on the road increased crash and near-crash risk by more than 20 times. "We had drivers take their eyes off the road for almost five-second intervals," says Tom Dingus, director of the Virginia Tech Transportation Institute in Blacksburg, Virginia, which conducted the study. "That's essentially driving the length

connected to our brain's reward center-when we hear the ping of an incoming text or phone call. It's extremely difficult to resist the urge to pick up the phone and see who's trying to get in touch with us when it gives us such instant gratification.

And then there are societal expectations. "A few years ago, it was normal to take a day to respond to an e-mail," says Thomas Britt, Ph.D., a professor of psychology at Clemson University in South Carolina. "Today, you'd be viewed as not being conscientious."

Another part of the problem: Driving a car becomes rote, experts say. You do it so often

Meals on Wheels

It's not just technology that's at the root of our dicey driving behavior. "All the focus is on cell phones, but when we started digging into the stats, we found that eating was a huge part of distracted driving," says McKeel Hagerty, CEO of Hagerty Insurance, which compiled a list of the 10 most dangerous foods to eat while in the car.

In a survey, one in 10 women admitted that they'd had to swerve or hit the brakes while snacking behind the wheel. Another study found that drivers were almost twice as likely to crash when they were chowing down. Last year, a Houston woman was killed when she crashed head-on into a freeway barrier. Police found a plate of food on the front seat of her car and suspect eating was the cause of the crash.

your body, in a crash

When your car suddenly stops, your body continues to move at the speed you were driving until it hits something. Here's what happens to you during a high-speed front-end impact:

your head

Your brain crashes against the front of the inside of your skull and then rebounds and smacks into the back. At minimum, you have a headache. At worst, brain swelling and death.

your neck

The weight of your head whipping around pulls all the muscles in your neck (whiplash). That is, if your neck doesn't break.

your heart

If your heart swings too violently into the back of your breastbone, it tears off the aorta (the largest artery in the body), killing you. Or you can suffer a partially ruptured aorta or a bruised heart.

your lungs

Many people gasp just before impact, filling their lungs and making lung rupture more likely.

your ribs

Probably broken. Also a lung-puncture risk.

your abdomen

Your internal organs smash into the front of your body. Doctors are first concerned with your liver and spleen, because damage to these bloodrich organs can cause massive internal bleeding that can be fatal.

your legs

If there's enough force to drive the front end of your carinto your knees, your thighbones snap.



Times more likely you are to crash or nearly crash if you are texting while driving

What tops Hagerty's list of the most dangerous foods to eat in the car? Coffee. Not only are you likely to slosh it into your lap, but you could also scald yourself badly in the process (and possibly rear-end the car in front of you mid-curse too). A coffee spill distracts us because it's such an immediate problem. Even though we know that a coffee stain or a burn isn't comparable to say, running a red light and getting hit by a truck, our bodies instinctively

it. Two-thirds of women wear heels while driving; experts point out that heels can get caught under the gas pedal and these kinds of shoes don't provide much traction.

Mad Women

Even if you're not talking on the phone or applying mascara, driving can be challenging for your brain. Women report higher levels of stress than men while driving in bad weather conditions, during interactions



prioritize the steaming hot java in our laps as the bigger threat. Explains Britt: "Our brains almost aren't equipped to squash that impulse."

Primp My Ride

It's such a cliché—the woman applying mascara in her rearview mirror in the middle of rush-hour traffic. We're smarter than that, right? Um, no. One in five women say they beautify in the driver's seat (26 percent copped to doing their hair), and more than 3 percent report having been in an accident because of it.

One appearance-related hazard that doesn't involve multitasking: driving in the wrong shoes. According to a U.K. survey, about 10 percent of women admit they've crashed or nearly crashed because their shoe slipped off the pedal or got stuck under

with other drivers, and even while performing normal driving tasks like making turns, according to a study by University of Iowa researchers. That may contribute to the increasing incidence of road rage, which affects one in four female drivers. Women are just as likely as men to engage in risky and aggressive driving when they get mad on the road, Doverspike says. Not only that, but in one poll, almost half of drivers said they're more likely to lose concentration if they're stressed, and 37 percent said that stress makes them drive more erratically. Put it all together and you have a driving environment that can actually cause unsafe driving. Now that's scary.

drivers who say

drive erratically

stress makes them

getting off the collision course

Wondering how you can achieve some auto-immunity, especially if shortening your commute isn't an option? The first step is being aware of the risks. The second is preparing for them.

- > If you constantly fiddle with the radio, preset your stations, take CDs out of their cases, or cue up an iPod playlist before the engine is running. If you're a cell phone junkie, put your phone in the trunk so temptation is out of reach until you put the car in park. Or look into one of the new devices (like ZoomSafer) that automatically locks your phone's keypad when you start driving.
- > If you must eat in the car, your best choices are temperature-neutral handheld foods that aren't going to make a mess—think a granola bar or a banana, not hot soup or a taco. And invest in a travel mug with a good leakproof seal for hot beverages such as coffee.
- > To avoid becoming a footwear fashion victim, stash a spare pair of shoes in your car. The best kind to drive in have a thin sole (so you can feel the pedals), a nonskid bottom, and a heel low enough that you can rest the back of your foot on the floor. Moccasins, loafers, and slip-ons are all good options.
- > When you find yourself becoming agitated, try taking some deep, slow breaths to calm your nerves. "In a stressful situation, our breathing is very rapid and shallow," says Elaine Masters, who founded Drivetime Yoga in Solana Beach, California, to educate drivers on being healthier and more relaxed behind the wheel. "Inhale for a count of seven, hold it for a few seconds, and exhale for a count of seven. Repeat that three or more times. It triggers the body's relaxation response very quickly."
- > It might also help to take a look at your life and ask yourself if you're really so overscheduled that you have to eat, primp, and live your entire life in your car. "You have to prioritize," says Barbara Harsha, executive director of the Governors Highway Safety Association. And that just might prove to be a good thing on and off the road.



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Energized—in 60 Seconds or Less!

Put down the mega-latte and back away from the highcalenergy bar. We have healthier ways to get a lasting boost.

xercising regularly and noshing on nutrient-dense foods are two smart ways to increase your energy. But let's face it: Sometimes you need a fix that's going to supply an instant kick in the butt. These five solutions are fast and won't leave you with that nasty Red Bull buzz.

TIP 1 FIRE UP YOUR IPOD

Blasting Jay-Z may snap you out of your stupor, but not just because you dig his furious beats. Music stimulates almost every region of the brain, says Daniel Levitin, Ph.D., author of This Is Your Brain on Music. When you perform the same tasks each day "it's easy to get lulled into sleepiness," he says, but background tunes combat the monotony, enhancing concentration and focus. For a stronger jolt, play a feel-good favorite for three minutes. Anything from Britney to Bach will work, as long as it's upbeat.

TIP2 WATCH THAT **RIDICULOUS** YOUTUBE CLIP

Laughter doesn't actually release endorphins, says psychologist Steven Sultanoff, Ph.D., an expert on therapeutic humor. It does, however, increase your heart rate and activate your muscular system, making you feel instantly revived. Most important, a hearty belly laugh provides what Sultanoff calls a cognitive shift. "Energy levels are directly related to the

way people think," he says. "And humor changes thought patterns in ways that are very uplifting."

TIP3 **BREAK YOUR** HOARDING **HABITS**

A messy desk or kitchen counter can be a serious drain. "The reminder of everything we haven't gotten to yet really drags us down," says Emily Wilska, founder of The Organized Life, a professional organizing company in San Francisco. If you don't have time for an overhaul, simply filing loose papers into folders can clear your mind. Wilska recommends using a tray for critical items, so you can remove them from sight without worrying they'll be forgotten.

TIP4 TAKE A MEDITATION MOMENT

It may seem counterintuitive, but silence can really revive you. Your brain and body are constantly responding to stimuli, which is exhausting, says Deb Shapiro, coauthor of Be the Change: How Meditation Can Transform You and the World. But it takes only 60 seconds of quiet time to replace all that dissipated energy. "Sit quietly,"

Shapiro advises. Breathe deeply for five breaths. concentrating on inhaling and exhaling slowly.

TIP5 **GRAB SOME** PEPPERMINT

Aromatherapists have long relied on peppermint oil as a natural stimulant. Now scientists are on board: Researchers at West Virginia's Wheeling Jesuit University found that sniffing peppermint immediately improves both athletes' running speed and office workers' typing speed. Its scent acts as a mood enhancer that boosts your motivation and concentration. So grab an infusion, whether it's breath mints, lip gloss, or hand lotion.

—Brigid Sweeney

PERCENTAGE OF PEOPLE WHO ARE SO SLEEPY IT **INTERFERES WITH** THEIR DAILY LIFE

Source: Stanford University research



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

My wisdom teeth don't bother me, but my dentist still wants to yank them. Why would I let him do that?

-Lauren P., Norwalk, CT

Many dentists believe even unproblematic wisdom teeth should be pulled to avoid future issues. For example, if you have a small jaw, your wisdom teeth can become impacted (i.e., unable to break through the gums), which can lead to a bad infection. And because they're positioned so far back, molars can be tricky

to reach with a toothbrushand that can cause cavities or even gum disease.

Can you make up for "lost" sleep over the weekend?

-Kate C., Eugene, OR

It's unlikely that sleeping in on Saturday will make up for missed shut-eye. Many of our physical functions, including sleep, are driven by our body's natural rhythms, which repeat roughly every 24 hours. Missing just an hour of sleep throws everything

out of whack. The best thing to do is reset your clock by keeping a consistent routine. Go to bed and wake up at about the same time every day, regardless of how many z's you got the night before.





MAMMO-GRAMS

>> The American Cancer Society has long held that women should have their first annual mammogram at age 40, but the USPSTF now says most don't need them until they turn 50. The reasoning? Younger, denser breasts are more likely to produce benign cysts, and aggressive testing on innocent lumps is expensive and unnecessary. But some doctors are sticking with earlier screenings until studies prove that fewer exams won't equal higher fatalities, says Carolyn Runowicz, M.D., director of the Carole and Ray Neag Comprehensive Cancer Center at the University of Connecticut. "Everyone agrees that mammography reduces mortality in women over 40," she explains. Still, she adds, "It's key to understand that mammograms are effective, but they're not perfect." They can miss cancers or "overread" some benign changes. The bottom line: Get tested annually starting at age 40, or earlier if you have a family history of breast cancer. Start screenings 10 years earlier than the age of your relative at the time of her diagnosis (so if your mom was diagnosed at age 42, for example, you should have your first

>> These are fast and free, and the USPSTF's recommendation against teaching them has caused a big-time brouhaha. The group argues that self-exams have not been proved to reduce cancerrelated deaths, though no conclusive study has been done in the United States, Most doctors say not to quit altogether. "Women often discover their own cancers," says Runowicz. "So if you're not going to panic about every lumpand if you're young and menstruating, there will be lumps—there's little downside to doing self-exams." Most lumps in younger women are caused by benign cysts, but there are no absolutes. "I've evaluated women as young as 22 who were diagnosed with breast cancer and found the abnormality while doing a breast selfexam," says Sandhya Pruthi, M.D., director of the breast clinic at the Mayo Clinic Cancer Center. "If we'd told them 'Don't touch your breasts,' a lump that was cancerous may have been detected at a much later stage."

The bottom line:

Become familiar with thenormalchanges of your breasts by examiningthem monthly, in the days just afteryour period. Forinstructions, visit mayoclinic.com.

>> ACOG now says

that women should get their first Pap smear, a screener for cervical cancer, at age 21, with follow-up tests every other year until they turn 30; women over 30 who have had three consecutive "normal" results can then wait three vears between tests. The group points to studies showing that only 0.1 percent of cervical cancer cases occur in women under 21, but that does little to ease big fears that the killer disease could grow undetected between spaced-out exams. The bottom line: "It's all about risk," says Celeste Robb-Nicholson, M.D., associate chief of general medicine at Massachusetts General Hospital. "A healthy woman who is HPV negative and is either not sexually active or has just one partner can be screened

—Alyssa Giacobbe

every three years.

Women who have

risk factors-such as

smoking and having

multiple partners-

should be screened

annually."

PERCENTAGE OF WOMEN WHO SAY -THEY DO NOT PLAN TO NOW WAIT THREE YEARS BETWEEN PAP SMEARS

1/ HIGH CHOLESTEROL

For adults 20 and older, a total cholesterol exam in the form of a simple blood test can assess vour risk of heart disease. Do it: Annually if your LDL, or "bad," cholesterol measures more than 130. If it's lower, get tested every five years.

2/ UNDER- OR OVERACTIVE THYROID

THE REST OF THE TESTS

MOST WOMEN SHOULD BE REGULARLY

SCREENED FOR A HANDFUL OF OTHER

HEALTH RISKS, INCLUDING...

An underactive thyroid, also measured via blood test, can lead to weight gain; an overactive thyroid can indicate an autoimmune disease. Do it: Every two years if you're over 35 or show symptoms.

3/ CHLAMYDIA AND **GONORRHEA**

Screenings for these STDs, which can cause pelvic inflammatory disease, are done with a cervical swab. Do it: Annually if you're under 25 and sexually active, or older with multiple partners.

4/ HPV

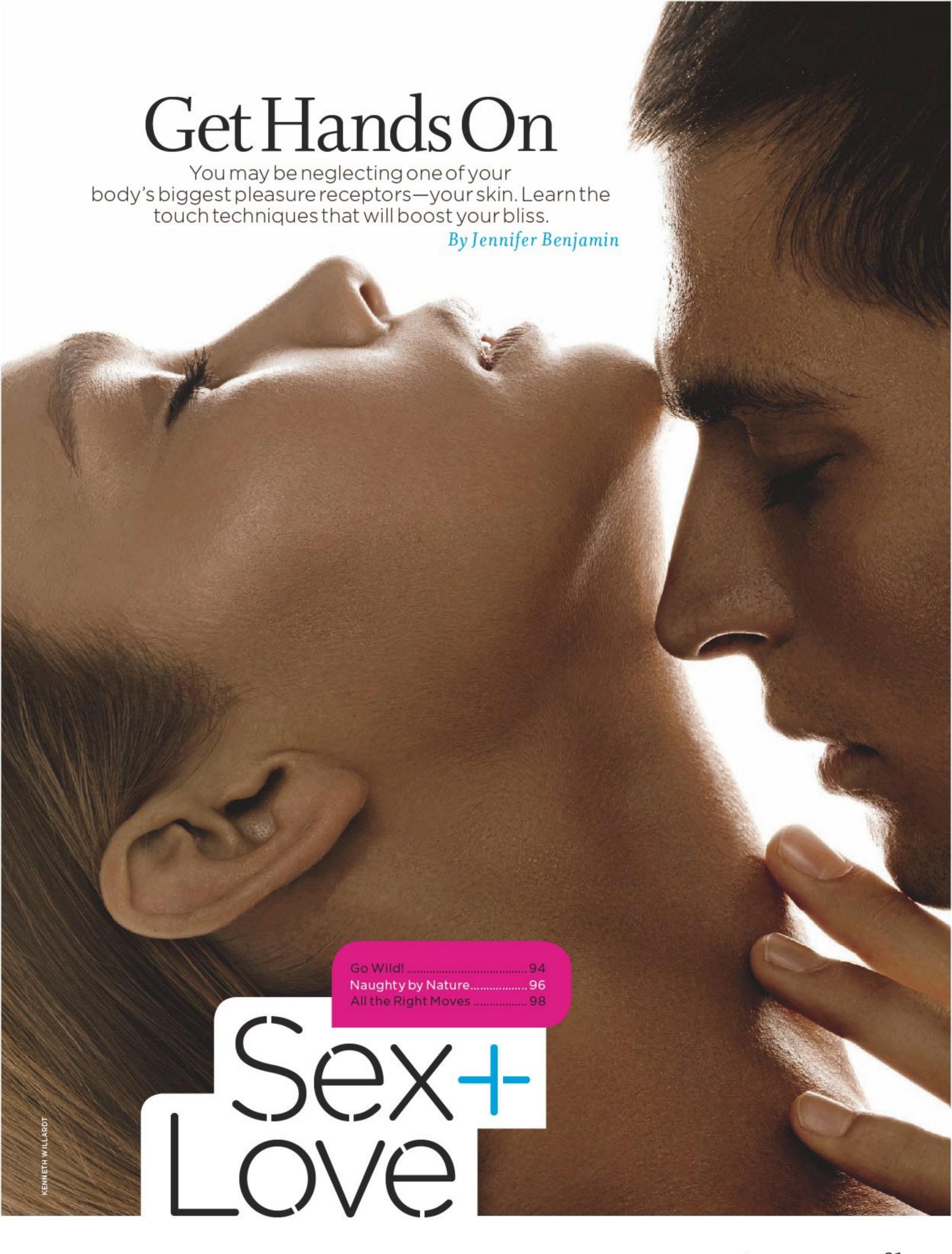
mammogram at 32).

The new HPV DNA test is used to detect the sexually transmitted infection in women over 30. It is performed on the same specimen taken at the time of your Pap smear. Do it: Talk to your doctor about setting up a testing schedule.

5/ BLOOD PRESSURE

It can be an early indicator of heart disease and kidney failure, and is sussed out with a sphygmomanometer (that pump-and-arm-cuff device). Do it: Every two years if your readings are normal, or every year if they're abnormal.



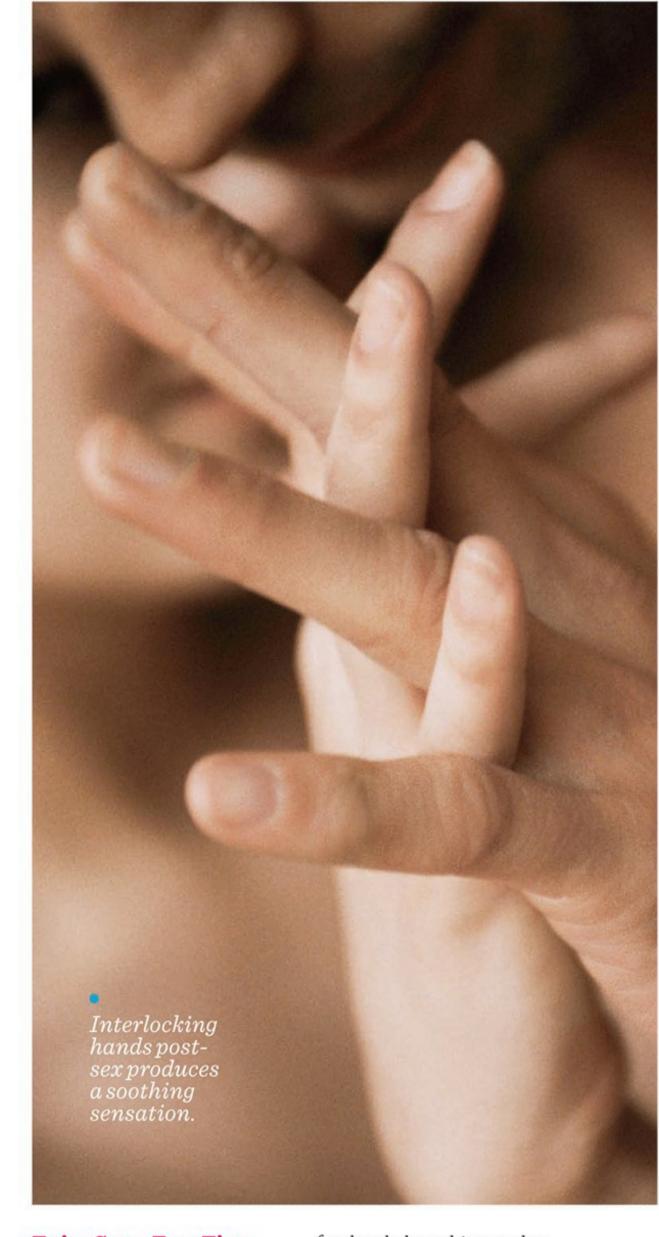


The body parts that receive the most attention in bed are the genitals and for good reason. But one of your most potent sex organs covers you from head to toe: your skin. With a surface area of about 15 feet (give or take a few inches), your flesh is packed with sensitive nerve receptors, making it a major pleasure-inducing player. It flushes when you meet a hot guy, tingles when he touches you, and after just a few strokes, gets things stirring below deck.

Aside from the obvious benefits of sensual touch, there's an emotional component as well. "Skin-to-skin contact stimulates the production of the bonding hormone oxytocin and releases endorphins, which can enhance your feelings for someone," says Yvonne K. Fulbright, Ph.D., author of The Better Sex Guide to Extraordinary Lovemaking.

What's more, total-body exploration can actually boost your lust for each other. According to Debby Herbenick, Ph.D., sex educator at the Kinsey Institute, stimulating each other's skin increases sweat production, releasing natural scents that subconsciously draw you together. Here's how to make the most of skin-to-skin contact.

> The nose, eyelids, and lips are among the most sensitive spots on the body because they're thin-skinned and have lots of nerves.



