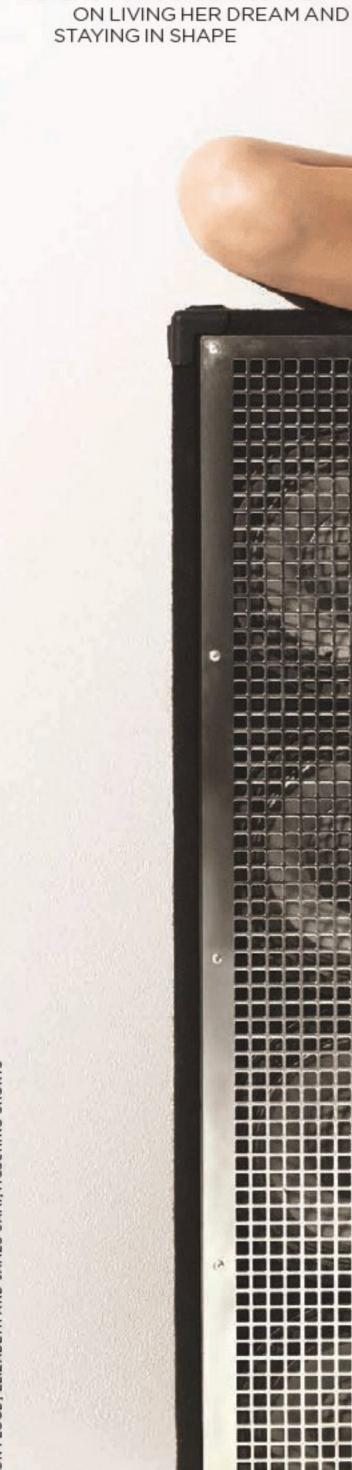




Same electrolyte content of GATORADE for hydration, but 20 calories (ENERGY) versus 50 calories (ENERGY) in regular GATORADE. ©2010 S-VC, Inc. G2, GATORADE and LIGHTNING BOLT DESIGN are registered trademarks of S-VC, Inc.







EXPERT TIPS ON HOW TO TAME

FRIZZ, BANISH SPLIT ENDS, AND MAKE YOUR MANE MAGNIFICENT

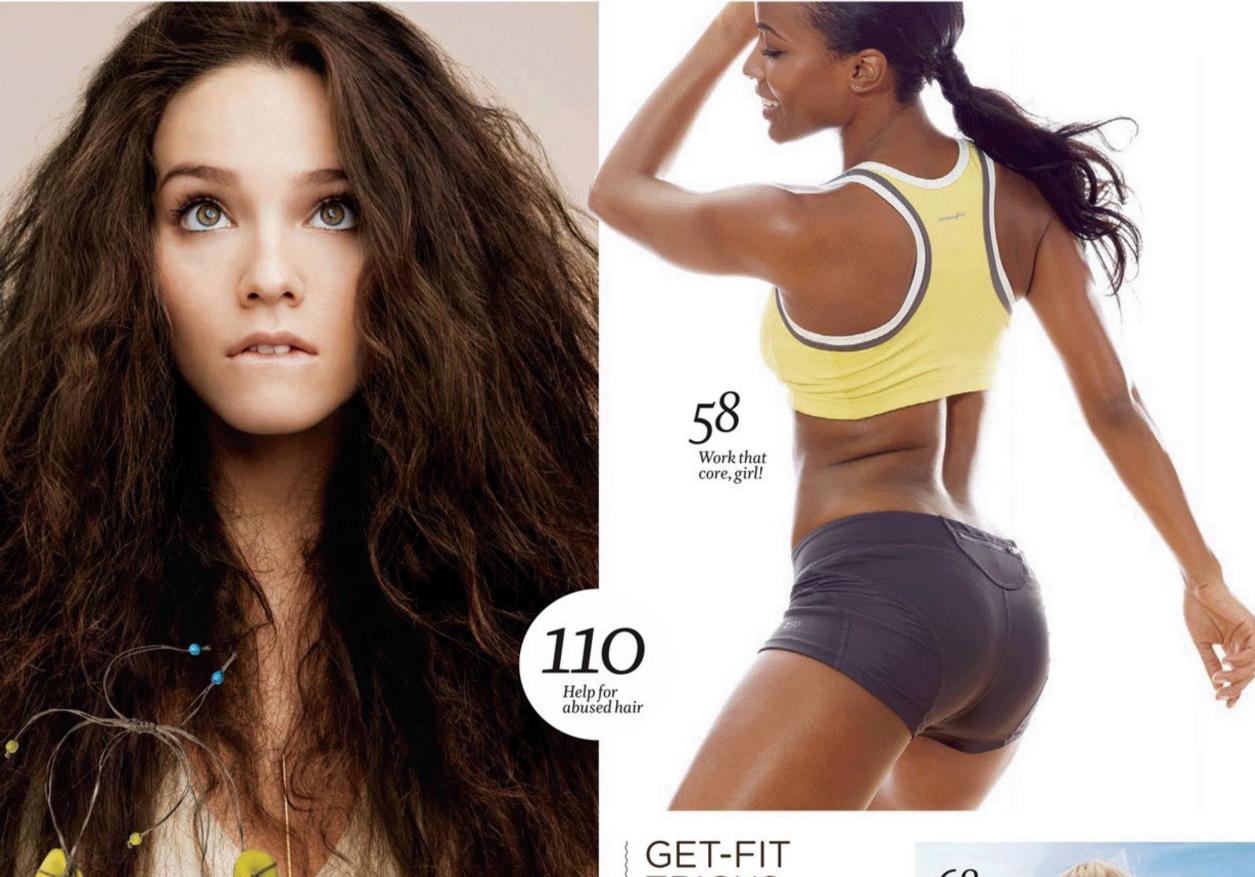
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WHY YOUR BODY ACHES WHEN YOUR HEART HURTS