Enjoy Some Face Time

If you've ever had a luxurious spa facial, you know that gentle face stimulation can be almost as satisfying as a full-body treatment. The nose, eyelids, and lips are among the most sensitive spots on the body because they are thinskinned and boast a higher concentration of nerves.

So treat each other to some soothing face strokes. Sit crosslegged while he lies on his back with his head on your lap. With your index and middle fingers, trace a firm line from his

forehead, down his temples, and along his jaw, bringing your fingers together at his chin. Next, make small concentric circles over the apples of his cheeks and around his eyes, gently grazing his lids. Finally, take the pad of your index finger and run it over his lips. You'll stimulate his delicate flesh, boosting blood flow and sensitivity.

Strip Each Other Down

Disrobing is a requisite part of foreplay, but it's also an opportunity to engage in



slowly and deliberately. "As the garments fall from your body, you'll feel a grazing, tickling sensation, exciting the nerve endings in a new way," says Patti Britton, Ph.D., author of The Art of Sex Coaching. "The feel of air on your bare skin and the material sliding off your body will give you a sensory rush, and of course you'll feel more intimate from being naked together."

Lighten Up

A deep, relaxing precoital massage is nice and all, but for something novel, explore each other's skin using a slow, barely there touch. A study published in the journal Nature Neuroscience says that when hairy sections of skin are slowly stroked, the movement stimulates the C-tactile nerves, a set of specific pleasure fibers.

Run your fingers up and down each other's arms and along the napes of your necks. (Avoid the genitals for now. As you become more aroused, that area needs firmer stimulation, so a light, ticklish touch can feel uncomfortable.) These soft caresses have a mutually beneficial side effect, says Barbara Keesling, Ph.D., author of The Good Girl's Guide to Bad Girl Sex. For both the giver and the receiver, light touching activates the parasympathetic nervous system, inducing a relaxed state.

Shock Your Senses

Pump up the pleasure factor by closing your eyes while he caresses you from head to toe. "When you shut off one sense, such as sight, your sense of touch goes crazy trying to compensate," says Sandor Gardos, Ph.D., founder of MyPleasure.com. Plus, when you can't see what will happen next, the anticipation will awaken your nerves, making your skin respond more intensely to physical contact." So kill the lights during foreplay or tie on blindfolds for an erotic experience.

Explore the Almost-Zones

How does your brain get the memo that sex is on the menu? "Particular areas of skin have specific receptors that transmit messages to the brain's sexual centers," says Sandra L. Blanton, Ph.D., a board-certified sex therapist in Florida. "Because touch is registered in the sexual center of the brain, it relays a message to the genitals to prepare for intercourse."

While the genitals, nipples, and butt are go-to erogenous zones, areas such as the inner thighs, the small of the back,



Source: Sandra L. Blanton, Ph.D., a board-certified sex therapist in Ormond Beach, Florida

and under the belly button are super-responsive because of their proximity to the private parts. "The skin here is thin and sensitive, and when you are teasing that close to the genitals without actually touching them, you build anticipation, which amplifies your touch," Fulbright says. So lick your way down from his navel to his pubic bone. Then, just when you're almost at his goods, veer off and create a new path over his hip

bone and along the crease of his thigh. Finally, gently suck the skin on his inner thigh; the flesh here responds to a stronger sucking motion, and the wetness will hint at other forms of oral play.

Feel a Little Pain

Sure, you cry out when getting a bikini wax. But during sex, a tiny bit of pain can feel surprisingly erotic. "As you become more aroused, your body releases endorphins that act as a natural pain reliever," says Ian Kerner, Ph.D., author of Passionista. "Plus, firmer touch causes blood to rush to those areas, heightening the response of your skin receptors." In other words, light spanking will actually feel good. Plus, the element of surprise will make it more exciting. So as you're gently tracing your fingers down his back, give him a little scratch with your fingernails or lightly pinch his sides. He'll finally know what it means to "hurt so good."

HOW TO SHARPEN YOUR SENSE OF TOUCH

The skin on the pads and tips of your fingers is especially sensitive, boasting 10 times as many touch receptors as the rest of your body. But some women's fingers are more sensitive than others, and a new study published in the Journal of Sex & Marital Therapy found that

women with greater finger sensitivity have more sex. Tune into touch by experimenting with texture and temperature. Three tips to try:



Put your tips in his mouth, running the pads along the smooth enamel of his teeth while he licks your skin.



Using only your fingertips, caress his body from head to toe, working over his soft, fleshy areas and hard, muscular zones.



Experiment with warming lotion, cream, or gel. Any type of hot sensation opens the nerve receptors in your fingertips.



Handshake. "We're now discovering that there's real romance occurring among the members of Ph.D., a marriage and sex therapist in New York City.

GO FROM BRAWLING TO BONDING

Bonobos (a type of primate) communicate through sex and copulate as a way to ease tension. "The fastest way to resolve an issue can simply be to touch your partner," says Carol Bruess, Ph.D., of the University of St. Thomas in St. Paul, Minnesota.

Vocalizing your pleasure is a primal turn-on. "Stroking each other's backs or holding hands is often easier and more effective than apologizing."

PROLONG YOUR PLEASURE

During their upside-down trysts, female fruit bats always give their mates oral sex. But these gals also have a hidden agenda: They do this so their partners will last longer.

To keep the fun going, take a break from intercourse and return to foreplay. According to Greer, prolonging sex intensifies his orgasm, and since women generally need about 20 minutes of stimulation in order to peak, you'll up your orgasm odds too.

GET YOUR CUDDLE ON

Lions are plain old softies when it comes to love, snuggling and nuzzling long before the main event.

Your cue: "Increasing nonphysical affection releases more feel-good oxytocin, making couples feel more in love," says Yvonne K. Fulbright, Ph.D., author of *Touch Me There!* Grab his butt when you walk by, spoon while you nap, or rub each other's feet while watching TV.

PLANT ONE ON HIM IN PUBLIC

White-fronted parrots can't keep their beaks off each other and are often spotted in a passionate lip-lock. "Kissing your guy in public can boost his ego," says
Lou Paget, author of Hot
Mamas. "When you show
your feelings in front of
people, it lets your guy
know he has your total
attention and that you don't
care what others think."

GIVE HIM VERBAL PROPS

When female spiders are in the throes of passion, they emit a series of high-frequency moans to excite their partners and let them know they're having fun.

But you don't have to stage a porn-worthy performance. Greer says praising your guy with a well-timed "Ahh..." can be all the encouragement he needs to keep going.

-Elise Nersesian

Q&A

Woods, a Duke University

research scientist and the author of Bonobo

certain animal species."

critters can teach you

about love and sex.

SEEK OUT A

have a low libido,

VISUAL THRILL

zookeepers often show

these black-and-white

cuties videos of panda

revved. If your libido

sex in order to get them

could use a boost, pop in

a hot flick with your guy

mirror. "Seeing yourselves

from a new angle will add

a novel feeling to foreplay,

turn-on," says Jane Greer,

and the visuals can be a

or get it on in front of a

Because panda bears

Here's what various frisky

KISS AND TELL

MICHELLE CALLAHAN, PH.D.

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

I cheated on my boyfriend and want to come clean. Is confessing this selfish or selfless?

-Kathy M., San Antonio, TX

Ask yourself: Are you unhappy in or out of the bedroom? If you love your guy (and you practiced safe sex), communicate your needs; maybe you two can work things out. Confessing rarely helps. Most men can't handle the thought of their girlfriend with another guy, and his ego will likely be bruised irrevocably. But if you think your

problems are unfixable and that you may cheat again, it might be best to end the relationship.

What's the best way to have shower sex?

-Alexis T., River Falls, WI

First, use a bathmat for traction so you don't slip. Then, lather each other up to get aroused.

You can stand facing the wall and bend forward while he enters you from behind. He can hold onto your waist for balance (bend your knees so you don't strain your

legs). Or, if you have a bathtub, lie down either in missionary position or with you on top. But if tub love is tricky, you can always get amped under the showerhead, then take the fun to dry land.



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3/ SEXY AND SUSTAINABLE Slip into the

Procession contour bra and bikini from the Elle Macpherson Intimates line. It's made from all-natural bamboo and SeaCell, a fabric constructed of wood pulp and seaweed fibers. \$62 for bra, \$30 for bikini, barenecessities.com

4/ NO-GUILT **PLEASURE**

Conventional lubricants are loaded with petroleum and synthetic fragrances and colors. Not the case with Sliquid Organics—these water- or water-andsilicone-based lubes contain only natural, certified organic ingredients. Choose Natural, Sensation, or Silk. \$12 to \$14 each, sliquidorganics.com

5/ PLAY NICE

A lot of bedroom toys are made from soft plastic, which is likely to contain phthalate plasticizers, chemicals that are toxic to the environment—and possibly to the human body. The **PyreXions** Lavender Scepter, handcrafted from domestic glass, is battery- and toxin-free and hypoallergenic. \$112, smittenkitten online.com

EROTIC EATS

Dark Chocolate

It contains phenylethylamine. a chemical that triggers the release of dopamine, the same compound the brain produces when falling in love. Buy fairtrade varieties such as Divine (divinechocolate usa.com) or Dagoba (dagoba chocolate.com) when possible.

Ginseng

The extract of this plant root not only increases resistance to biological stress, it may also boost libido in men. Have your man take a 100-to 200-milligram supplement daily for best results; they are available at stores such as Whole Foods.

L-Arginine

This amino acid is dubbed "nature's Viagra" for its ability to enhance sexual arousal and blood flow in men and women. Nuts (particularly almonds and Brazil nuts) and seafood are good sources, or pop a threeto five-gram supplement each day (iherb.com).

Do I really have to unplugall my appliances when I'm not using them-even the toaster?

-Ashley K., Centerville, OH

oil that will keep the

romance going strong. \$16, earthlybody.com

Not every appliance with a plug is an energy vampire, but those that are can, when idle, suck as much as 40 percent of what it takes to run the appliance at full power. The worst culprits are things with lights or standby functions that keep drawing a current even when they're off—appliances with clocks, cell phones on chargers, DVD players, computers, printers, and fax machines. That said,

your toaster probably isn't a threat. If you hate unplugging things, you might want to invest in a Smart Strip power strip (smarthomeusa.com), which senses the flow of current and automatically cuts off the juice when a gadget isn't in use.

Ask the Expert

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Eco-guru Renée Loux is the author of Easy Green Living. Visither at reneeloux.com

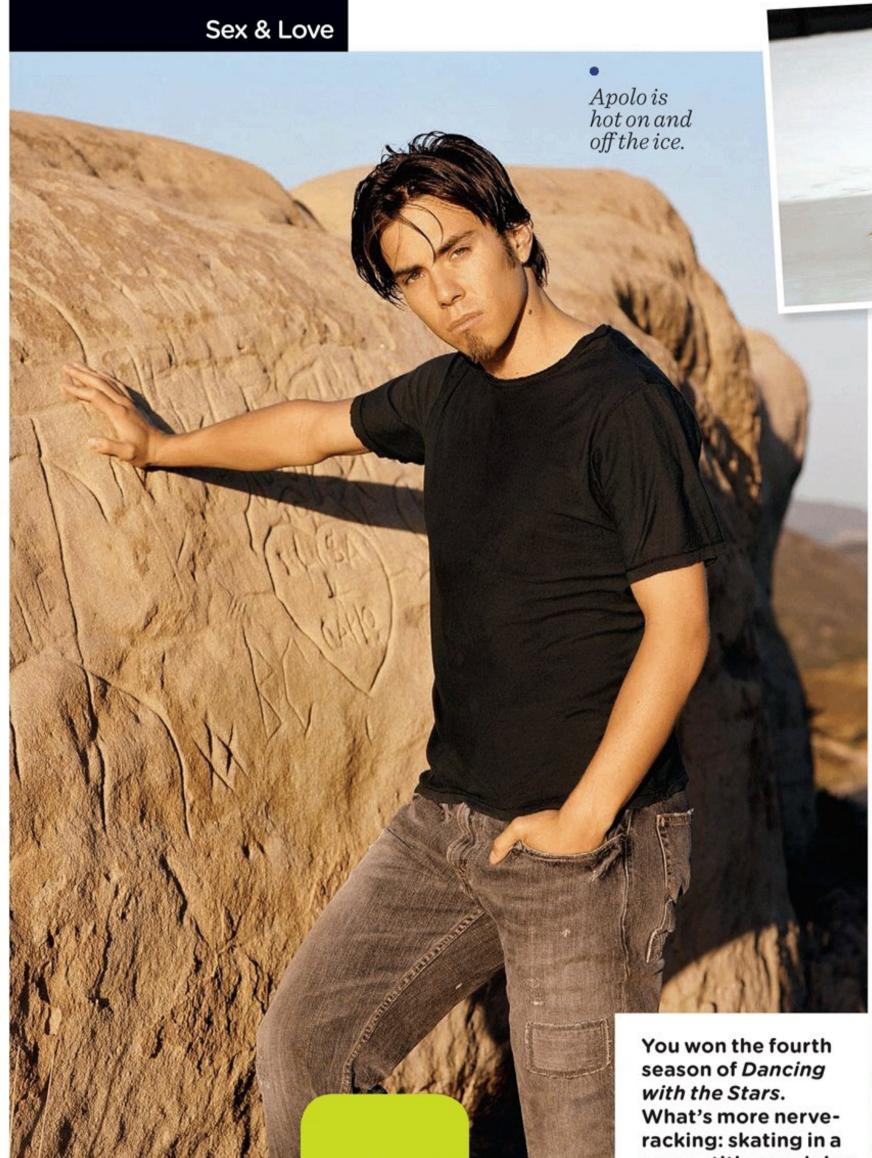




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WHAT **All the Right Moves**

Olympic short-track speed skater Apolo Anton Ohno, 27, on passionate pursuits

competition or doing the samba in front of millions of people?

Dancing. I know exactly what I'm doing on the ice, and I'm in my element. But on the show, I was so nervous and wearing some weird, funky little outfit. It was crazy—I had no idea what I was in for. Dancing was mentally difficult; you had to remember all those steps in two days.

You've won five Olympic medals... so far. Do you like to

date women who are equally ambitious about something?

Absolutely. It's important to be driven and have goals. You want an independent woman who knows what she wants and isn't afraid to go after it. It's attractive to me when a woman is doing what she loves. It makes me want to know more.

How can a girl tell if a guy is into her?

It's about sharing a look and making a connection. I can look into someone's eyes and feel like I know her better, versus a phone call, where you can't get that same type of emotion. That's why text messaging gets you in trouble: You can't bond, and emoticons explain only so much.

You follow a pretty strict diet. Can you date a hearty eater?

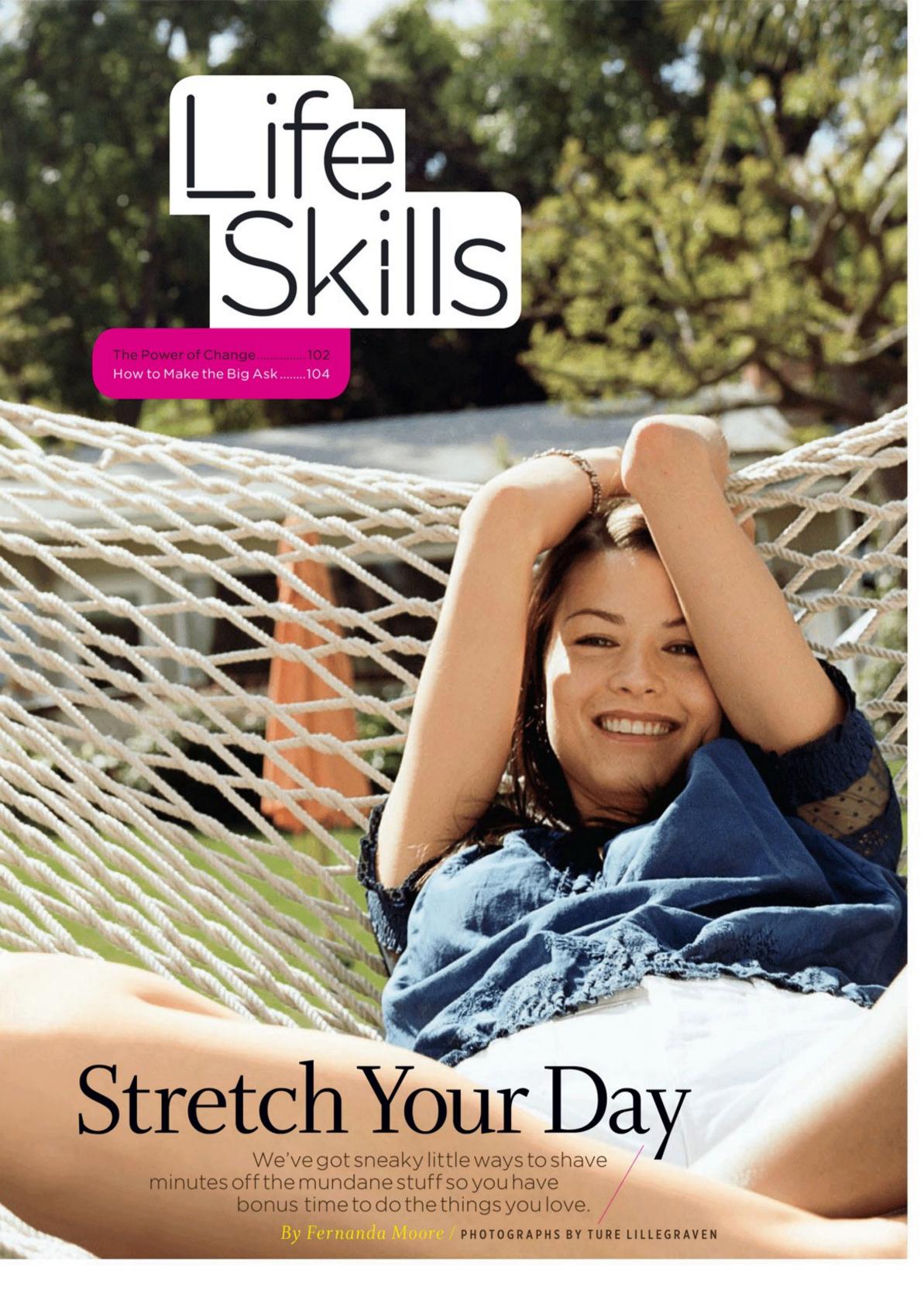
Oh yeah. I like getting to the point where you're really comfortable with each other, there are no barriers, and no one is trying to be polite with their eating habits. Just eat what you want-it's so primal! That said, if you're eating twice as much as I am, it leaves a question mark. It's like, "Wow, are you an Olympic athlete too?"

Should a woman make the first move?

It just depends on how she approaches you. Being way too forward is a red flag. It's like, "Whoa, I don't know you yet." Just smile and say hi—that always breaks the ice.

-Elise Nersesian





It's a universal lament: "I wish I had more time!" Guess what? You do. There are obvious (and un-fun) ways to gain, say, an hour a day: Get up earlier! Swear off TV! Cease frivolous Web surfing! Problem is, cutting down on things you actually enjoy is like a grapefruit-only diet—sure, you'll get results, but think of the cost: Deprivation leads to grumpiness, and who wants to be grumpy for more hours of the day? So rather than taking away your guilty pleasures, we found painless ways to free up 15 to 30-plus minutes of your precious time.

ATWORK

20+ minutes

"If someone calls or stops by your workspace and after two minutes you don't know why, ask!" says time-management consultant Jana Kemp, author of NO! How One Simple Word Can Transform Your Life. "Do this every time someone interrupts you without a clear purpose, and you'll save huge amounts of time." A simple "Now, what can I help you with?" steers the conversation straight to the point—helpful especially with people you know are windbags.

30+ minutes SINGLE-TASK

E-mail is a huge time suck, and not just the reading and responding: Anytime you're interrupted, you have to gear up again and refocus. "If you're not waiting for something specific or in the middle of a real crisis, you don't need to respond to e-mail in real time," Kemp says. Start by turning off your alert sounds—then vow to check your in-box only once an hour (or even every two hours, if you can stand it).

20+ minutes REDUCE LOITERING

If you have candy and a guest chair in your work area, you're not only luring a stream of hungry, distracting visitors but also inviting them to hang around forever. "Lose the candy...and the chair too," Kemp advises. Or pile it full of projects! But you *love* being the office socialite? Fine—just pile your chair when you really need to work, and leave it open when you have time to spare.

ATTHEGYM

20+ minutes DO LESS, GET MORE

If you normally work out for, say, 40 minutes, start exercising harder for half the time. "Everyone thinks more is better, but better is better," says fitness expert Rachel Cosgrove, best-selling author of The Female Body Breakthrough. "Shorter workouts at a high intensity can be more effective anyway." This boosts your metabolism, sets the bar higher for your next workout, and buys you a chunk of free time. Win, win, win.

30+ minutes BE A WEEKEND WARRIOR

Rather than ratty gym clothes, wear stylish athletic gear you can run your errands in. As you cross things off your to-do list, work up a little sweat: Park your car far away, and take the stairs instead of the escalator. But make sure a trip to the

gym is in your schedule too.
Focus on what Cosgrove calls
a "maintenance" workout:
"Do one set of strength
training—just enough so that
you won't lose everything
you've worked so hard for."

60+ minutes

Skip the gym altogether by dropping one or two (!) workouts from your week. Cosgrove swears that many people work out more than they need to or even should. "In truth, daily workouts can make your fitness routine less effective," she explains. So if you work out five to seven times a week, Cosgrove hereby orders you to dial it down a notch: "You don't get results from your workout, you get results from your recovery."

WHENHANGINGOUT

15+ minutes watch smarter

50%

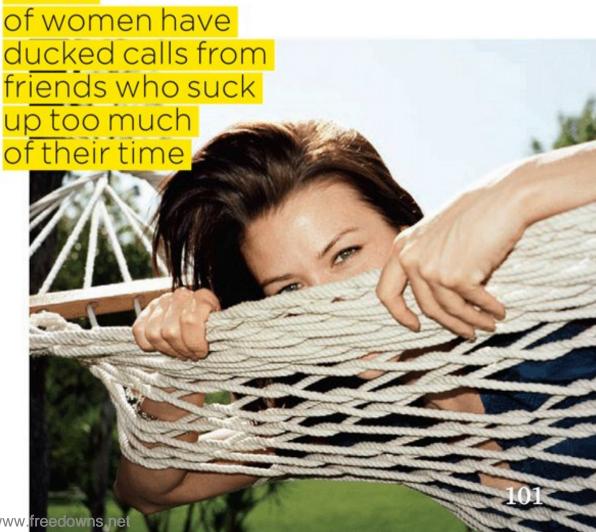
Change the way you watch at least *one* TV show. Don't get huffy—we promised we wouldn't deprive you, right? However, if you DVR a favorite show instead of tuning in when the network tells you to, you can skim a few minutes off the top by fast-forwarding the ads. (Of course, if you can identify one show you're willing to ditch altogether, that's a big chunk of time every week to spend on some other guilty pleasure...the choice is yours!)

20+ minutes MAKE YOURSELF SCARCE

Everyone has at least one friend, relative, or neighbor who is a real "time vampire": If you give her a minute, she'll take an hour or more. If you don't want to drive a permanent stake through your relationship, you can decide, once in a while, that you simply won't take that person's calls, answer her e-mails, or submit to a schedule-sabotaging coffee date. Your vampire will still be there tomorrow, even if you don't call her back today.

30+ minutes

Using a hands-free headset at home is a time-saving tool par excellence. The phone can be an evil machine that wastes more time than any other—or it can be a wonderful device that lets you chat happily with your mom or best friend while you fold laundry, scrub the tub, and straighten up the living room! Now that's productive multitasking.



The Power of Change

Singer Katharine McPhee has a bold new look and sound. Here, she tells how even small transformations can have a positive ripple effect.

ou know that American Idol runner-up-the one with the killer pipes, cropped 'do, and charcoallined eyes? No, not Adam Lambert. We're talking about Katharine McPhee. whose sound and looks have undergone significant changes. Her long brunette locks have morphed into a short platinum shag, her quiet makeup palette has been pumped up, and her sweet duds have given way to a sexier style. Take a listen to her new album. Unbroken, which features the tracks "Say Goodbye" and "Brand New Key," and it all makes sense. "Working on this record inspired me to learn new things about myself," says the 25-yearold. "I wanted to know what it would feel like to be a different woman." Considering a major overhaul of your own? Katharine's got a few tips...

BE BRAVE

"Sometimes change is hard, but that doesn't mean it's not good. It opens your life up to new experiences and keeps it moving forward. l like to feel that things are happening in my life because I'm creating them."

FIND INSPIRATION

"I've never been too precious with my hair. As a kid, I would make my mom take me to the hairdresser every two years, and I'd have it chopped off into a bob. But I'd never been blonde in my life. I started looking up pictures of old movie stars and found this stunning shot of Grace Kelly. That image just took my breath away. I was inspired by her."

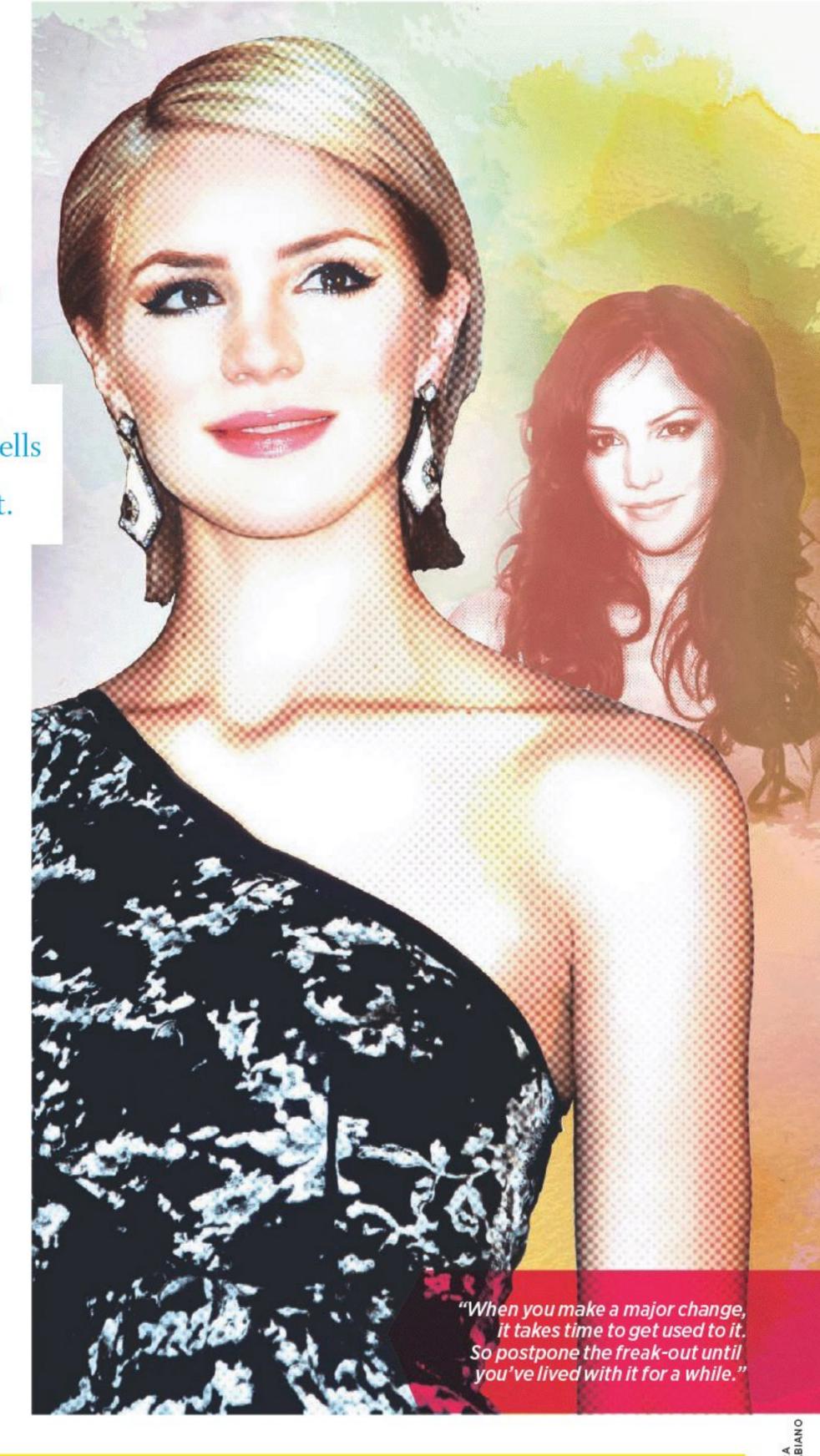
ENJOY THE DOMINO EFFECT

"Even though my hair is as short as a boy's, it makes me feel womanly. Before the cut, I was getting complacent. I'd put my hair in a ponytail every day or wear it pin-straight and down. This style forces me to put tons of product in it, mess it up, and make it look funky. Also, I'd never been a big makeup wearer; now llove doing the cat eye with the blonde hair. I just feel more edgy. And you know, it's fun to feel like a different person... even for a moment."

DO IT FOR **ALL THE RIGHT** REASONS

"I would never change for somebody else-only for myself. Also, it shouldn't be about altering your entire outside being. There has to be some sort of acceptance of things. I'm not opposed to the idea of plastic surgery, but when it becomes an obsession, it's obviously more a problem than a solution."

-Robin Sayers



Come Out on Top

OPT FOR OPTIMISM

Wondering, How will lever get through this? will only make you feel scared and paralyzed. Instead, ask yourself a more positive question, like What could be great about this change?

VISIT MEMORY LANE

Create a "change résumé" that lists all the stuff you've lived through, from moving to a new city to recovering from an accident. Give it a read and you'll realize just how capable you are.

GETMOVING

It's easy to feel stressed out during a big transition. To help keep your emotions incheckandyourmind focused, stay active. Try scrubbing dishes, hitting the gym, or organizing a closet.

Change comes in all forms—breakups, moves, jobs. Take the stress out of

founder of First 30 Days.com, a site that helps people through transitions.

charting new territory by heeding this advice from Ariane de Bonvoisin,

DON'T GO IT ALONE

People find change easier when they're in a positive group environment. And be open to new people; often, those who help you the most are not your closest friends. -Erica Tobin LEFT TO RIGHT: ANDREW H WALKER/GETTY IM AGES; SARA DE BOER/RETNA; PHOTO ILLUSTRATION: CHELSEA CARTABIANO



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Sometimes the only thing standing between you and what you want in life is a simple question.

By Andrea Buchanan /

ILLUSTRATION BY MARCOS CHIN

Last spring, my husband, Jason, and I flew from Los Angeles, where we live, to San Francisco to attend a party celebrating the publication of my first book, Note to Self: 30 Women on Hardship, Humiliation, Heartbreak, and Overcoming It All. The affair was being hosted by my friend Jennifer Siebel Newsom at the home she shares with her husband, San Francisco mayor Gavin Newsom. As life events go, this one was a biggie.



While we were waiting in the Southwest Airlines terminal at LAX, Jason pointed out that Maureen Dowd, the Pulitzer prize-winning New York Times columnist, was sitting on the floor—not in some VIP section, not even in a chair—waiting to board. She looked casually put together with her auburn hair swept up into a loose bun and every newspaper that's fit to print crammed into her big leather bag. I nearly unraveled at the

sight of my idol. To me, it was like seeing Madonna or Jesus...only better.

As I stared inappropriately, my mind went to the smart, irreverent, and yes, sometimes acerbic things she's written about politicians past and present, the Iraq war, and the lost virtues of feminism. As well as the touching personal columns she's lovingly penned about her mother. Her words have made me both laugh and cry, and have propelled me through some of this country's darkest times.

I was suddenly overcome with the urge to tell her how much all of her columns have meant to me over the years. But when I played that scenario out in my mind, it didn't seem so great. It went something like this: I tell her I think she's amazing, she says thank you, and that would be the end of that. So instead I said nothing.

As we were boarding, it dawned on me how great it would be if she came to my book party, though the voice inside my head was saying things like, You've lost your mind. Don't approach her. She's so busy. She'll never come. But my instinct, or what I call my soul voice, urged, Just write her a note and ask her to attend. You'll never forgive yourself if you don't. It took me five drafts, two Diet Cokes, and several bags of peanuts before I got the wording just right. The gist: I love your work. You've enhanced my life. I'm a firsttime author. Would you please come to my book party?

When we all stood up to get off the plane, I took a deep breath, ignored my thumping heart, and politely tapped her on the shoulder. "Ms. Dowd, I love what you do, and I wanted to give you this note." She said thank you and handed my note to the lovely girl to her right, her assistant, I presumed. I thought she might not read my note, much less come to

"I shudder tothink of what an awesome connection I would have missed making had I not worked up my nerve.

the party, but none of that mattered. What mattered was that I had asked.

Ask and You Shall Receive

An hour after we landed in San Francisco, I got a call from the assistant, saying that Maureen was on a deadline but she was going to try to swing by the party. When I hung up, I let out a joyful scream that could be heard across the Bay Bridge.

Needless to say, I was thrilled when Ms. Dowd waltzed through the door. After I gushed and thanked her a thousand times for coming and she thanked me graciously for the invite—she insisted on buying a few books, which I signed. Then...she invited me to lunch! The Big Ask had really paid off that night.

I shudder to think of what an awesome connection I would have missed making had I not worked up the nerve to approach Maureen. But all too often, fear gets in the way of bravery. Think about it: When was the last time you asked for something with big risks and potentially big consequences? The kind of ask that can make your heart pound and your palms sweat, such as asking for a promotion, asking for forgiveness, or—scariest of all—asking a guy out on a date?

The Secret to Sticking Your Neck Out

A close friend of mine thinks the world is made up of only two types of people: those who ask and those who don't. I've always been one of the askers. When I was 12, I asked for the autographs of two Dallas Cowboys football players, Randy White and Charlie Waters, who I spied eating at an Italian restaurant near where I grew up in Dallas. I was a die-hard Cowboys fan and rushed up to their table ill prepared. No napkin to write on. No pen. No fancy speeches. Just "Excuse me, can I have your autographs?" I had to quickly wrangle some supplies from a waitress, but I got my autographs. To this day, whenever I'm feeling sheepish, just looking at that now-tattered napkin emboldens me.

As with most things in life, the more you do something, the easier it becomes. So start small and build up to the Big Ask. When my family and I go to a restaurant and don't like our table, I'm the one who asks to move. I ask for directions and for advice from strangers. I even ask to use the discount-club card of the person standing next to me in the line at the grocery store if I've forgotten mine.

Here are a few things I've learned about asking: The minute you're afraid to ask for something is when you should do it. It's nice to offer something in return, even if it's just a compliment or a kind gesture. It also helps to take a few deep breaths and imagine the worst possible outcome. Usually, it's simply getting a no, which is not exactly life threatening. Whether the result is life changing (like it was with Maureen Dowd) or disappointing, asking is always a significant accomplishment. Because if you ask me, it's the questions in life—not the answers—that really count.

BREAKING A SWEAT ON A REGULAR BASIS CAN GET YOU INTO AMAZING SHAPE, BUT RESEARCH SHOWS IT CAN BOOST YOUR BRAINPOWER TOO. LEARN TO HARNESS THE TOTAL-BODY BENEFITS OF HEART-PUMPING EXERCISE.

BY KAREN ASP / PHOTOGRAPHS BY CARLOS SERRAO

You know that logging miles on the treadmill can give you a trim body, but adding more cardio to your life will also ratchet up your smarts, boost your productivity, rev your energy, and turn you into an unstoppable success machine. Even one 30-minute cardio session pumps extra blood to your brain, delivering the oxygen and nutrients it needs to perform at max efficiency. Cardio also floods the brain with chemicals that enhance functions such as memory, problem solving, and decision making. And new research has found that this kind of exercise may even cause permanent structural changes to the brain itself.



"CARDIOVASCULAR **HEALTH IS MORE IMPORTANT** THAN ANY OTHER SINGLE FACTOR IN PRESERVING AND IMPROVING **LEARNING AND** MEMORY,"

says Thomas Crook, Ph.D., a clinical psychologist and memory researcher. "You're working out your brain at the same time as your heart."

And the mental mojo you get from cardio isn't limited to making you smarter. It also has the power to lower your stress levels and shake you out of a funk. It's no coincidence that so many high-achieving women from Madonna to Condoleezza Rice—share the cardio habit. Here's how it works.

YOUR BRAIN ON CARDIO

Anyone who has ever tackled a StairMaster has a pretty good idea of what happens to your body when you break a sweat. But here's what's going on in your head at the same time: All that extra blood bathes your brain cells in oxygen and glucose, which they need to function. The more they get, the better they perform.

Every muscle you move also sends hormones rushing to your brain. There, they mix with a chemical called brain-derived neurotrophic factor, or BDNF, which plays a role in brain cell growth, mood regulation, and learning. "BDNF is like fertilizer for the brain," says John J. Ratey, Ph.D., a clinical associate professor of psychiatry at Harvard Medical School. "Without it, our brains can't take in new information or make new cells."

Exercise has another vital role: It signals the release

of several key hormones, including serotonin, the famed mood booster; dopamine, which affects learning and attention; and norepinephrine, which influences attention, perception, motivation, and arousal. This exercise-induced chemical cocktail has a powerful impact. "By elevating neurotransmitters in the brain, it helps us focus, feel better, and release tension," Ratey says.

Experienced regularly, all that rushing of blood and hormones primes your brain to grow. In one study, researchers scanned the brains of people who exercised for one hour per day, three days a week, for a duration of six months. They discovered an increase in the size of the hippocampus, the part of the brain that controls memory and learning. Working out literally bulked up the study participants' brains, allowing them to perform better at tasks that require concentration and recall—two talents that come in handy if, say, you do your own taxes or tend to forget passwords. "Exercise improves attention, memory, accuracy, and how quickly you process information, all of which helps you make smarter decisions," says Charles H. Hillman, Ph.D., an associate professor of kinesiology and community health at the University of Illinois at Urbana-Champaign.

THE MENTAL ADVANTAGE

People who exercised during their workday were 23 percent more productive on those days than they were when they didn't exercise, says a recent study from the International Journal of Workplace Health Management. And the majority of the study participants (72 percent) did aerobic workouts.

A pulse-pounding workout acts like a cup of coffee (minus the jitters): Your heartbeat picks up, your circulation increases, you're filled with energy, and your thinking becomes clearer and sharper.

What's more, a study published in Brain and Cognition found that after just 30 minutes of doing an easy half-hour bike ride, subjects completed a cognitive test faster than they did before exercising...and just as accurately. And the brainboosting effect lasted for at least 52 minutes after the ride.

Use this cardio-induced clarity to your advantage by timing your daily sweat sometime before you punch the clock, on your lunch break, or prior to a demanding task like a big meeting (just don't skip the post-workout shower!).

BOOST YOUR MEMORY

If you suck at remembering names, lay off the sudoku and feed your brain some exercise. In a study published in Perceptual and Motor Skills, women performed 20 percent better on memory tests after running on a treadmill than they did before exercising. They also increased problemsolving abilities by 20 percent.

The intensity of your workout makes a difference too. A study in Neurobiology of Learning and Memory found that people learned vocabulary words 20 percent faster after intense exercise than after low-intensity activity. Those who did moredemanding exercise had a bigger spike in their brains' levels of BDNF, dopamine, and epinephrine afterward. So the more you challenge your body, the more your gray matter benefits.

SWEAT MORE, STRESS LESS

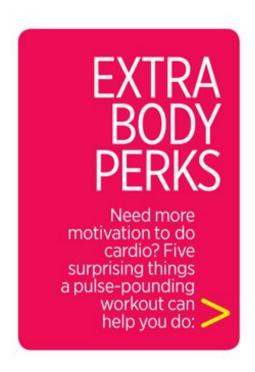
The reason you feel better after taking a kickboxing class may have more to do with your mental state than how many punches you landed. According to a study presented last year at the American College of Sports Medicine's annual meeting, exercise can improve your outlook. After riding a stationary bike for 20 minutes at moderate intensity, a group

of 18- to 25-year-olds reported an immediate positive change in mood. While the study didn't measure endorphins, it's known that your body can release the euphoria-inducing chemicals during exercise.

What's a bit harder to explain is that their mood lift lasted up to 12 hours. Scientists may have a clue though. Preliminary research presented at the annual meeting of the Society of Neuroscience found that when the brains of rats were studied after the rodents had been subjected to stress (made to swim in cold water), those that had been allowed to run beforehand reacted less to the stress than those that hadn't. In the critters at least, the new brain cells created by exercise appeared to help them resist stress. In other words, exercise—a "positive" stress-effectively rewired their brains to help them better deal with less pleasant stress. Researchers say the same may be true of humans.

CAPITALIZE ON CARDIO

Will any old way of raising your heartbeat also raise your success meter? Moderateintensity cardiovascular exercise—such as pedaling a bike, walking briskly, or anything where you're breaking a sweat but can still carry on a conversationshows promise in lab studies.





1/overcome CRAVINGS. The next time you hear a candy bar calling your name, try taking a hike. In one recent study published in the journal Appetite, subjects who took a brisk 15-minute walk decreased their cravings for chocolate by 12 percent. Just be sure to choose a route away from the vending machine.

2/LOSE THE MUFFIN TOP.

Obvious, right? A study in the journal Obesity found that just 80 minutes of cardio a week slowed weight gain and stopped participants from gaining visceral fat (the dangerous kind inside the abdomen that's been linked to diabetes and cardiovascular disease) a year after weight loss.

3/QUIT THE CANCER STICKS.

Research shows that 10- to 15-minute sessions of aerobic exercise trigger changes within the brain that help defuse nicotine cravings in smokers. What's more, a separate study found that cardio activity can also make smokingrelated images less likely to grab smokers' attention.