Cheek hues that dazzle

CLOCKWISE FROM LEFT: LISA SHIN; LIZ VON HOENE; CHRIS SHIPMAN; DIGITAL VISION/VEER; LISA SHIN

WOMEN'S HEALTH / April 2010 / WomensHealthMag.com



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PACK YOUR PURSE WITH SUSTAINABLE PRODUCTS

ON OUR COVER

Kara DioGuardi photographed by Don Flood. Styling: Kate Moodie; Hair: Roque/Tracey Mattingly; Makeup: Kathy Jeung/The Magnet Agency; Manicure: Jenna Hipp for Spa Ritual/celestineagency.com. Autumn Cashmere vest, Blumarine shorts, Agas and Tamar Jewelry and Design necklace, Me&Ro ring. Makeup by Avon: Avon True Color Eyeshadow Single in Classic Mocha, Avon Superextend Mascara in Black, Avon ANEW Age-Transforming Concealer SPF 15 in Natural Light, Avon Smooth Minerals Blush in Rose Radiance, Avon Glazewear Lip Gloss in Darling Pink.



The Olay Professional Alliance for Skin Care Innovation Consensus Statement on Olay Professional Pro-X

Introduction:

Olay Professional Pro-X is a skin care line launched by Procter & Gamble in January of 2009. A panel of distinguished dermatologists joined by senior P&G scientists formed an alliance to bring a high level of product performance to women via the Olay Professional Pro-X proposition.

Consensus Statements:

1. Olay Professional Pro-X is a true professional skin care line that meets the following criteria:

Advanced Science-Driven Innovation: A professional skin care line should start with an advanced scientific understanding of skin. For example, a new gene expression profiling method helped increase understanding of the importance of a healthy stratum corneum to the well-being of the inner skin.

Professionally Designed: A professional skin care line should be designed by a scientific team with a broad expertise across clinical dermatology, skin science, treatment intervention, formulation, and importantly, a comprehensive understanding of the target consumer. Equally important, marketed-product characteristics must be carefully designed to ensure consumers like the product every time they use it in order to achieve compliance.

Professional Regimens and Protocols: The design team should consider the fact that no single product, nor ingredient, can provide the multiple efficacy benefits needed by most individuals. As such, a professional skin care product line is a carefully designed regimen of products containing effective ingredients aimed at appropriate targets identified through sound scientific research.