4/KEEP YOUR SIGHT. People who ran 1.2 to 2.5 miles a day had a 19 percent lower risk of developing age-related macular degeneration, while those who ran more cut their chance by 42 to 54 percent, according to a study from Investigative Ophthalmology & Visual Science. Vigorous activity may also decrease cataract risk.

5/REDUCE YOUR **BREAST-CANCER** RISK. Women who did either moderate exercise for 2.5 hours or vigorous activity for 75 minutes a week cut their chance of dying from breast cancer by a third, according to a study from Medicine & Science in Sports & Exercise. Women who did about twice as much cardio lowered their risk by 55 percent.

It takes at least 30 minutes of cardio three times a week to yield results, says Arthur F. Kramer, Ph.D., a professor of psychology and neuroscience at the University of Illinois at Urbana-Champaign, based on his studies on cognition and exercise. And if you can build up to daily cardio sessions, recent studies show that you may boost BDNF in your brain more rapidly than if you work out every other day. But it still might take a while to build the kind of brainpower that buffers you against stress. After a few months of a

regular cardio habit, gradually increase the intensity of your workouts to boost your mental returns. "Add a few vigorous efforts like running or interval training to your weekly program," Ratey says. Or try alternating between your usual routine and some workouts that are mentally challenging, such as dancing or tennis, a few times a week. Activities like these require coordination, which engages several areas of the brain at once—it's the mental equivalent of doing a pushup to work your entire upper body versus a biceps curl that targets only one muscle.

And if you happen to take a break from regular exercise, even for up to two weeks, no worries. Your brain has a molecular memory, which helps it churn out high levels of BDNF after just two days of hitting the elliptical again.

If a few hours a week on the treadmill ultimately helps you think quicker, make better decisions, and climb the ladder at work, your sweat will have literally paid off.





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recen

Poached Eggs and Hash

- 11/4 lbs unpeeled potatoes, cut into 1/4" dice
- 8 oz turkey sausage meat
- 2 Tbsp olive oil
- 2 Tbsp red onion, minced
- ½ red bell pepper, diced
- 2 scallions, thinly sliced
- 1 Tbsp parsley, minced
- 1/4 c grated Asiago cheese
- 2 Tbsp white vinegar
- 4 eggs
- 1. Place potatoes in a saucepan and cover with cold water. Bring to a boil over high heat. Reduce heat to low and simmer for 5 minutes. Drain and reserve.
- In a large skillet, brown sausage over medium heat, stirring with a wooden spoon to break up. Transfer sausage to a plate lined with paper towels and set aside.
- Drain skillet and add oil. Add onions, peppers, and scallions. Sauté about 4 minutes, until onions are translucent. Add potatoes and gently stir to mix. Cover and cook for 5 minutes without stirring until potatoes form a nice golden crust.
- 4. Stir in parsley and salt and pepper to taste. Cover and cook an additional 5 minutes. Remove lid and stir in sausage. Continue cooking, if necessary, until potatoes are fork tender. Sprinkle with Asiago.
- 5. In a large pot, combine vinegar with two quarts of water and bring to a rolling boil. Reduce heat to a bare simmer. Crack an egg and, holding the shell close to the surface of the simmering water, slide it into the pot. Working quickly, repeat with remaining eggs. Poach for 2 minutes.
- 6. Remove each egg with a slotted spoon and drain on a towel. Serve over hash.

MAKES 4 SERVINGS. Per serving: 370 cal, 20 g fat (3.5 g sat fat), 28 g carbs, 3 g fiber, 500 mg sodium, 20 g protein

Pot Roast

- 4 Ibs chuck roast, tied
- 1/4 c flour
- 2 Tbsp canola oil
- 2 onions, peeled and quartered
- 4 large carrots, slit lengthwise and cut into 11/2" pieces

- 2 large leeks, sliced
- 2 c sliced white button mushrooms
- 2 whole peeled garlic cloves
- 1 cred wine
- 1 gt fat-free reduced-sodium beef broth
- 2 Tbsp tomato paste
- 1. Preheat oven to 300°F. Season all sides of roast with salt and pepper to taste. Dredge in flour.
- 2. In a large Dutch oven, heat canola oil over medium heat. Brown roast, 4 to 5 minutes per side. Remove roast from the Dutch oven and set aside.
- Reduce heat to medium and add onions, carrots, leeks, mushrooms, and garlic. Cook, stirring occasionally, about 5 minutes. Add wine and use a wooden spoon to scrape up any browned bits. Stir in broth, tomato paste, and salt and pepper to taste.
- Place roast in the Dutch oven and nestle it in the broth and vegetables. Bring the liquid to a low boil. Cover and put in the oven for 3 to 3½ hours, until beef is fork tender.
- Remove roast to a cutting board and take off the strings. Spoon the pan juices and vegetables over the beef. Serve immediately.

MAKES 8 SERVINGS. Per serving: 440 cal, 15 g fat (4.5 g sat fat), 15 g carbs, 2 g fiber, 460 mg sodium, 53 g protein

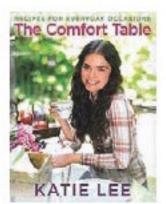
Herb-Roasted Potatoes

- 1 lb red-skinned potatoes, quartered
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp chopped mixed fresh herbs (such as rosemary, thyme, parsley, and chervil)
- 1. Preheat oven to 400°F.
- In a large bowl, combine potatoes, olive oil, herbs, and salt and pepper to taste. Toss to coat.
- 3. Place potatoes on a baking sheet. Roast until fork tender and golden brown, 25 to 30 minutes.

MAKES 4 SERVINGS. Per serving: 140 cal, 7 g fat (1 g sat fat), 18 g carbs, 2 g fiber, 5 mg sodium, 2 g protein

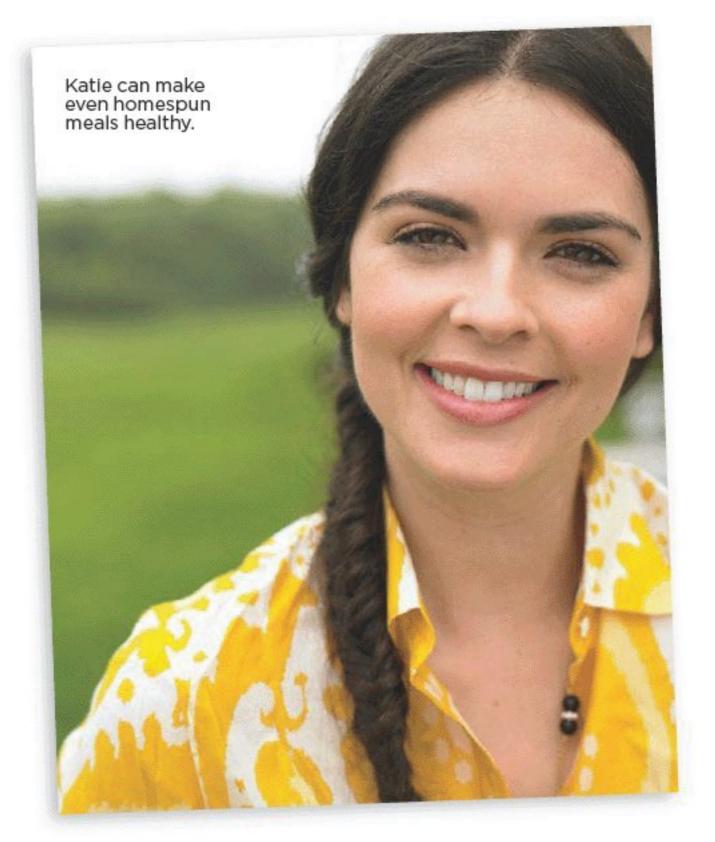
Meatloaf Sliders

- 6 oz extra-lean ground beef (95%)
- 1 egg white, lightly beaten
- 3 Tbsp ketchup
- 3 Tbsp finely chopped onion
- 1 Tbsp whole-wheat bread crumbs



ABOUT THE AUTHOR

Katie Lee is a food and lifestyle contributor for The Early Show. These recipes are adapted from her latest book, The Comfort Table: Recipes for Everyday Occasions (Simon & Schuster, 2009), found wherever books are sold and at Amazon.com.



- ½ tsp Worcestershire sauce
- 1 tsp minced flat-leaf parsley
- 1 tsp minced thyme Dash garlic powder
- 8 slider-size whole-wheat buns
- 1. Preheat oven to 350°F. Line a baking sheet with parchment paper and place a cooling rack on top. Spray lightly with nonstick cooking spray.
- In a large bowl, combine beef, egg white, 11/2 Tbsp ketchup, onions, bread crumbs, Worcestershire sauce, parsley, thyme, garlic powder, and salt and pepper to taste. Use your hands to mix everything together.
- 3. Divide meat into 8 thin patties and place on prepared rack. Brush with remaining ketchup. Bake 20 minutes.
- Place sliders in buns and serve.

MAKES 4 SERVINGS (2 SLIDERS). Per serving: 280 cal, 6 g fat (1 g sat fat), 38 g carbs, 2 g fiber, 500 mg sodium, 20 g protein

Faux-Fried Chicken

- Ib chicken tenders or boneless. skinless chicken breast, cut into thin strips
- 3 Tbsp Dijon mustard
- 2½ c cornflakes
- 2 tsp minced fresh sage
- 1 tsp minced fresh thyme BBQ or honey-mustard sauce (optional)
- 1. Preheat oven to 400°F. Line a baking sheet with parchment paper and spray with nonstick cooking spray. Using a pastry brush, coat each piece of chicken with Dijon mustard.
- 2. In a food processor or blender, combine the cornflakes, sage, thyme, and salt and pepper to taste. Pulse to a coarse meal and transfer to a shallow dish. Dredge each chicken strip in the cornflake mixture until evenly coated. Place on baking sheet

and bake until cooked through, 8 to 10 minutes. Serve with dipping sauce, if desired.

MAKES 4 SERVINGS. Per serving: 170 cal, 0.5 g fat (0 g sat fat), 15 g carbs, 1 g fiber, 360 mg sodium, 27 g protein

Carrot-Cake Cupcakes

- 2 c whole-wheat pastry flour
- 1 c all-purpose flour
- 2 tsp baking soda
- 1½ tsp ground cinnamon 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- ½ tsp kosher salt
- 1 c lightly packed brown sugar

1/4 c canola oil

- 2 large eggs
- ½ c plain yogurt
- 1 lb carrots, grated
- ½ c golden raisins
- 4 oz light cream cheese, at room temperature
- 1 c confectioners' sugar
- 1/4 c chopped walnuts (optional)
- 1. Preheat oven to 350°F. In a medium bowl, sift together the flours, baking soda, cinnamon, ginger, nutmeg, and salt. Set aside.
- With an electric mixer, beat brown sugar and canola oil for 5 minutes. Add eggs, one at a time. Stir in yogurt, carrots, and raisins. Mix in the flour mixture until just combined.
- Spoon batter into paper-lined muffin tins. Bake for 20 minutes or until a toothpick comes out clean. Let cool completely on a wire rack.
- 4. Using an electric mixer, whip cream cheese and sugar. Spread over each cupcake. Top with walnuts, if desired. MAKES 18. Per cupcake: 220 cal, 5 g fat (0.5 sat fat), 41 g carbs, 3 g fiber, 260 mg sodium, 5 g protein







JULIA MORRISON* WAS IN HER TWENTIES WHEN SHE MET HER BOYFRIEND AT A FILM FESTIVAL. HE HAD J. CREW-MODEL LOOKS AND A SEXY BRITISH ACCENT, AND HE WAS A FEMINIST/POET/VEGETARIAN— EVERYTHING SHE THOUGHT SHE WANTED AFTER HER BREAKUP WITH A STEREOTYPICAL FRAT BOY WHO EXALTED FOOTBALL AND KEG STANDS.

In reality, he was anything but an enlightened guy. During their two-year relationship, he regularly abused her. And here's the kicker: She didn't know he was doing it. Because no hitting was involved, she simply didn't have a name for the behavior that made her feel "diseased" in his presence: the subtle put-downs, the physical avoidance, the mocking.

Experts do, though. They call it emotional abuse, and it's as widespread in romantic relationships as it is misunderstood. In the simplest terms, emotional abuse is defined as behavior and language designed to degrade or humiliate someone by attacking their self-value or personality. While a normal couple may disagree about how to spend money, for example, an emotional abuser will make his partner feel as though she's too stupid to understand the intricacies of finances.

It can range from verbal abuse—yelling, blaming, shaming, and name-calling—to isolation, intimidation, and threats. It also commonly shows up as stonewalling and dismissing, behaviors that make victims feel alone and unimportant.

* Names and some details have been changed.

Although there are few firm statistics on emotional abuse's prevalence among couples, experts say as many as twothirds experience it, one-third of them chronically. Its effects can be devastating: depression, anxiety, and destroyed selfesteem. "It's very erosive," says Marti Loring, Ph.D., author of Emotional Abuse. "Whether it's overt or covert, the abuse negates a woman's very being."

CORROSIVE LOVE

Emotional abuse can be subtle. In Morrison's case, her live-in boyfriend would give her a wide berth in their Stanford, Connecticut, apartment. "There would be times when he'd have to walk past me, but he would purposely move his body in such a way that he'd avoid any chance of making contact," says the now 39-year-old. "It made me feel awful." Sometimes when they were walking together on the sidewalk, he'd abruptly cross the street without her—and then call her crazy, needy, and too sensitive when she mentioned it.

Emotional abuse can be more aggressive too. Liz Costa, a 33-year-old from Boulder, Colorado, was married to a controlling, volatile man who was prone to lashing out verbally at the slightest provocation.

He wasn't like that when they first became friends. "We could talk and share ideas," Costa says. Their connection felt deep, and in some ways, destined. "Our families had been intertwined since before we were born," she says. "It all seemed meant to be, and I rolled with it."

Things changed once she became pregnant with their first child. Her husband started flying off the handle over

would trigger him and he'd get angry," Costa said. "I was walking on eggshells all the time, not knowing what would detonate the blowups."

Over time, this tiptoeing around can devastate a woman, making her anxious, fatigued, and depressed, experts say. What's more, she thinks it's all her fault, and the very thought of leaving the relationship can add a layer of guilt and shame to the pile of negative emotions. Loring says, "Women will tell me, 'I would rather he hit me, because at least I can heal from the strike.' But the emotional abuse just rings out in their minds with cruelty."

> THE ESCALATING PROBLEM

It's hard to get a handle on how many women are victims of emotional abuse. (And it's worth pointing out that women can also be perpetrators. See "Are You Abusive?" on page 120.) It's included in the Centers for Disease Control and Prevention's statistics on intimate partner violence, which costs the U.S. almost \$9.7 billion in medical care, mental health services, and lost productivity each year.

"Just about everyone knows someone who's experienced it," says Steven Stosny, Ph.D., author of Love Without Hurt: Turn Your Resentful, Angry, or Emotionally Abusive Relationship into a Compassionate, Loving One. Several studies have found that up to 35 percent of women have been in romantic relationships that were emotionally abusive, and that such abuse was the greatest risk factor for and predictor of physical abuse. One study also found that emotionally abusive partners were more likely to commit murder

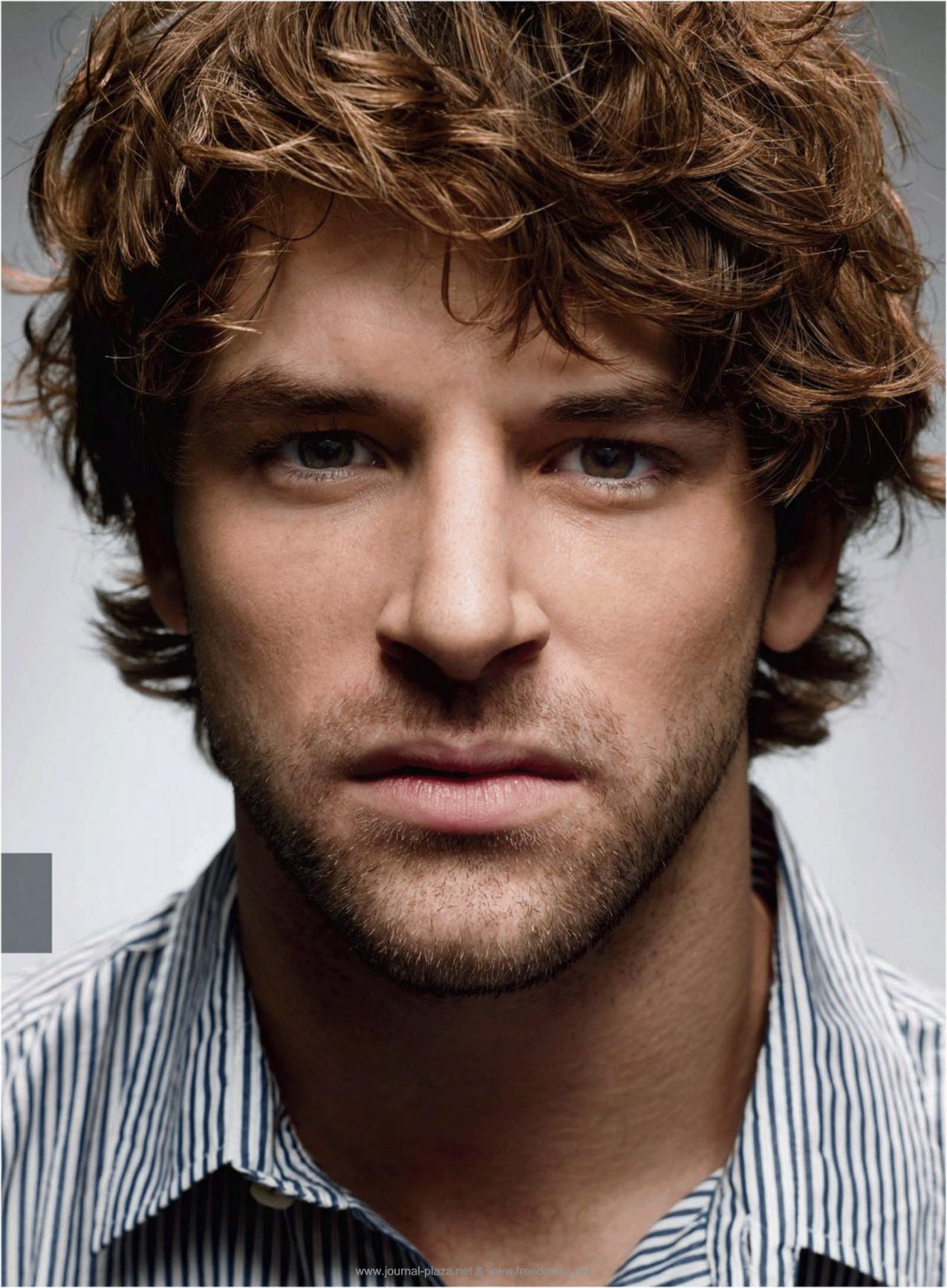
UP TO 35 PERCENT OF WOMEN HAVE BEEN IN ROMANTIC RELATIONSHIPS THAT WERE EMOTIONALLY ABUSIVE, AND SUCH ABUSE IS THE GREATEST RISK FACTOR FOR PHYSICAL ABUSE.

the smallest things. But she kept thinking he'd be happier if he got the right job, if she tried a little harder, if she happened on some magic formula. She didn't like how she felt each day, but also didn't think he was abusive, because he never hit her during their 12-year marriage.

Still, she didn't feel anything close to safe. "I had to be extremely careful how I talked about things with him or it would blow up into an argument quickly. I could be sharing something that happened at work, and somehow the conversation

or murder-suicide, and their victims were more likely to be suicidal.

Worst of all, the feelings that can lead to emotional abuse are on the rise. As Stosny explains it, many people these days think they're entitled to feel happy, and when they don't, they believe their rights have been violated. This violation makes them angry and hostile. An emotionally abusive person, caught up in this cycle of resentment and powerlessness, feels like he's not being treated fairly or getting enough attention, support, and obedience.



He then feels justified in punishing the person closest to him: his partner.

BLINDSIDED BY ABUSE

When a woman finds herself involved in an emotionally abusive relationship, she is often as surprised as her friends and family are, says counselor Kelly McDaniel, author of Ready to Heal. "I repeatedly hear women say, 'The relationship didn't start out that way' or 'Most of the time, things seemed really good," she says. "Repetitive emotional abuse has an almost numbing effect. It becomes normal."

And it can happen quickly. Karla Hanauer of Atlanta was in an emotionally abusive relationship from ages 19 to 21. Her boyfriend was eight years older than she was, and within their first month of dating, he had talked her into sleeping with him even though she hadn't intended to have sex with anyone until marriage.

In retrospect, she thinks he was trying to claim her through sex. And once he did, he gave her a ring with his name on it. After that, he accused her of betrayal every time she spent time with anyone else, including her own mother, flying into rages when she talked with other men. Soon, "normal" for Hanauer meant isolation from friends and family, because this was easier than dealing with his harsh accusations. "He did a masterful job of separating me from my own life," she says.

The whole thing shocks her in retrospect. "I've always been a strong, tough, smart person, and one would think I'd have seen a mental case like this coming from a mile away," she says. "I was the valedictorian of my high school class, and I was on the fast track at the university. I didn't drink or do drugs or any of those things you associate with falling in love with an emotionally abusive person."

But after a while, she says, "It was like I wasn't even me anymore."

Women who are being emotionally abused often feel trapped, and they change how they behave, speak, dress, socialize, and even work in an effort to dodge the hurtful language and behavior. As a result, they gradually lose their identities.

Teresa Haward, 30, had a boyfriend who would accuse her of being promiscuous for having dated other men. He'd take food away from her and tell her he wanted her to be as skinny as his ex. He questioned her love constantly, and even called her "that"—as in, "My mother didn't raise me to be with 'that.'" When any family members or friends called her, he said they were stealing time from him, even though

he and Haward were living together.

Ultimately, she quit her job as a reporter because he didn't want her to work (he thought her job took up too much of her time) and became even more trapped in his tempestuous cave. Her friends hated to see it happen and stopped coming around, as did her brothers, who lived nearby. And she was too embarrassed to tell her parents what had become of her.

"I went from being happy to being incredibly depressed," she says. "I would wake up in the morning and just cry. I felt like I was such a failure and maybe everything he said to me was true. My self-esteem was the size of a pinhead."

ARE YOU ABUSIVE? MEN AREN'T THE ONLY ONES WHO ABUSE.

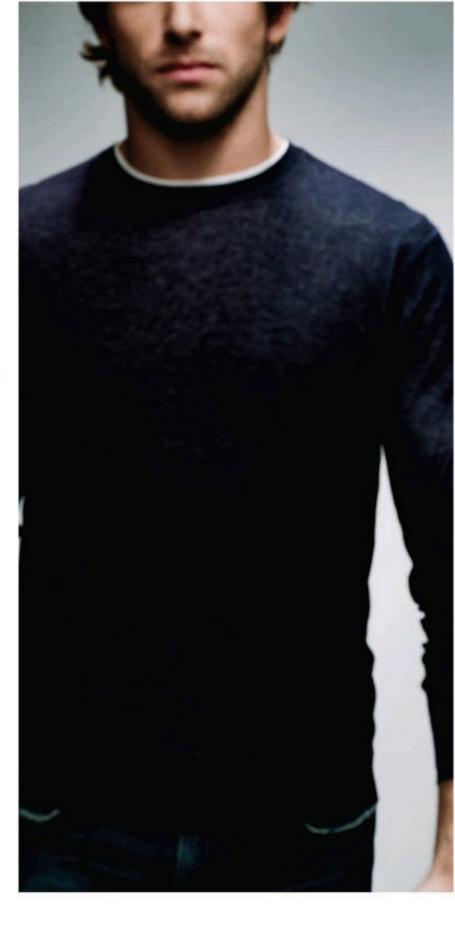
WOMEN DO IT TOO.

Sometimes it's obvious when a woman is being abusive—when say, she tells her partner that her ex gave her better orgasms or more financial security. Whereas male abusers play into a woman's fear of harm, isolation, or deprivation, women typically invoke a man's dread of failure as a provider, lover, or parent, says Steven Stosny,

Ph.D., author of *Love Without Hurt*. There are also types of abuse that are gender neutral, says Marti Loring, Ph.D., author of *Emotional* Abuse. Both men and women who are abusers use put-downs, ridicule, interruptions, standing in the way of jobs and other opportunities, saying hurtful things and denying it, or dishing up blame and accusations.

Regardless of the perpetrator emotional abuse is often caused by fear. Abusers fear things will go badly and they won't be able to cope. They feel out of control and powerless. So they act out and blame things on other people even their own bad behavior. (For example, they may say, "Maybe I called you names, but you drove me to it with your stupidity.")

If you recognize some of these signs in yourself, consider counseling or therapy to try to understand the roots of your fear and anger. It can help you work with your partner to find better ways to communicate. If you're concerned about abuse of any kind, call the National Domestic Violence Hotline (800-799-7233).



PRINCE HARMING: EARLY **WARNING SIGNS**

When women end up in an emotionally abusive relationship, it's often a reflection of what they learned about affection as kids. Our brains are wired for bonding, and if we grew up in a home with parents who were harsh, judgmental, and unkind, we may have learned to confuse love with pain, McDaniel says: "We can end up duplicating this pain over and over again

in our adult relationships." Liz Costa recognizes now how she fell into this trap. She had an abusive stepfather and wasn't allowed to say no when she was

a child. From him and from her mother, she absorbed the notion that her job was to please a man, and he would take care of her in return. With emotionally abusive men, though, this is an impossible task.

It's important for women to recognize early warning signs of emotional abusers. Stosny has identified nine red flags:

He's a blamer. A guy may blame someone for cutting him off on the road, or more insidiously, he can blame his exgirlfriend for making his life tough. Early on, this deplorable blaming trait is hard to detect because it is often couched in



a compliment (e.g., "You're nothing like that bitch I used to date"). Says Stosny: "The law of blame is that it goes to the closest person. You'll eventually be the object of it."

He's resentful. People like this aren't able to deal with the fact that life can sometimes be tough and unfair. They dwell on the injustice. Their resentment is a selfdefense mechanism, masking a fear of inadequacy or failure.

3 He has an entitlement complex. This is sometimes related to resentment: If life is so damn hard for him, then he's entitled to cut in line and break other rules. Let him get close and he'll feel entitled to abuse you if you don't let him have his way.

4 He has a superiority complex.

Emotionally abusive people aren't satisfied by feeling OK about themselves; they have to feel better than other people. This can play out as competitiveness or selfrighteousness, and can be alluring at first because he might flatter you with the ways in which you, too, are superior.

- **5 He's petty.** If he's the sort of person who makes a mountain out of the proverbial molehill-let's say, when a waitress doesn't put enough ice in his soda—be warned.
- 6 He's sarcastic. This sort of humor is designed to make someone feel bad. Eventually, you'll be the target.
- **7 He's deceitful.** If he exaggerates or distorts his past, it's a bad sign. It's not unusual to put on a good face when you're trying to impress a potential mate. But lying shows that his self-respect—and his regard for you—is low.
- **8** *He's jealous.* A dab of jealousy is fine, but any more can be toxic. Stosny calls jealousy "the only naturally occurring emotion that can cause psychosis"—the inability to distinguish the real from the imagined. Most severe relationship violence has jealousy at its root.
- **19** *He's pushy.* While this might be done under the guise of "sweeping you off your

feet," guys who push for too much too soon can be trouble. He should care more about your boundaries than his desires.

FINDING THE ESCAPE HATCH

Breaking up with an emotionally abusive partner is no easy task. These relationships can be like a physical addiction; when romantic love mixes with fear, the result is powerful and dangerous, McDaniel says. Our bodies secrete chemicals when we have sex or engage in other physical contact, and some—such as the neurotransmitter dopamine create pleasant sensations that we crave. We repeat the behavior that makes our dopamine levels spike, so women who associate love with fear can be vulnerable to choosing men who will hurt them.

Emotionally abused women also become used to the behavior, and even if they don't like it, they may not feel like they have the psychological or social resources to sever the toxic bonds. In trying to please abusive men, they've made so many adjustments and accommodations that no sense of self is left. This is how some abusive men manage to coerce their partners into credit-card theft and other crimes, Loring says: "A woman can be so emotionally abused that she doesn't have the confidence to say 'Whoa.'"

The shattered confidence can also make it difficult to leave, even if the woman is miserable. Julia Morrison's boyfriend

ended the relationship by calling her at work and saying he was tired of her crying and complaining. She begged him not to leave, but deep down felt relieved, because she knew she didn't have the strength to leave him on her own.

Guilt can also make it harder to break things off. If a woman didn't see or ignored the early warning signs and instead formed a deep bond with her partner, she's going to feel guilt and shame about leaving, Stosny says. So the first step is to recognize the abuse and our own limits in stopping it.

In the two months before Costa finally got up the courage to leave her husband, she endured a storm of abuse, as though he could sense she was getting ready to escape. She wanted her husband to know she was leaving—she didn't want to be accused of kidnapping their kids—so one morning after she dropped them off at school, she started packing the car. He worked nights and was still in bed, but the noise woke him up and he tried to keep her from moving her

stuff out. She called the police, who waited long enough for her to get her belongings.

It took Karla Hanauer the better part of a year to find her way out of her relationship. What made it harder was that her boyfriend threatened to kill himself every time she tried to break up with him, a threat she took seriously because his father had committed suicide. Finally, her best friend convinced her that she needed to call his bluff—or spend the rest of her life with him because he had scared her into staying. "Telling him I was leaving despite his threat, and realizing he wasn't going to kill himself, was like breaking a curse," Hanauer says. "That broke his hold over me."

Teresa Haward, the reporter who quit her job to please her abusive boyfriend, spent more than two years with him before she got counseling from a local women's shelter and finally moved to another state. To keep herself safe, she lied and told him they could have a long-distance relationship, but she never saw or spoke to him again. "It finally sunk in that I wasn't going to change him," she says.

The hope that their abusive partners will change is what keeps many women hanging on—but, Stosny says, it's often a futile dream. Individual therapy for abusers also tends not to help because therapists may identify with their patients and not be able to recognize the abuse. And couples therapy isn't the solution if one partner is abusive—it can actually make things worse.

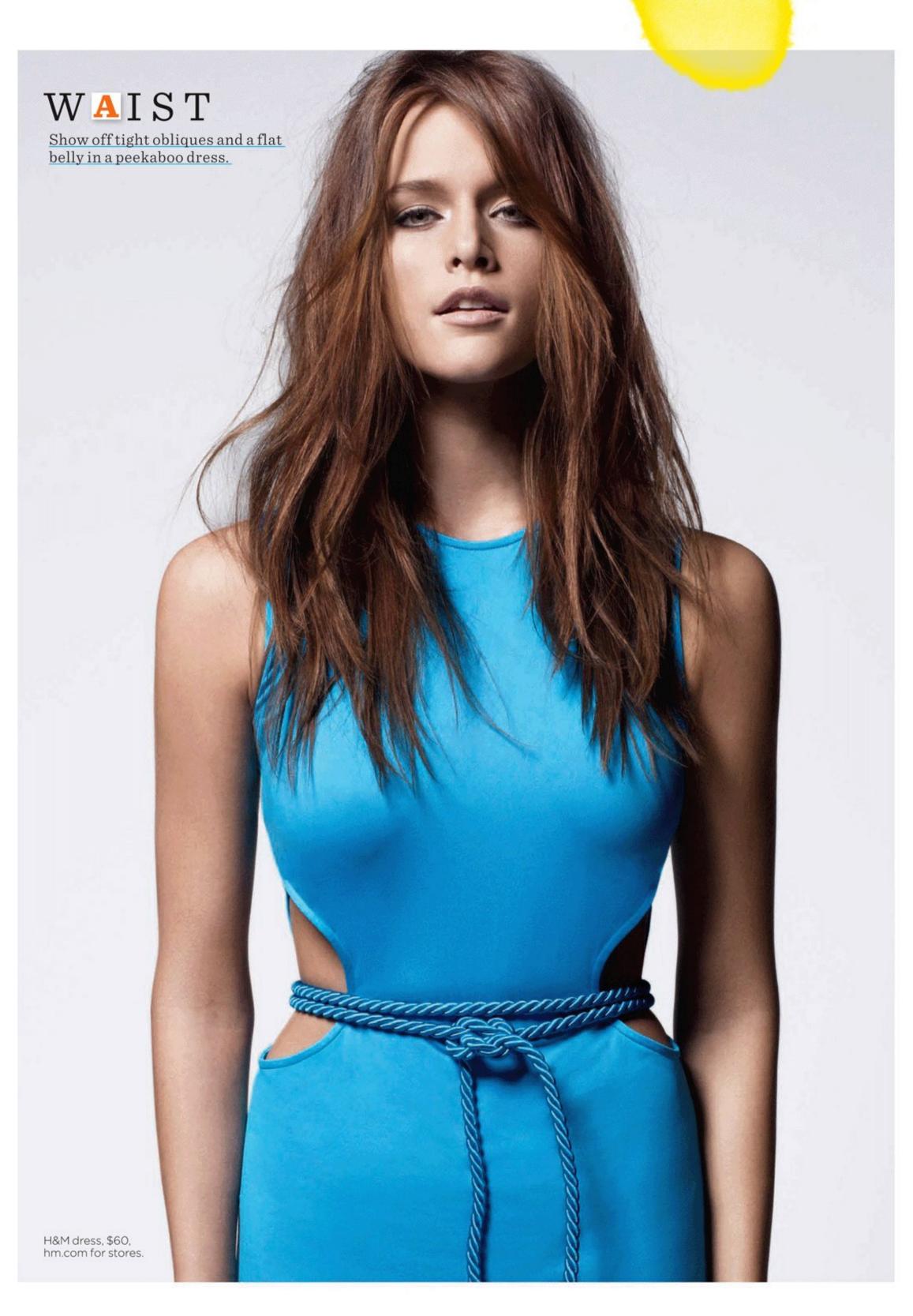
THE HOPE THAT THEIR ABUSIVE PARTNERS WILL CHANGE IS WHAT KEEPS MANY WOMEN HANGING ON.

> When McDaniel sees one partner abuse the other in therapy, she stops working with the couple and focuses on the abuser until he recognizes the effect he's having and is willing to make amends. Often, the news that he's abusive comes as a shock. If a man was spoken to that way as a child and is used to it, it can be startling for him to hear he's being hurtful.

Women who are prone to choosing abusive partners need to address that as well. Haward had to learn how to put her own well-being first, and realize she isn't responsible for anyone else's happiness. "It took so much time to rebuild my self-esteem and understand why I went for toxic men to begin with," she says. "I'm never going there again."

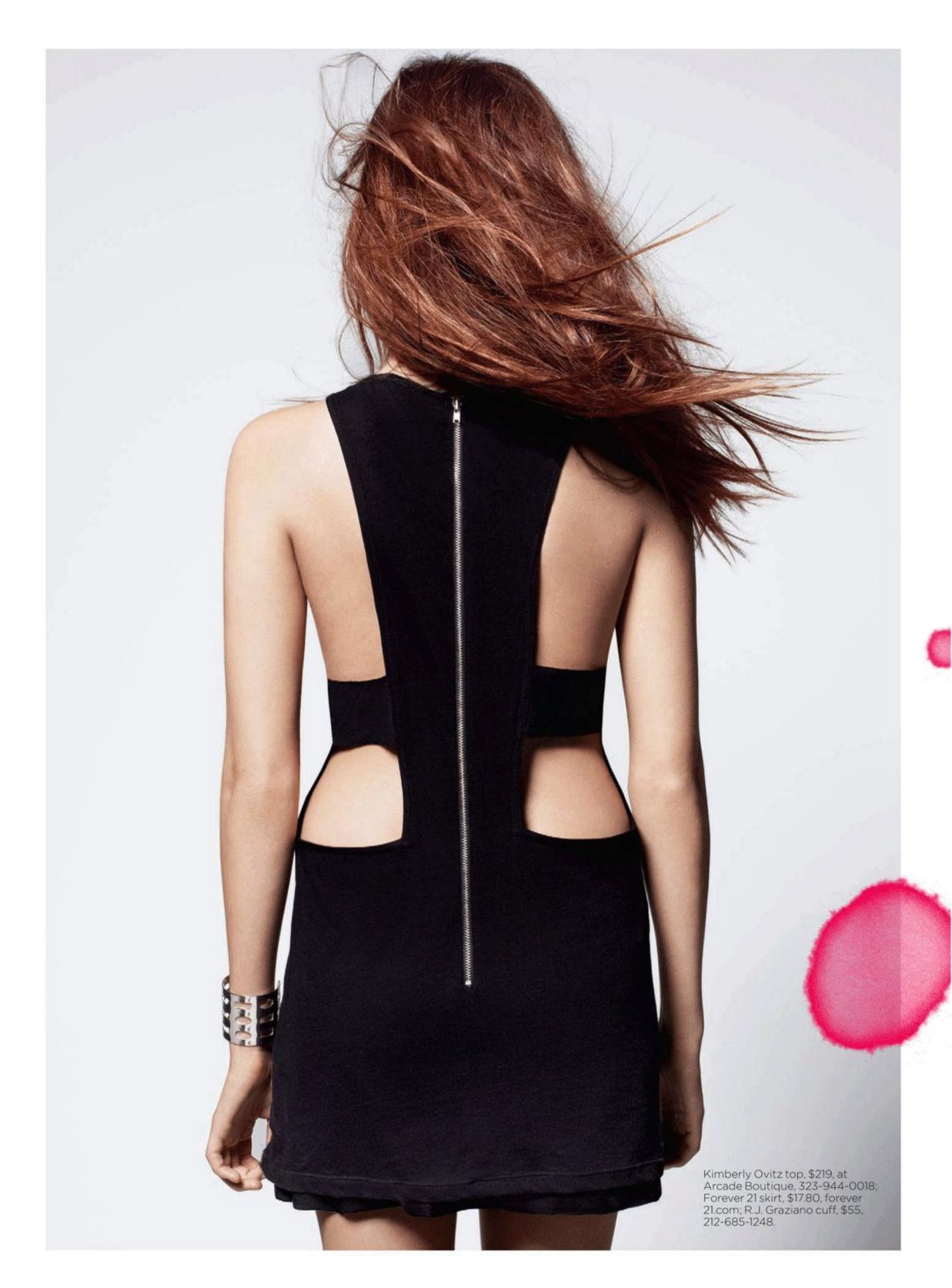
















beauty and fitness tips.

Firm up your legs with a side lunge:

> Stand with feet hip-width apart and take a step to the left, bending your left knee and lowering until your thigh is parallel to the floor. Keep your right leg straight. Push off your left foot and stand. Do 10 reps; repeat on your right leg.

Another trick: > Rub a bronzing lotion down the length of your shins. The shimmer draws the eye to the slimmest part of your legs, creating a lean look. Try Lorac TANtalizer **Body Bronzing** Luminizer, \$30, sephora.com.

The side-plank pose targets your oblique muscles, which help pull in your middle like a corset, giving you feminine curves: > Lie on your left side with your legs straight. Prop yourself up on your left forearm so that your body forms a diagonal line; your hips should be raised and in line with your body. Rest your right hand on your hip, brace your abs, and hold the pose for up to 60 seconds. Repeat two or three times. Switch to your right side and repeat.

DÉCOLLETAGE

 Accentuate your chest-whether you've been blessed with a perfect bust or have defined your décolletage with your fair share of pushups: > Use a large makeup brush to dust on some shimmer powder in a V shape (pink for cool skin tones, gold for warm ones). Start at your sternum (that bony area between your girls) and brush the powder up to your right shoulder. Repeat on the left side. Try Laura Mercier Loose Shimmer Powder, \$34,

lauramercier.com.

BACK

 T-raises will help keep your back beautifully toned:

> Lie facedown on the floor and position your arms so they're perpendicular to your torso. Slowly raise them as high as you comfortably can. Pause, then slowly lower your arms back down to the starting position. Do 12 reps, focusing on squeezing your shoulder blades together during each raise. Once you build up strength, you can do the moves holding a one- to threepound weight in each hand.

SHOULDERS

Add sexy definition with this push-press exercise:

> Stand, holding a pair of fiveto eight-pound dumbbells just above shoulder height (even with your ears), with your arms bent and your palms facing each other; keep your knees slightly bent. Press the weights straight up until your arms are fully extended (don't bring your hands together at the top of the move), then slowly lower the dumbbells back down to the starting position. Do 15 to 20 reps.