We, the Olay Professional Alliance, agree with the above consensus statement:

Name	Signature
Dr. Vince Bertucci	Bed
Dr. Robert Binder	to Birds
Dr. Pearl E. Grimes	(Ker Co June MI)
Dr. Greg Hillebrand	to Affille
Dr. Joe Kaczvinsky	Joych R. Fanity.
Dr. Stephen H. Mandy	Character of the same of the s
Dr. Rosemarie Osborne	Hosimaje Calapier
Dr. Maritza I. Perez	(lughts w
Dr. Mike Robinson	Michael Khobanson
Dr. Jay Tiesman	16P. 70
Dr. Susan H. Weinkle	the Allenbergons

Professionally Tested: A professional skin care product line must be clinically proven to produce the intended skin benefits. Clinical trial design and execution must be conducted with the highest scientific rigor to meet the study objectives. These trials must be conducted by specialists highly trained in the methods used and ideally by independent research organizations with no vested interest in the study results.

Proven Results: Results from both in vitro studies and controlled clinical trials must substantiate the conclusion that a professional skin care line delivers consumer-noticeable skin benefits as claimed.

Peer-Reviewed Communications: The results from both in vitro studies and controlled clinical trials should be published in peer-reviewed and searchable scientific journals.

- 2. Olay Professional Pro-X was designed by a team of dermatologists and Olay scientists, the Olay Professional Alliance for Skin Care Innovation. The product line is based on advanced science-driven innovation and has been professionally tested and clinically proven to improve the appearance of aged skin.
- Daily use of the Olay Professional Pro-X Wrinkle Reduction Regimen significantly improves the appearance of fine lines and wrinkles after 8 weeks of use.

Based on results from the facial appearance benefits study, use of the Olay Professional Pro-X Wrinkle Reduction Regimen significantly reduces the appearance of facial fine lines and wrinkles around the eyes relative to the baseline. Both expert visual grading analysis and objective computer image analysis of high-resolution digital images of the subjects before and after treatment support this conclusion. Subjects' self assessments via questionnaire before and after treatment confirm the effects are consumer noticeable.

4. Daily use of the Olay Professional Pro-X Wrinkle Reduction Regimen significantly improved skin barrier health after 24 weeks of use as measured by the change in transepidermal water loss.

For the full clinical results, visit OlayProfessional.com





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Stay Lean (and Green!) for Life



If you were to chart the fluctuations in your weight over a number of years, chances are the graph would resemble the unsettling path taken by an amusement-park roller coaster—peaks and valleys, sometimes in quick succession, with a few straightaways that enable you to catch your breath. Those ups and downs characterize the lifelong dieting cycle that many women get caught up in—a cycle that can make you feel as out of control as when you're riding those waves of steel at Six Flags.

But here's the thing: You're the one steering your physical destiny, and one of the best things you can do to protect both your well-being and your happiness is maintain a healthy, steady weight. I know, I know, it's easier said than done. But in this month's "When Fat Comes Back" (page 104), Women's Health examines the biological and emotional factors that contribute to yo-yo dieting and offers up ways to stay lean for life.

The really exciting part? Getting a handle on your health doesn't require a restrictive diet or butt-busting exercise routine. In fact, new research indicates that staying fit takes far less effort than was previously believed. (Brisk walking will do the trick, but I know WH readers are up for a bit more exertion than that!) The point is, you don't have to push yourself

so hard all the time, especially because workout burnout is as much a threat to maintaining a healthy weight as a weakness for cheesecake.

After all, life is filled with enough highs, lows, and surprising curves. Riding up and down on the needle of a scale doesn't need to be one of them.

 $M_{1} = 0$

Michele Promaulayko Editor-in-Chief

IN HER WORDS ADVICE AND **OPINIONS** FROM WOMEN INSIDE THIS ISSUE

- "Food was my drug of choice. It anesthetized me so I wouldn't have to feel whatever I was feeling...[Once I was around music], I started to feel better about my life."
- —American Idol judge Kara DioGuardi, "American Woman,"
- "Having sex in the morning releases the chemical oxytocin, which makes couples feel loving and bonded all day long."
- —Sexual health educator Debby Herbenick, Ph.D., "Rise and Shag!" page 96
- "If you lose weight on 1,200 calories a day, the minute you go up to 1,300 is the minute you start gaining weight."
- -Judith Beck, Ph.D., director of the Beck Institute of Cognitive Therapy, "When Fat Comes Back," page 104

GREEN

Make Every Day Earth Day

Forty years ago, when a group of activists got together to designate April 22 as Earth Day, J.I. Rodale, founder of WH's parent company, was way ahead of the game. He'd already set up what would become the Rodale Institute (RodaleInstitute.org), a nonprofit dedicated to finding solutions to global warming and famine.