Where to Buy

ebags.com

On the cover:

Agas and Tamar Jewelry & Design aquamarine necklace (\$1,700) and gold rings (\$1,550 and \$1,650), agasandtamar .com for stores

T by Alexander Wang stretch one-shoulder dress (\$95), shopbop.com

PRECIOUS MOMENTS

PAGES 36 AND 37

Agas and Tamar Jewelry & Design gold and aquamarine necklace (\$1,700), agas and tamar.com for stores
Bally Ardey-T ranch patent shoes (\$525), 310-271-3310
Cotelac/acote tank (\$165), 212-219-8065

SHOP YOUR FITNESS VIBE

PAGES 40 AND 41 180s UltraLite gloves (\$2

180s UltraLite gloves (\$20), 180s.com

Adidas Glide three-quarter tight (\$50), shopadidas.com Adidas by Stella McCartney hoodie (\$135) and gym cover-up three-quarter pants (\$100), shopadidas.com

Aerie tee (\$17.50), aerie.com Alo V-neck bra (\$38), alosport.com

Calvin Klein full-zip racer-back hoodie (\$48), at Paragon Sports, 212-255-8889; zip-off-sleeve jacket (\$65), at Luke's Locker, 214-528-1290 **Champion** Balance cami bra (\$30), championusa.com **Dakine** Avani bag (\$60),

Lululemon Athletica Manduka pro yoga mat (\$90), lululemon .com; Foldin' key cuff (\$8), lululemon.com for stores

Moving Comfort Helena bra (\$58), movingcomfort.com Nux sport short (\$37), nuxusa.com

Patagonia, Inc. women's brushed Vitali wrap (\$80), patagonia.com

prAna Revolution mat holder (\$50), prana.com **Reebok** Lagosta DMX Max

(\$70), reebok.com

Saucony ProGrid Triumph 7
(\$130), saucony.com

So Low leggings (\$73),

Tech4o women's Heartbeat watch (\$90), tech4o.com Timex Ironman Sleek 150-Lap watch (\$90),

solowstyle.com

timexironman.com VSX Victoria's Secret Sport base-layer tank (\$32),

victoriassecret.com Yogitoes Ecodot (\$15) and Skidless Premium (\$64), yogitoes.com

MASS APPEAL

PAGES 42 TO 45

Express boyfriend blazer (\$98), embellished tee (\$29.50), modern stretch skirt (\$59.50), stretch belt (\$44.50), studded bag (\$59.50), birdcage necklace (\$59.50). striped cardigan (\$49.50), and fold-over mesh clutch (\$49.50), express.com Gap Western chambray shirt (\$59.50), cotton Favorite rib tank (\$14.50), cotton camo pencil skirt (\$49.50), leather boyfriend belt (\$29.50), nylon utility bag (\$49.50), and Pierre Hardy for Gap leather platform sandals (\$98), gap.com **H&M** trend floral bolero (\$60), tank (\$10), skinny pants (\$13), belt (\$25), and black heel booties (\$50), hm.com for stores Loft ruched-collar jacket (\$69.50), chiffon-petals cardigan (\$59.50), layered woven-trim tank (\$24.50), premium modern skinny jeans (\$98), skinny braided belt (\$29.50), leather fold-over clutch (\$98), braided overlay wedges (\$79.50), and clear stone ribbon necklace (worn as bracelet, \$44.50),

loftonline.com

SCULPT A LEAN BODY

PAGES 63 TO 65

American Apparel strapless ruched bodysuit (\$26), americanapparel.net

Autumn Cashmere harem pants (\$295), at Bergdorf Goodman, 212-872-8988 Be Present Dancer cami (\$49) and racer-back bra (\$33), bepresent.com

Lija by Linda Hipp compression climate shorts (\$35) and compression uptight capris (\$85), lijastyle.com

Rajo Laurel Natalia tulle wrap blouse (\$85), rajolaurel.com

GAIN THE CARDIO EDGE

PAGES 106 TO 109

Adidas by Stella McCartney studio all-in-one jumper (\$175), shopadidas.com

American Apparel unisex flex terry wristbands (\$4 each), americanapparel.net

Lululemon Athletica hot set bra (\$48), lululemon.com **Nike** seamless short Airborn bra (\$40), nike.com

Nike Sportswear Air Force 1 sneakers (\$225), nikesports wear.com

BEST IN SHOW

PAGES 122 TO 129

AG Adriano Goldschmied Chance miniskirt (\$120), agjeans.com Ali Ro silk shorts (\$198) and jacket (\$364), ali-ro.com for stores BCBG Max Azria one-shoulder dress with Trapunto bra (\$380), bcbg.com

Boutique 9 Disco shoes (\$160), ninewest.com D&G satin stretch bustier (\$335), yoox.com, and satin pumps (\$485), dolce gabbana.com

Elyssa Bass Designs white topaz stack ring (\$120), at Saks Fifth Avenue, 404-261-7234 Falls silk peplum top (\$185), at Filoni, 708-445-9360

Forever 21 satin skirt (\$17.80), forever 21.com

H&M PC rope dress (\$60), hm.com for stores

Helen Ficalora necklace (\$218), 877-754-2676

Kimberly Ovitz Dexter top (\$219), at Arcade Boutique,

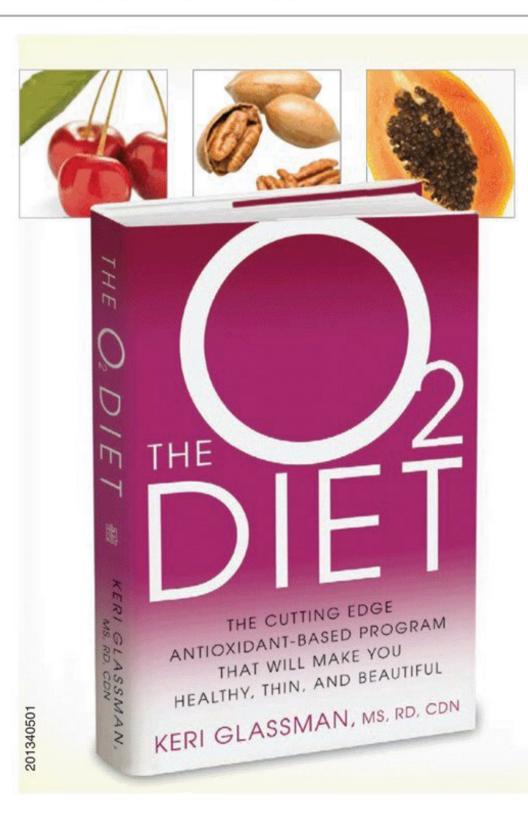
323-944-0018 **Levi's** skinny jeans (\$42), levi.com **M. Levinson Jewelry** Designer Stack rings (\$48 to \$90 each),

mlevinson.com Nanette Lepore suede dress (\$998), and double-strap wedges (\$375), 212-452-3056

R.J. Graziano cuff (\$55), 212-685-1248

Stuart Weitzman nubuc shoes (\$335), 703-827-9898

Twelfth Street by Cynthia Vincent silk romper (\$215), owlslab.com



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LIVE YOUR WHOLE LIFE"

Percentage of women who have had plastic surgery because they weren't happy with how they looked:

What most went under the knife for:

 $A\,boob\, job$

Percentage of women who check themselves out in the mirror 10 or more times a day:

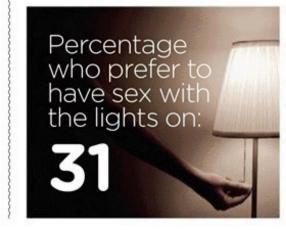
Percentage of women who aren't afraid to let their men see them sans makeup:

Number of women who've had the confidence to ask a guy out:

1in 2

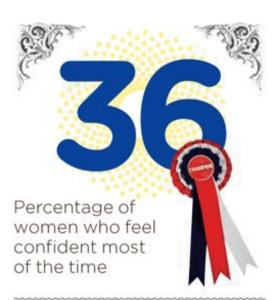
Percentage who have no doubts about their bedroom skills:





Killer Confidence

See how your self-esteem stacks up.



She looks

good wearing an attitude.

> When she's dressed up and hitting the town Percentage of

Occasion on which

feels the sexiest:

the Average Woman

women who wear tight clothes that



show off their curves when they go out:

PHYSICAL ATTRIBUTE THE AW IS MOST CONFIDENT ABOUT:

Her face

#TOP 3

Things that

1 Working out

of herself

someone else

give the AW a

confidence boost:

2 A compliment from

3 Seeing a good photo

TRAIT THE AW FEELS LEAST CONFIDENT ABOUT:

Her weight

#TOP 3

Characteristics of a confident woman:

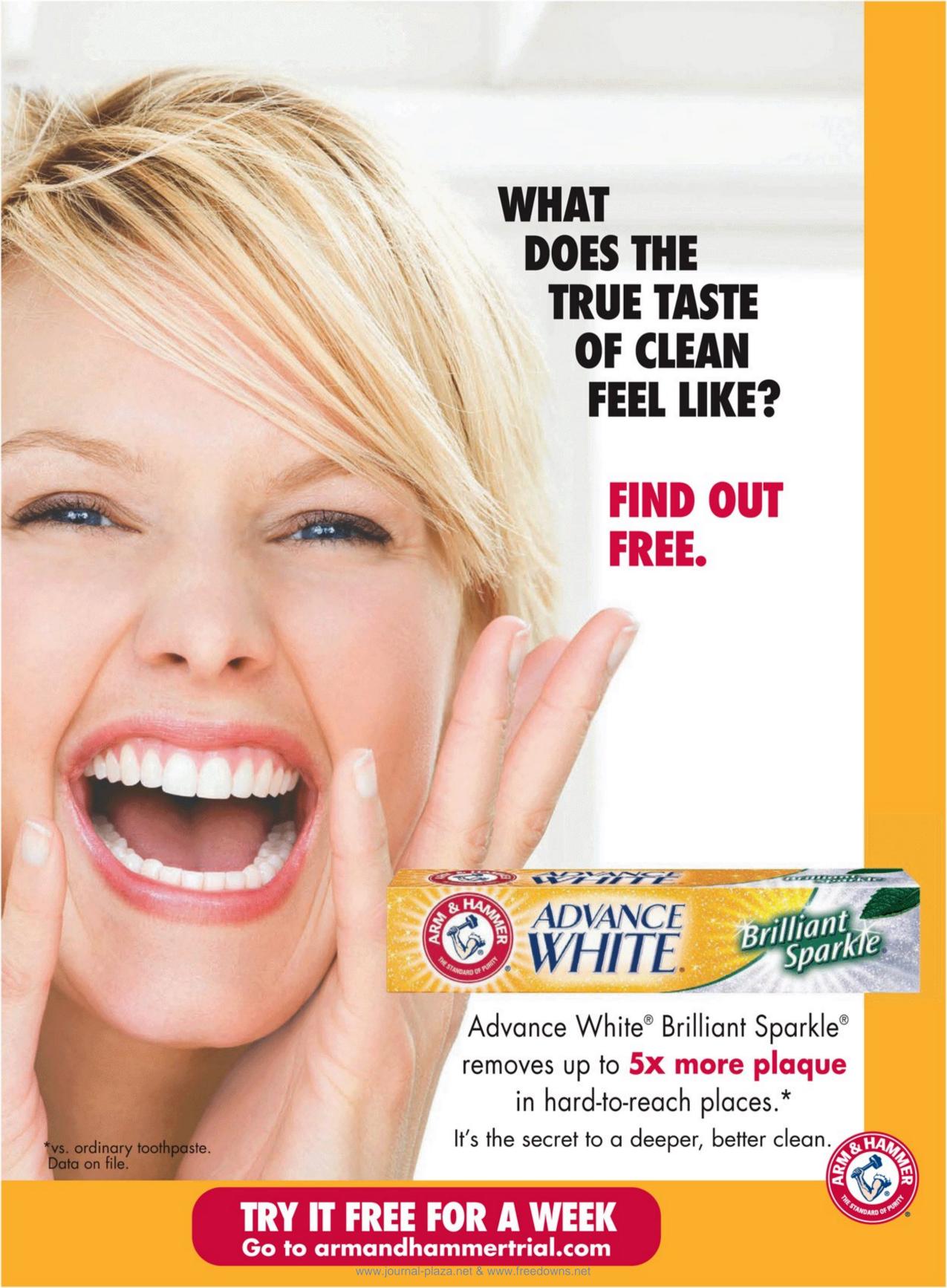
- 1 She has a take-charge personality.
- 2 She looks you in the eye.
- 3 She has perfect posture.



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The Color Maller Color of Colo

BY BETH LANDMAN

NOT TOO LONG AGO, I was sitting in front of my laptop, putting the finishing touches on a magazine story, when my six-pound Yorkie lunged at a chew toy nearby, causing me to spill coffee onto my keyboard, rendering it useless.

I knew what had to be done. So I swapped my sweats for a pair of tight jeans, transformed my face with bronzer and lip gloss, and raced to the computer store. Sure enough, the geeks were moved to perform an act of heroism, sending me home an hour later with a fully functioning laptop.

I'm no dummy. Like a lot of women, I know that if I need help or attention, the more attractive version of me is likelier to get it. That's just a fact of life. Actually, there may be a whole different set of rules for the physically fortunate. They slip past velvet ropes, get preferential seating in restaurants, and even smile their way out of traffic tickets...and that's just for starters.

One reason beautiful people may get such a warm welcome is that they're often assumed to be above average across the board. "People have a cognitive bias. They assume that if someone is attractive, she possesses other positive traits, such as kindness and intelligence," says behavioral psychologist Stephen Josephson, Ph.D., of Weill Cornell Medical College.

Little wonder then that a study conducted by Daniel Hamermesh, Ph.D., and Jeff Biddle, Ph.D., economics professors at the University of Texas and Michigan State University, respectively, revealed that "plain" people earn 1 to 15 percent less than people with average looks, who in turn earn 1 to 13 percent less than those deemed good-looking. (While beauty is subjective, research shows that most of us view certain physical attributes as appealing, such as large eyes, full lips, and a small nose.) Says Gordon Patzer, Ph.D., author of Looks: Why They Matter More Than You Ever Imagined: "As discomforting as it may be, it's not illegal to pick employees based on how good-looking they are."

Job recruiters have come to learn that sending aesthetically pleasing

But here's good news for plain Janes: Some things *are* within your control. Any job applicant can get ahead if she's poised and well-groomed. Part of the reason is that tending to your looks shows you care about how you present yourself to the world. A few well-placed highlights or a swipe of lipstick creates an aura not only of attractiveness but also of self-confidence. "And when you feel good about yourself, it changes the way you carry yourself," says New York makeup artist Karina Freedman. "The key is to make the most of what you've got. Start by finding your best feature and accentuate it with makeup."

Occasionally, being pretty can backfire, says Josephson: "It's the bimbo effect. If a beautiful woman succeeds, she often finds herself fielding insinuations

A SWIPE OF LIPSTICK CREATES AN AURA NOT ONLY OF ATTRACTIVENESS BUT ALSO OF SELF-CONFIDENCE.

candidates gets a better reaction from their clients. "I'll write 'This person is attractive' on the applicant's cover letter before passing her on," admits a professional who does hiring in the legal field. "Whether they admit it or not, many employers feel that having pretty female employees will reflect well on their firm."

that her accomplishments are based solely on her looks." And although a 2009 Journal of Applied Psychology report found that handsome people do have an edge over their less comely counterparts with regard to salaries, it turns out that intelligence trumps all.

Pretty reassuring. But I'm holding on to my bronzer and gloss, just in case.



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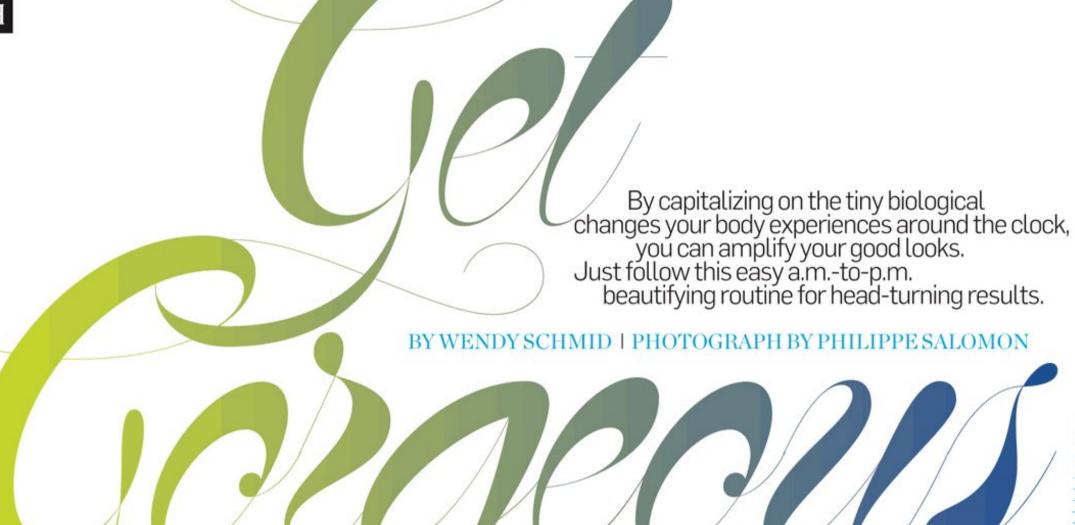
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Like most women, you probably wash your face and pat on some obligatory moisturizer in the morning, and then dutifully remove your makeup and cleanse at night. But if that's all you're doing, you're missing out on many opportunities to boost your beauty potential throughout the day. "Cycling your regimen around your internal clock can do wonders for your skin," explains Melinda Milner, spa director at Terranea Resort in Palos Verdes, California, where the whole spa menu is based on the body's circadian rhythm (its timed biological cycle). Maximize your hotness by adopting this simple 24/7 game plan.

MORNING

Moisture gets sucked out of your skin and lips when you're sleeping, and what's left hanging around tends to pool in the most unfortunate of places—around your eyes, where skin is thinner and more delicate, says Francesca Fusco, M.D., a dermatologist in New York City. Around 4 a.m., your temperature, blood pressure, and hormone levels begin to rise, kicking your skin's ratio of oiliness to dullness up a notch. This adds a bit of hydration, but you still need to help your skin along by taking the following steps:

STYLING: INESSAH SELDITZ, PROP STYLIST: OLIVIA SAMMONS/JED ROOT, HAIR: DEY\ SEE MANAGEMENT, MAKEUP: KEIKO TAKAGI/SEE MANAGEMENT; ERES BRA AND HOT

> Even if you rest your face on a freshly laundered pillowcase, your skin still gets "dirty" overnight. Washing with a moisturizing, nonfoaming cleanser such as Neutrogena Extra Gentle Cleanser (\$8, drugstore.com) will remove the impurities that result from natural cell





metabolism and hydrate your skin, says Jeannette Graf, M.D., a dermatologist in Great Neck, New York.

- > To de-puff eyes, Fusco recommends keeping a caffeinated eye gel in the fridge and dabbing it on first thing in the morning. "The coldness and caffeine act as vasoconstrictors, and they'll pull the puff right out." Using your finger, pat (1) Origins GinZing (\$29.50, origins .com) from the outer to inner corner of each eye. Another option? Sip some coffee. But use restraint: While one cup acts as a diuretic, sucking out just enough moisture, two goes overboard, zapping too much, Fusco warns.
- > Sprinkle baking soda on a toothbrush and gently buff your lips to remove dry flaky skin and reveal a smooth kisser.
- > About 20 minutes before you head out the door, slather a grape-size blob of moisturizer with SPF 30 (or more) onto your face. Look for a product that contains moisturizers such as glycerin or ceramides, which help trap moisture in skin cells and keep their structure strong, and antioxidants such as vitamin C, vitamin E, green tea, or lycopene, which studies show increase the effectiveness of sunblock. Try (2) Olay Professional Pro-X Age Repair **Lotion with SPF 30** (\$42, drugstore.com).

NOON

The hormones that start cooking in the early a.m. hit their peak between noon and 4 p.m. One in particular, cortisol, can turn your T-zone (forehead, nose, and chin) into an oil slick. Also, your rising basal body temperature can make you look flushed or cause conditions like rosacea to become more pronounced around lunchtime.

> Dust your face with a mineral-powder sunscreen to keep oil in check and reboot your SPF. (3) Colorescience Pro Sunforgettable SPF 30 (\$50, amazon .com) is a clear powder that provides longlasting protection and is gentle enough for those with rosacea or eczema.

LATE AFTERNOON

Your body starts slowly shifting gears again around 4 p.m. Body temperature cools and blood pressure lowers, causing you (and your skin) to look drained and sleepy, Milner says.

> To breathe life back into your complexion, spritz on a light moisturizing face spray; the cooling blast of hydration will be energizing. Plus, some sprays—like Sircuit Skin Molecular Mist (\$36, sircuitskin.com)—contain skin-healthy antioxidants, which block free radicals from damaging your skin.

NIGHT

While you're getting your beauty sleep, your body is hard at work, repairing weakened muscle fibers and regenerating skin cells. "Growth hormone, which is necessary for skin repair, peaks during sleep, helping you maintain collagen and fight wrinkles," says Eva Cwynar, M.D., an endocrinologist in Beverly Hills. Increased blood circulation to your skin helps it to release impurities and accept nutrients. Because night is your body's prime recovery time, a big chunk of your 24-hour routine should be focused here.

- Reach for textured cleansing wipes like Aveeno Positively Radiant Daily Cleansing Pads (\$8, cvs.com). They'll cut through the day's grime, oil, and sunscreen and gently exfoliate your skin at the same time, Fusco says.
- Deeper exfoliation twice a week will rid your skin of dulling dead-cell buildup. Use a scrub with glycolic or salicylic acid. Try (4) Bioré Even Smoother Microderm Exfoliator (\$14, target.com), and buff gently in a circular motion.
- After washing and drying your face, slather on a retinoid product. "This will accelerate cell turnover, which evens out pigmentation and increases collagen



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production," Fusco explains. If retinoids irritate your skin (they're strong little suckers), try (5) StriVectin Overnight Facial Resurfacing Serum (\$59, sephora.com), which contains gentler resurfacing ingredients like oligosaccharides (complex sugars).

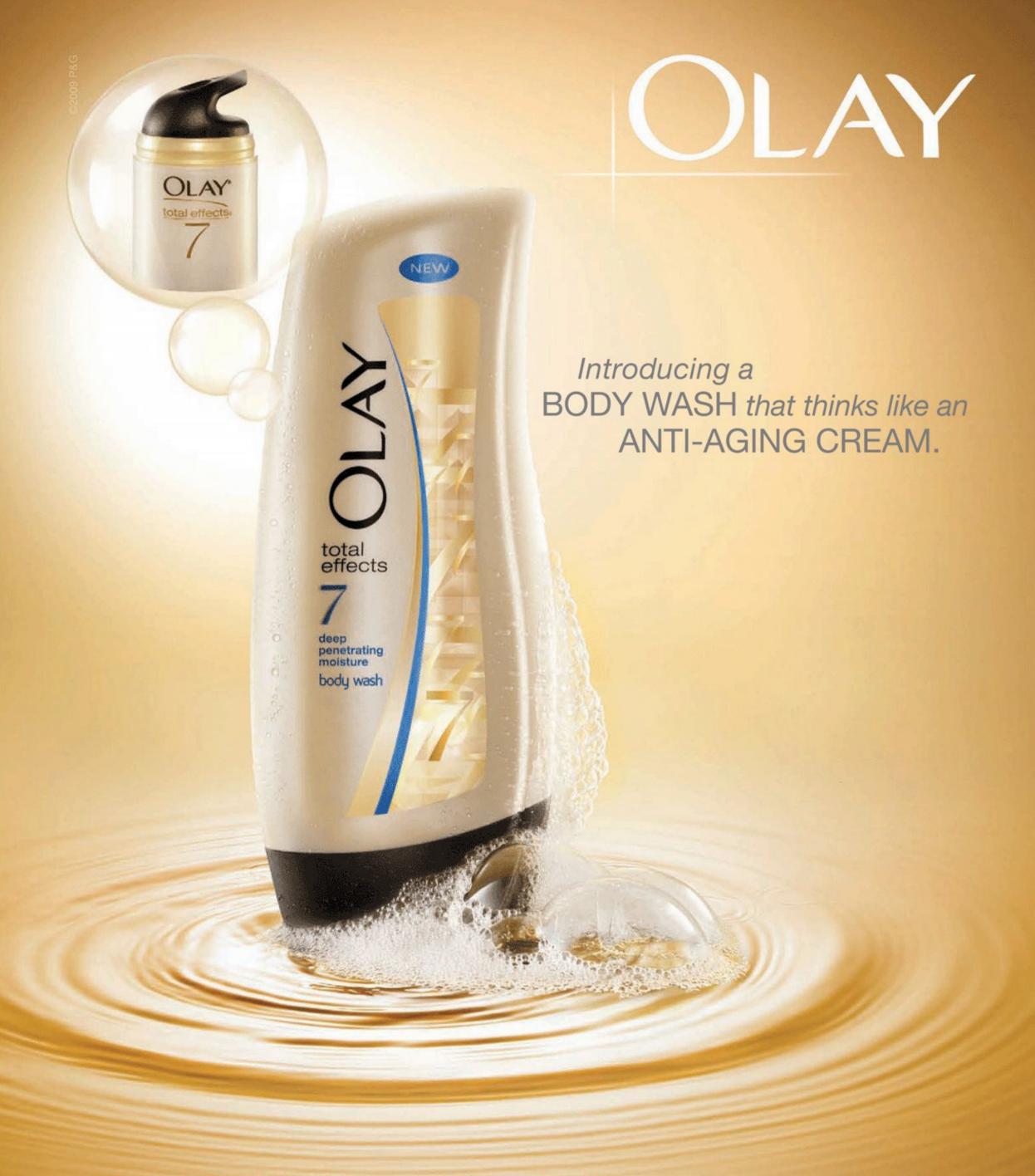
- > Smooth on a treatment oil serum containing essential fatty acids. "The EFAs, like those found in argan oil, act as nutrition for your skin's cells, sealing in much-needed moisture by reinforcing the skin's top layer," Graf says. Try **Kahina Giving Beauty Serum** (\$69, kahina-givingbeauty.com).
- > Pat an eye cream with collagen-boosting peptides over crow's-feet and brow bones to firm and tighten the area around your eyes. Try **Talika Eye Dream** (\$55, talika.com).
- > Use a night cream with glycerin or hyaluronic acid (to protect against moisture loss) and peptides. Try (6) Clinique Youth Surge Age Decelerating Night Moisturizer (\$48.50, at Sephora stores). Spread the cream between your hands, then gently massage it onto your face.
- > Once a week, apply a nutrient-rich moisture mask to your hands and feet, and wear cotton gloves and socks overnight.
 Try (7) Manicure/Pedicure by OPI White Tea Mask (\$15, opi.com for stores). ■

WHILE YOU WERE SLEEPING

The best thing you can do for your skin is to get a solid eight hours of shut-eye a night. These tricks will encourage a sound slumber.

- > Sniff lavender essential oil or spray some onto your pillow. Studies show the scent induces relaxation and helps you nod off, Fusco says.
- > Place a cool-mist humidifier in your bedroom. Not only will the soothing noise lull you to sleep, but it will also "increase the humidity in the air, so your skin will absorb it and become more hydrated," Graf says.
- > Half an hour before bed, take about 600 milligrams of magnesium. "It has a direct calming effect on the brain and muscles, promoting sleep," Cwynar says. Try an easily absorbed powder version, like Natural Vitality's Natural Calm (\$15, vitaminshoppe.com).





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HAIRSTYLES WITH

These cuts don't just look good—
they solve a host of beauty problems too.
So what are you waiting for? Chop-chop!

BY MARY ROSE ALMASI

Imagine losing five pounds without cutting a single calorie. Crazy as it may sound, the right haircut can pull off that amazing feat. "Styles can cover perceived imperfections while emphasizing your more attractive features," says celebrity hairstylist Jason Stanton.

A strategic cut can also make your life a lot easier by stretching the time between trips to the hair salon.

Find the style on these pages that addresses your top beauty concern, then head to the salon with your inspiration picture in hand. MINIMIZEA
PROMINENT
NOSE ->

THECUT

A side-parted style with long layers throughout

WHY

Hair that falls to one side instantly pulls attention away from the center of your face. Layers give hair dimension, and that extra body visually widens the face, making the nose seem smaller.

AVOID

A center part. The line it creates draws focus to the center of your face. In other words, all eyes will be zoned in on your nose.



STYLING TRICK: Make a slightly off-center part, and mist with a heat-protective spray like Garnier Fructis Triple Nutrition Nutrient Spray (\$6, at drugstores). Wind two-inch sections around a large, two-inch-barrel curling iron. After you release the curls, don't touch them. Let them fall a bit by themselves (it'll take about 20 minutes). You'll end up with that loose-curl look Blake Lively has. "You have to wait for the curls to relax on their own. It's the difference between curls looking beauty pageant-y and looking great," Stanton says.

LISA SHIN (STILLS); ANDREW H. WALKER/GETTY IM AGES; PHOTO ILLUS TRATIONS: CHELSEA CARTABIANO

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GET OUT THE **DOOR INLESS** THANFIVE*MINUTES*

THE CUT

Long, below-the-shoulders with the bottom four inches layered, plus a few face-framing pieces that hit at the jawline when hair is wet

WHY

Bottom layers are a rushed girl's best friend because they allow your natural waves or curls to airdry (that's right, you can skip the blow-dry) into an allover evenly textured look. Thing is, they need to fall below your collarbone; otherwise the waves or curls will spring up and pouf. Chicks with

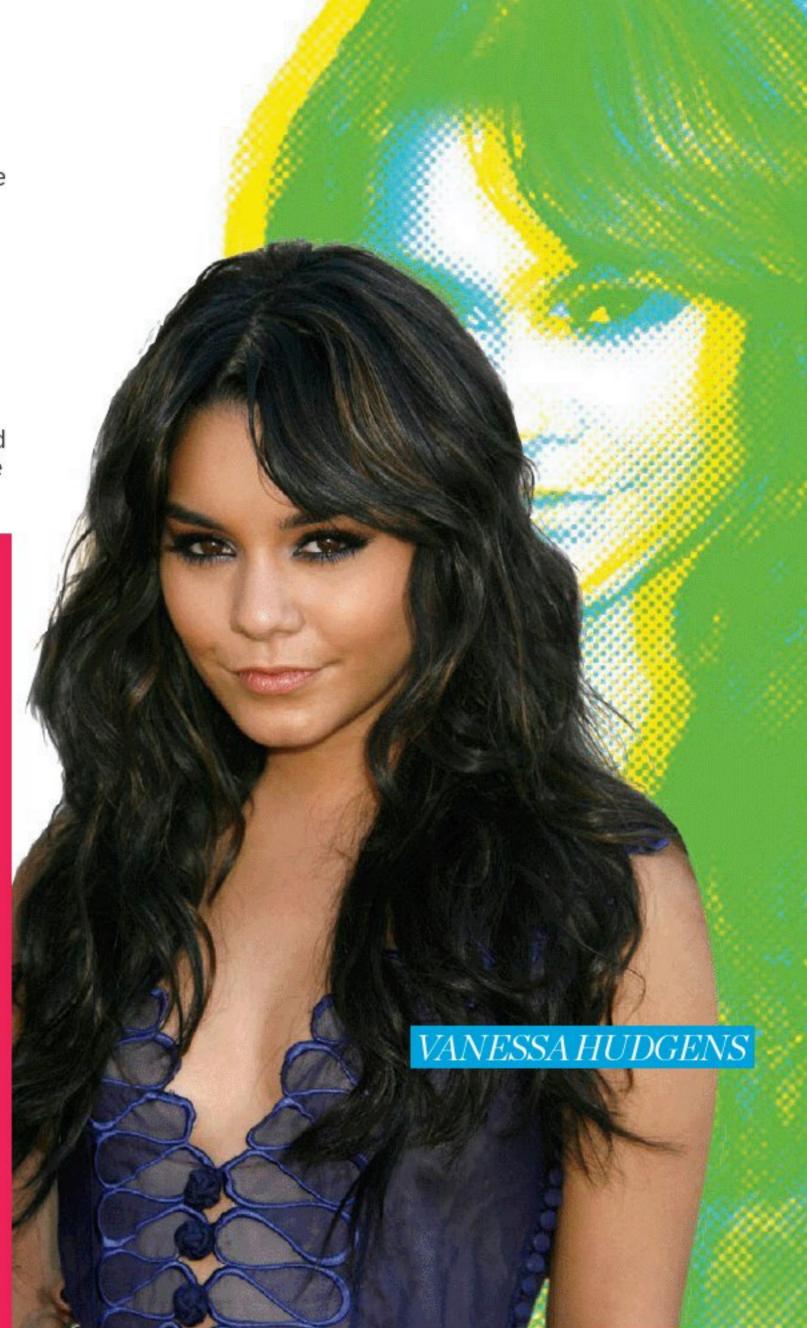
straight hair should get in on the action too: The layers will add movement, so your hair won't hang there limply once it's dry.

AVOID

Blunt cuts. As curls and waves air-dry, they get bigger and bushier at the ends, and that pushes hair up and outward. (That's how you get the dreaded triangle shape). Layers save the day by thinning out the ends.

STYLING TRICK:

Apply styling mousse from roots to ends of clean wet hair. Then finger-comb everything into place and let air-dry. That's it. "Mousse is light and gives just enough control to hold the shape of your waves without weighing them down," says Harry Josh, international creative consultant for John Frieda, Fear frizz? Swipe a few drops of shine serum onto your ends. Try Aveeno Nourish+ Style Volumizing Foam (\$7.49, at drugstores) and Citre Shine Anti-Frizz Serum (\$4, drugstore.com).







GOTWICEASLONGBETWEEN COLORING

THE CUT

A shaggy style that has lots of chunky layers all over

STYLING TRICK: Apply medium-hold styling gel, then lift your roots with a brush as you blowdry. Use your fingers to create an imperfect "no part" look, which also hides dark roots. "Gel makes hair a little stiff, which will keep roots from getting flat during the day," says Bumble and Bumble hairstylist Jimmy Paul. Try Phyto Professional Wet Gel (\$24, sephora.com).

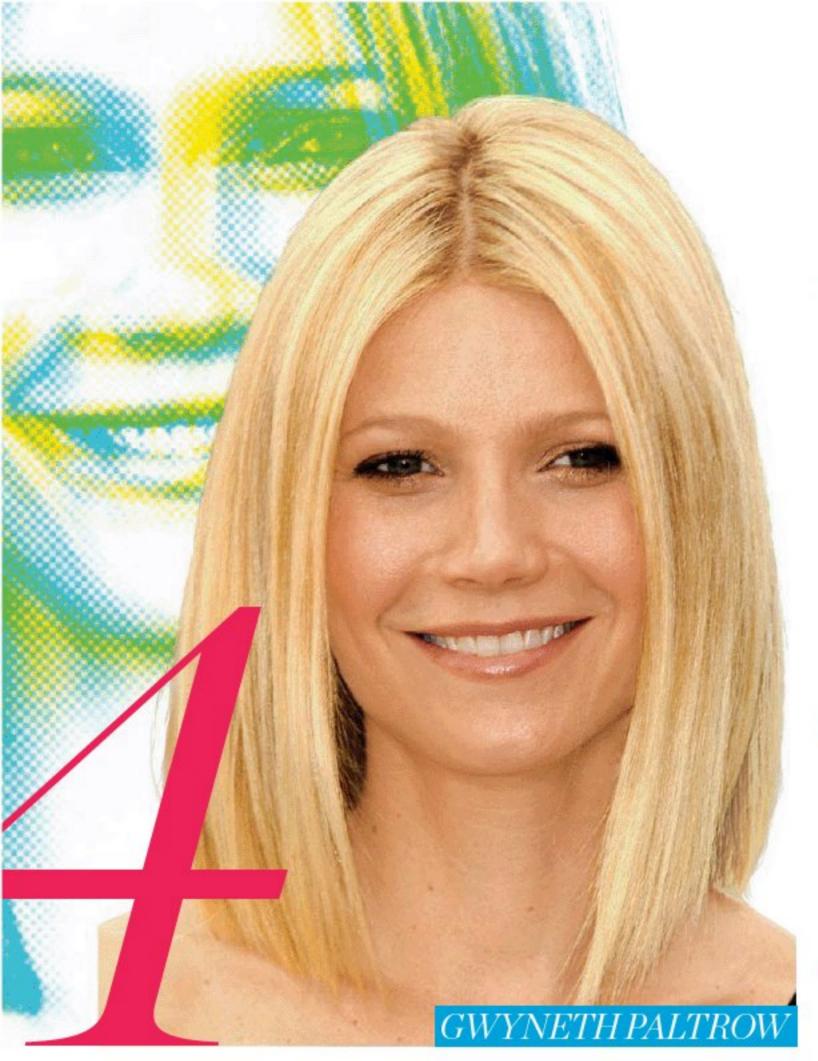
WHY

A shag's shortest layers reach the middle of the ears and get longer from there. Shorter layers create lots of volume at the roots, which helps hide evidence that you've been playing salon hooky.

AVOID

Any cut that's designed to weigh down hair so it's flat, like a one-length bob. "Without shorter layers, you won't have the volume needed to hide your part and roots," Jimmy Paul says.





SLIM YOUR **^** FACE

THE CUT

A straight midlength to long cut, with a center part and light layering around the ends

WHY

It's simple, really: Hair that's longer than your face elongates it. And a middle part with jawline-skimming front pieces

creates a curtain effect that conceals part of your face, so your cheeks don't show as much, Jimmy Paul explains. What happens below the jawline doesn't matter; it can be neat and polished like Gwyneth Paltrow's classic shoulder-length style, or long and layered. Your call.

AVOID

Bangs. They visually shrink the face, making it look rounder and fuller than it really is.

STYLING TRICK:

Apply a de-frizzing product (try TreSemmé Simply No Frizz Spray Gel, \$4.49, at drugstores) to wet hair, avoiding your roots so your hair doesn't get weighed down. Then flip your head over and blow-dry until your mane is 80 percent dry. Flip upright and finish blowdrying the sides and back using a flat or oval brush. Now for the really important part: Brush the front of your hair directly over your eyes. Divide that chunk into three sections and blowdry each individually with a medium-size round brush, working from the roots down and curling the ends under slightly. When you're done, create a center part. "The hair in front will drape around your face in a pretty, flattering way," Jimmy Paul explains. If needed, use a flatiron to coerce insubordinate ends to curl under.



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LOOK YOUNGER

THECUT

The fountain of youth can be found under feathery bangs that skim your eyebrows. Ideally, the rest of your hair should fall below the jawline because "it's more youthful than a short look," Stanton says.

WHY

Soft bangs, God love 'em, hide forehead lines. "They also make hair look thicker overall, which is helpful because your hair starts to thin in your thirties, especially in the front hairline section," Stanton explains.

AVOID

Pin-straight blunt-cut bangs. If you're over 35, they can look too harsh and are horribly aging.

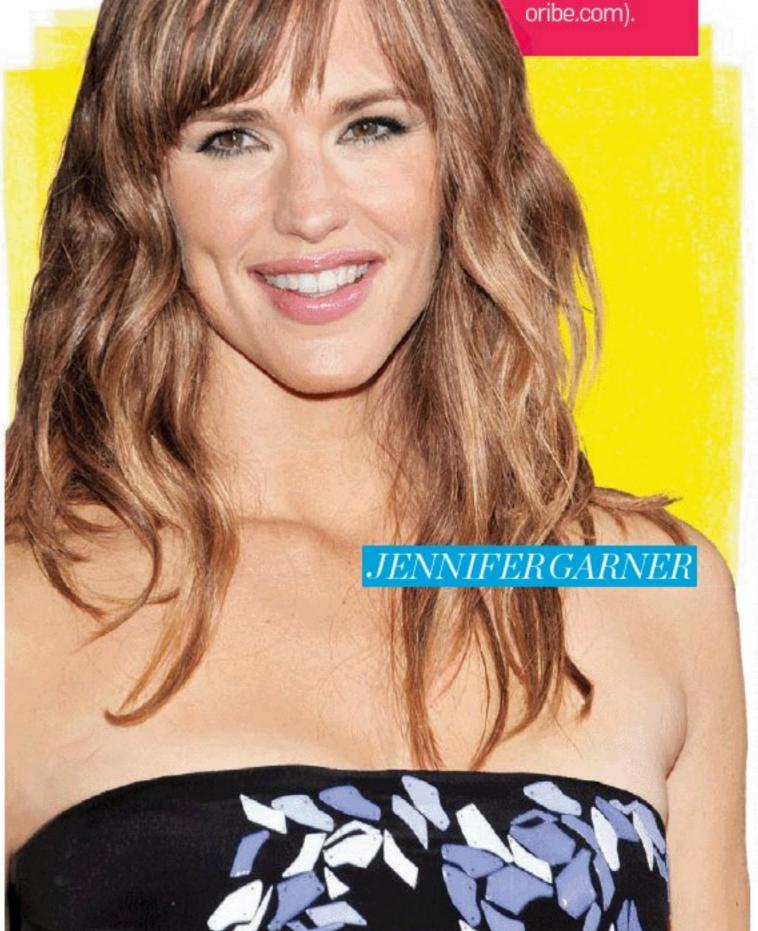
STYLING TRICK:

While bangs are clean and damp (no product needed; gel or mousse can make bangs limp, Stanton says), blast them with a blow-dryer as you brush them repeatedly to one side, then to the other side, with an oval brush (a round one will make bangs puff up—not cute). This technique will tame any bends or pesky cowlicks, making your bangs fall gracefully. When dry, mist your fringe with a lightweight hair

spray like Oribe

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Spray (\$29,



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LOOK ATEVERYAGE

You can't stop time, but you can counter its attack on your attractiveness.
Use this sane and simple expert advice to deal with the beauty challenges each new decade brings—no fillers or face freezing necessary.

BY ABBIE KOZOLCHYK | PHOTOGRAPHS BY PHILIPPE SALOMON

Like most things in life, it's hard to appreciate our beauty fortune until it starts to dwindle. (It's not as if 20-somethings stare into the mirror, marveling at their dewy skin and lustrous hair.) But when age-related issues begin to surface, the worst thing a woman can do is throw in the towel. And we've all seen it happen (the term "soccermom hair" was inspired by these beauty dropouts).

Conversely, lots of hot young things squander their gorgeousness by stripping their hair of shine and piling makeup on top of luminous skin. So here's what we're saying: Whether you're graduating from college or sending your teenager there, you need to be aware of the biological challenges (or advantages) that come with certain ages, then follow these simple skin-care, makeup, and hair-styling guidelines to keep looking your absolute best.



March 2010 / WOMEN'S HEALTH

says New York makeup artist
Kristofer Buckle. "They might
as well be drawing a bull's-eye
around it!" Gently press a
minimal amount of concealer
onto blemishes, then feather
the edges until they disappear,
says Laura Geller, founder of
Laura Geller Makeup. Finish
with a light dusting of oil-free
translucent powder to give your
cover-up job staying power.

2 BUILD A GOOD FOUNDATION

You're about as fresh-faced and even-toned right now as you're ever going to be. Still, many women in their twenties spackle on foundation to hide freckles and flushed cheeks. "Both attributes are youthful and sexy, so embrace them," says Kimara Ahnert, owner of the Kimara Ahnert Makeup Studio in New York City. Smooth on a tinted moisturizer for sheer coverage and sweep on bronzer. Try (1) Sonia Kashuk **Radiant Tinted Moisturizer** SPF 15, \$13, at Target stores.

3 LIGHTEN UP

It's an honest mistake: In an effort to look like an adult for your first real job, you go to town with bold makeup. "But dark shadows and lipsticks can look too theatrical during the



GHOSTS OF SPRING BREAKS PAST START TO SURFACE IN YOUR THIRTIES, OFTEN IN THE FORM OF DARK SPLOTCHES."

day," Buckle says. For a subtly sophisticated look, swipe a sheer neutral or pastel shade across your lids—try (2) The Body Shop Shimmer Cubes Palette 19, \$22, thebodyshop .com—and wear liner and mascara on your upper lids and lashes only. "Office lighting casts shadows under your eyes, and wearing makeup on bottom lashes exacerbates that tired look," Buckle explains.

of the Rita Hazan Salon in
New York City. She suggests
opting for softer shades—"baby
blonde, golden blonde, and
honey blonde are generally
flattering." For black hair,
stick to caramel or auburn
highlights. Ask your colorist
to add a few around your face,
which will brighten up your
shade and cost far less than a
whole head's worth (a bonus
for those on starting salaries).

Choose lip gloss rather than a dark matte lipstick; the gloss lets your natural lip color show through. Try (3) Nars Cosmetics Easy Lover Lip Gloss, \$24, narscosmetics.com.

STRAND STRATEGIES

1 TURN DOWN THE HEAT

Now's the time to experiment with your hair. But beware: All the curling, straightening, and blow-drying that go into complicated styles can make hair dry and brittle, says celeb stylist Barbara Fazio, owner of B.Fazio Salon in Cleveland. Curb damage by using ionic dryers and ceramic styling tools, which are gentler on hair, and prep with a lightweight thermal protectant spray (it acts as a guard against blasting heat) that contains hydrolyzed wheat protein, such as (4) Sultra Curl Safe Protective Spray, \$24, sultra.com. And give your hair a day off between sessions with heated styling tools.

2 GET ON A HOT STREAK

Optimize your natural hue with a few subtle highlights. "Twenty-somethings love to go for bright blonde highlights, without realizing that platinum is too harsh for most hair colors," says Rita Hazan, celebrity colorist and owner

YOUR 30s

MAKEUP MASTERY

1 GET EVEN

Ghosts of spring breaks past start to surface in your thirties, often in the form of dark splotches. To even your skin tone, makeup artist Laura Geller suggests using a fullcoverage foundation in a shade that matches the dark spots. Try (5) Maybelline New York Instant Age Rewind Eraser Treatment Makeup, \$13, at drugstores. Apply the makeup to your entire face, but use a light touch on your jawline and chin area so you can blend the color easily into your neck. (Sponges work best for eradicating that line of demarcation.) The final step: Dust on a translucent powder. Heavier coverage requires setting for longevity, Geller says.

2 CREATE STRUCTURAL SUPPORT

Even the best-protected skin starts to lose elasticity and firmness during this decade because collagen and elastin production start to slow down. The result: Your features can start to sag. Your best (nonsurgical) bet is to use bronzer as a contouring aid. Sweep a light to medium shade (depending on your skin color) under the full length of each cheekbone. "This lifts and defines your face," says makeup artist Kimara Ahnert. You can also brush some along your jawline, hairline, and sides of the nose. For light skin tones, try (6) Physicians Formula Healthy Wear SPF 50 Pressed Bronzer in Light, \$15, and for dark skin tones, try Physicians Formula Bamboo Wear in Bronzer, \$10, both at drugstores.

3 PERK UP YOUR EYES

The thirties are your overextended decade. A more demanding job, mortgage payments, and perhaps a baby (or three) can do a real number on your face, especially your eye area.







there, says Paul Labrecque, owner of Paul Labrecque Salon & Spas in NYC. Have your stylist use scissors—razors can make ends look thin and fragile—and blunt-cut the back of your hair to give the illusion of thickness.

2 COLOR CAUTIOUSLY

Starting to see—and freak out about-your first grays? Fortunately, "temporary color, which washes out in about 28 shampoos, is all you need if your hair is less than 50 percent gray," says Nicole Riedell, a colorist at the Oscar Blandi Salon in New York City. Go no more than one shade deeper or richer than your natural color. Try (9) Garnier HerbaShine Color Crème, \$8, at drugstores. Unlike permanent color, this stuff is practically foolproof—it washes out gradually, leaving you with no obvious line of demarcation.



 $FULL\,LASHES\,LIFT\,THE$ WHOLE EYE AREA—ADD DEPTH BY SMUDGING A KOHL LINER ALONG YOUR LASH BASE."

YOUR40s MAKEUP

MASTERY

1 GET YOUR GLOW BACK

At 40, skin cell turnover starts to slow down, thickening the surface layer. "Your skin doesn't let light pass through the way it used to, leading to dullness," explains dermatologist David Bank, M.D. Foundations with ingredients that boost cell turnover (AHAs, retinols) are a good countermeasure.

But sometimes the simplest solutions are also the most effective: Adding a pop of color to the apples of your cheeks can add a youthful glow. Choose a sheer cream or gel blush in a peach or pink tone for light to medium skin, or in honey or caramel for dark skin. The cream or gel adds moisture—and dry skin arises in your forties, says makeup artist Kristofer Buckle. Try (10) Sue Devitt Gel-to-Powder Blush,

\$20, suedevittbeauty.com. Dab it onto the apples of your cheeks and blend in with your fingers.

2 IMPROVE YOUR OUTLOOK

Collagen production, which started to get sluggish in your thirties, slows to a snail's pace in your forties, causing your eyelids to lose elasticity and droop. So you need your lashes to shoulder the burden: Full lashes lift the whole eye area and compensate for the diminishing visibility of the lid, Buckle says. Add depth by smudging a subtle kohl liner along your lash base. Try (11) Urban Decay 24/7 Glide-On Eye Pencil in Oil Slick, \$17, sephora.com. Then, go for two coats of a lengthening mascara such as (12) L'Oréal Paris Double Extend Lash-Boosting Mascara, \$13, at drugstores.

3 GET LUSCIOUS LIPS

Lips lose not only fullness now, but also color. "As your lips deflate, the corners turn in a bit, so people see less of your lips and more of the surrounding (lighter) skin," Bank says. To add color and define your lips, trace and fill them in with a pencil that matches the pinkest (typically, the central) part of your mouth, Buckle suggests. A coat of sheer gloss or balm over the lip liner will add a fresh touch. This trick also helps prevent color from "feathering" out through fine lines around the mouth. Try (13) YSL Golden Gloss Shimmering Lip Gloss in **19 or 20**, \$30, yslbeautyus.com.

STRAND **STRATEGIES**

1 DON'T TAKE A SHORT CUT

Lots of women get a short "sensible" haircut in their forties—a practical choice considering that declining estrogen levels can make hair dull and frizzy. "But chopping off your hair exposes parts of your face and neck that had been concealed, or at least softened, by the longer hair," says hairstylist Paul Labrecque. Instead, ask your stylist for a cut with movement and texture, like shoulder-length hair with long, subtle layers and side-swept bangs, which can soften the appearance of forehead lines. Add shine and control frizz by smoothing a drop or two of a silicone serum over the surface of your hair. Try (14) Barex Tricolife Serum, \$27, beautyhabit.com.

2 LIGHT UP YOUR LOCKS

A gloss or vegetable dye will offset dullness and boost your hair's volume, says colorist Rita Hazan. Either one will make your own color richer and shinier, and swell the hair shaft, making hair thicker.



We got five of the beauty industry's most influential experts to share their insider secrets.

BY JOLENE EDGAR | PHOTOGRAPH BY PHILIPPE SALOMON



KATIE RODAN, M.D. Adjunct clinical associate professor of dermatology at Stanford University School of Medicine

KATHY FIELDS, M.D. Assistant clinical professor of dermatology at University of California at San Francisco

Back in 1995, this dermatological dream team cooked up Proactiv Solution, the revolutionary acne-fighting system responsible for clearing up millions of stubbornly troubled complexionsmany famous faces among them. Next came Rodan + Fields Dermatologists Multi-Med Therapy, a collection of foolproof stepby-step product regimens made to remedy a range of irksome skin issues, and their first book Unblemished, an acne 101 of sorts. Here they talk about their latest offering, Write Your Skin a Prescription for Change.

> SPF IN POWDER FORM: RODAN+FIELDS ENHANCEMENT MINERAL PEPTIDES SPF 20

What is the focus of your latest skin-care book?

FIELDS: We want it to function as a bedside dermatologist, to give women the knowledge they need to take skin care into their own hands. So if, for example, they wake up with a pimple on a very important day, they can use the emergency zit fix in our book: Hold a napkin-wrapped ice cube on the blemish for 15 minutes to take down the swelling, smooth a sulfur-laced lotion like Philosophy On A Clear Day Oil-Free All Over Acne Treatment (\$22, sephora .com) all over clean skin to unplug pores and reduce redness, then dab the pimple with 2.5 percent benzoyl peroxide to kill bacteria.

You say over-the-counter dermatologist, so women probably aren't going to come

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see us about their sensitive skin or the fine lines around their mouths. But you can improve those little lip lines at home by using a peptideinfused eye cream on them twice a day, and avoiding straws and things that cause you to pucker.

The fact is, most doctors underutilize over-thecounter medications, but they have tremendous value if used correctly. We know, for instance, that 2.5 percent benzoyl peroxide—try Rodan + Fields Unblemish Dual Intensive Acne Treatment (\$86, rodanandfields.com) is as effective as prescriptionstrength 10 percent in preventing or clearing up acne breakouts, and it's a hell of a lot less irritating. And it should be applied all over the face—not just to select spots—to keep skin clear.

This thinking is part of what made Proactiv so revolutionary. Never before had a product focused on preventing pimples;

products can be as good as pricey ones, right? **RODAN:** Ninety percent of people will never visit a



everything on the market back then worked by drying up zits after they had surfaced.

A great over-the-counter drug is the bleaching agent hydroquinone. Many dermatologists tell their patients to target visible splotches with a prescription 4 percent hydroquinone cream, but you get better results when you apply a 2 percent formula (which you can find at any drugstore) to the entire face. Dull, uneven skin—the result of years of excessive sun exposure—is the biggest complaint women share with us.

What's all the buzz about peptides? How do they work?

FIELDS: Peptides are big up-and-comers in skin care. They're smart little chains of amino acids that help drive chemical reactions in the skin, which can heal wounds and lessen fine lines and wrinkles. We use special delivery systems to optimize their penetration. And we patented something called RFp3 technology, which is in our new Rodan + Fields Soothe regimen for sensitive skin (\$133, rodanandfields .com). It combines antiinflammatory peptides (which



THE BIGGEST MISTAKE A WOMAN CAN MAKE IS USING A CHEAP PLASTIC BRUSH ON HER HAIR."

-LAURENT PHILIPPON

reduce redness and irritation almost immediately) with protease inhibitors, molecules that help the peptides work longer and harder. We've also infused our zinc-based mineral powders with peptides; you just sweep the powder over your skin and get SPF as a bonus. And the peptides in our Anti-Age line build collagen, which keeps skin plump and prevents it from breaking down and aging.

If you could teach women only one thing, what would it be?

new advice-rife book, Make-up Masterclass: Beauty Bible of

single-handedly made applying

makeup a lot less intimidating.

including little lessons in your

I'm all about educating women.

wear it every day, but very few

correctly. It suddenly seemed

so obvious-like, 'Of course,

include quick step-by-steps

else was doing it."

with each product!' Yet no one

Professional Techniques and Wearable Looks, Kidd has

What sparked the idea of

Women love makeup and

were ever taught to apply it

product packaging?

The importance of natural-looking foundation. You have to find a shade that perfectly matches your complexion—one that disappears into your skin and is completely undetectable—and you have to apply it to skin that has been properly prepped. If you have dry skin, smooth on a moisturizer and primer first—try JK Jemma Kidd Mannequin



Skin Complexion Enhancer (\$24, target.com)—to keep your skin from drinking in your makeup and creating a patchy, uneven finish.

If you're oily, use an oil-free moisturizer and mattifying primer underneath an oil-free foundation or mineral powder. And always set your foundation with a translucent powder before applying powdered blush or bronzer; this will keep the pigment from catching on damp skin and leaving streaks.

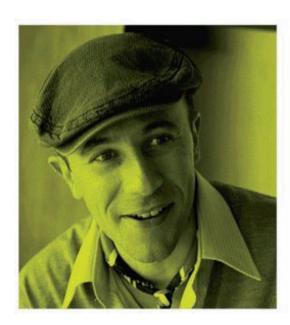
What innovations are you into?

I think my most inventive item is JK Jemma Kidd Skin Rescue Bio-Complex Veil SPF 15 (\$50, spacenk.com). It's a tinted face cream with peptides and antioxidants that evens out the skin, prepares it for makeup, provides sun protection, and creates a luminous, dewy finish. It looks fantastic when worn alone, but if you need more coverage, just mix a couple of drops with your foundation for a soft glow.

Do you have a signature style?

I'm known for stealth, barely detectable makeup that's beautiful and wearable: flawless skin, a flush of color on the cheeks and lips, softly defined eyes, and groomed brows. Eyebrows can make or break your look. Clean

brows with a subtle arch open up the face, making you look polished, even when you're not wearing much makeup. Have a pro assess your shape to make sure it's working for you, then keep your brows tidy by tweezing away strays every other day or so, and filling and shaping with a firm angled brush and a matte brow powder that is one shade lighter than your current hair color. Use short, feathery strokes and work in the direction that the hairs grow.



LAURENT PHILIPPON Editorial hairstylist for Bumble and Bumble

Known for putting an experimental spin on classic styles and seamlessly fusing edge with elegance, Philippon conceives inventive



runway-model hairstyles that are consistently hailed as creative masterpieces, while also setting the trends for mere mortals each season. Case in point: The sleek "ponytailed chignon" he dreamed up for the Chado Ralph Rucci show is one of spring's coolest looks. He's also the brains behind Bumble and Bumble's line of wildly popular and innovative hair products, including Hair Powder, Sumo Wax, and the new game-changing Gellac hair gel-lacquer.

What informs Bumble's inspired product creations? The hair powders are brilliant!

Hair Powder (\$35, bumble andbumble.com) adds tons of volume and texture, and makes styling updos so much easier. It can absorb product left behind from a previous show, which is major, since we don't have time to shampoo the models. So I said, "Let's take it one step further and make aerosol powders in all different colors that can enliven one's natural shade and that are fast and easy to use." They're also great for covering grays on the spot.

Gellac (\$24, bumbleand bumble.com) was born out of a need for a product that could mold hair into any shape and hold it for hours but wash out easily. I love creating sculptural, otherworldly shapes for the shows, but I couldn't find a gel that was intense enough to defy hair's natural texture, yet gentle enough to be brushed out at the next show.

What items do you think every woman should have?

A good brush is essential. The biggest mistake a woman can make is using cheap plastic tools on her hair. I love Mason Pearson brushes; they have a combination of boar and nylon bristles to keep hair healthy. The natural boar bristles help distribute the scalp's oils through your hair, conditioning it, and the nylon ones gently detangle. And I



Every once in a while, a product or tool comes along that changes your life. Here are six.





the leading prescriptionstrength skin-lightening ingredient-but without irritating the skin. Its patent-pending CL-302 complex is a blend of vitamin C and botanical brighteners that attack dark spots, while glucosamine and salicylic acid sweep away dull cells to help reverse the signs of aging, acne scarring, sun damage, and other

Living Proof Full Thickening Cream, \$24

A truly hair-raising idea: Infuse a silky cream with strong, flexible beadlike polymers that fatten up individual strands and keep them from lying flat, so fine-haired ladies everywhere can create soft, lively styles.



cream

thickening

Hot Spot's bacteriakilling heat starts clearing pimples within one hour. Even cooler, the pocket-size gadget reads your skin's unique temperature and adjusts its energy output accordingly so that the perfect amount of heat hits your mark.

Vaseline Sheer Infusion Body Lotion with Stratys-3, \$6.25

> This lotion's key ingredient is a newly created molecule called glycerol quat that stays on the skin's surface, attracting and binding water to intensely moisturize, while two additional goldstandard humectants penetrate to nourish skin's lower layers.

Lancôme Oscillation Powerfoundation Micro-Vibrating Polishing Mineral Make-up SPF 21, \$48

Its one-of-a-kind, battery-operated vibrating puff massages the powder foundation onto your face, blending and buffing for luminous airbrushed-looking skin.

Centrix Q-Zone Dryer, \$200

Quiet and eco-friendly, this three-speed dryer has super power but is also energy efficient. Damage-curbing ionic technology ensures it's kind to your strands.



always tell clients to use mild shampoos that contain the B vitamin pantethine, which strengthens hair at the core; conditioners with softening ingredients like cocoa butter—try Bumble and Bumble Crème De Coco Conditioner (\$22, bumbleandbumble.com)—or avocado to replace the lipids heat and chemicals strip away; and styling lotions that condition while adding hold, body, and texture.

Care to share a pro styling tip?

To quickly instill naturallooking fullness into any hair type and get a sexy, carefree look, mist damp hair with thickening spray—such as Bumble and Bumble Thickening Hairspray (\$25, bumbleandbumble.com) then rough it up with your fingers while blow-drying to bring out your God-given texture before defining a few face-framing pieces by wrapping them around a oneinch-barrel curling iron.



Within. Her new fragrance house in Westlake Village, California, offers more than 100 different essences and schools people on the delicious art of scent layering to customize a personal eau.

What's your fragrance philosophy?

I believe scent is one of the highest forms of self-expression. It strikes people in a very memorable way and reveals who you are. So your perfume should smell like it's coming out of your skin, not like a chemical sprayed on top of it. Which is why I always say the last ingredient in any perfume is the wearer's skin—you have to try on a fragrance before buying it.

Use the paper scent strips at the fragrance counter to narrow your selection. Then, once you find a few scents you like, mist them onto your skin to see how they work with your body chemistry. Try no more than four at a time—two per arm, one low on the wrist, one up by the elbow. Let them settle into your skin on their own rather than rubbing them in; friction breaks down fragrance, distorting the scent.

What's unique about your ready-to-wear perfumes?

They have a higher concentration of fragrance oil than most on the market. Our eau de parfums contain 25 percent, and our eau de toilettes 20 percent, compared with the industry averages of 17 and 15 percent, respectively. And the more oil in the juice, the longer it lasts on your skin.

Is there a secret or right way to start layering your scents?

I recommend layering your fragrance over a matching or complementary body lotion. The lotion acts as a base, intensifying your scent and giving it staying power so it lingers on your skin longer. If your fragrance has a vanilla base note, say, you can bolster it by wearing a Tahitian-vanilla moisturizer underneath. Or you can add a new element: Applying a lotion that smells like your favorite fruit or flower under your signature fruityfloral scent creates a cool blend that belongs only to you.

4MORELOOK-GREAT GENIUSES

by introducing Perfumer's

can be layered at home to

create a custom scent. She

has also designed two ready-

to-wear collections—Perfect

Perfumes and Comes From

Palette for Nordstrom, a line

of single-note fragrances that



MAKEUP PAT MCGRATH

A veteran of the runways, McGrath creates makeup looks for more than 25 fashion shows each season, while also designing new shades for CoverGirl in her role as global creative design director for Procter & Gamble. Her latest work: CoverGirl Smoky ShadowBlast Eye Colors, two-step waxy shadow sticks that make it a cinch to create the perfect smoky eye.

SKIN PATRICIA WEXLER, M.D.

When she's not caring for patients (which include the celebrity elite) at her practice in Manhattan, the dermatologic surgeon is formulating patented technologies and products—like the new Intensive Deep Wrinkle Treatment with MMPi-20 and Retinol or the award-winning De-Puff Eye Gel—for her eponymous skin-care line sold at Bath & Body Works stores.

FRAGRANCE FREDERIC MALLE

At the perfumer's new Madison Avenue boutique in New York City, you'll find his 18 Les Editions de Parfums Frederic Malle, of course, as well as his imaginative (and also new) home fragrance collection. It includes far-out objects like Rubber Incense and the Fleurs Mecanique, a cube that releases the glorious scent of fresh flowers throughout your home.

HAIR RITA HAZAN

Of her many talents, the one she is best known for is mastering the art of transforming brunettes into believable blondes by considering not just hair color, but also skin tone—naturally weaving together dark and light hues on olivecomplexioned clients, for instance-and emphasizing dimension and contrast to keep strands from looking flat and bleached out.