Today, the company's mission to improve the health and well-being of people—and the planet-is going strong. On page 86, you'll find an excerpt of the new book Organic Manifesto, authored by Rodale's current chairman and CEO, Maria Rodale. And elsewhere in this issue and on our Web site (WomensHealthMag .com), you can crib earth-saving tips to use in your home. Check out the eco-news items in our Scoop section (pages 23 to 32), learn to green your purse contents (page 102), and surf on over to our online guide, "18 Easy Ways to Go Green." When it comes to protecting the planet, every little effort counts.

Which topics are most important to you?

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



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Womens Health

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ADVISORS



Sexual Healing

Many factors can lead to a sudden loss of libido, and often they're interlinked,

says Yvonne K. Fulbright, Ph.D. Depression can stifle your sex drive, and regular use of some medicines may make it worse. Nutritional voids—like a diet that's too high in fat or too low in calories—can create shifts in energy and mood, as well as contribute to body-image issues. But don't self-diagnose your situation; have your doctor determine if a physical or psychological issue is to blame. Need inspiration? Turn to "Rise and Shag!" (page 96).

> YVONNE K. FULBRIGHT, PH.D., MS.ED. Certified sex educator; author; president,

Sexuality Source, a sexual-health education and consulting firm

ANTHROPOLOGY

HELEN FISHER, PH.D. Research professor and member of the Center for Human Evolutionary Studies, Rutgers University; author, Why Him? Why Her?: Finding Real Love by Understanding Your Personality Type and Why We Love

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WORTH THE WEIGHT

"Rule the Gym" (December) was a great article. I started lifting weights a year ago, on the advice of a trainer, after I dislocated my kneecap and couldn't run. In 10 weeks, I lost 10 pounds. Ladies, don't shy away-get sweaty with the guys. Who knows? It could be a great pick-up tool too!

Shereen Myers, Memphis, TN

GIVE US A BREAK

I'm all for healthy changes ("Break Your Bad Habits," December), but enough already with the finger wagging! I really don't think drinking coffee and listening to loud music are the worst things I could be doing.

Maria Spressler, via Facebook

HIGH ANXIETY

The advice in "Face Your Social Fears" (December) was spot-on. When it comes to social anxiety, I've learned that other folks are just as nervous about being turned away or turned down as I am. So my goal has been to start conversations with new people everywhere I go. Yes, it's nerveracking, but it's what I have to do if I want to make friends—and maybe even meet Mr. Right!

Donna Stamps, Brunswick, GA

SLOWING IT DOWN

What a relief to read "Lock Down His Love" (December) and realize that I'm not the only woman who believes in waiting before jumping into bed with a guy. Not that I don't want to—but if I'm really into a guy, I need to know he feels the same way and isn't in it just for the sex.

ENSIGNEMM, via WH Online

GETTING HER KICKS

December's "You Lose, You Win!" was an awesome story! Muay Thai martial arts does amazing things for your body, mind, and spirit. I lost 60 pounds doing it, along with boxing, running, and lifting.

Heather Brown, Kirkland, WA

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



WEHEAR YOU!

→ BLISS IN A BOTTLE? If you could become more productive, more confident, or more successful just by swallowing a pill, would you do it? In "Pop Culture" (December), we investigated a growing—and controversial—trend: using medications to get an edge at work and in social situations. More and more women are seeking pill-assisted perfection through mind- and performanceenhancing drugs. We wanted to know if you thought the risk of potential side effects was worth the reward. Here's what you had to say:

"In the wake of publicized prescription-drug-related deaths, like that of Heath Ledger, you'd think people would be smarter than this. My friend was hospitalized after combining alcohol and pain medication. You can say it won't happen to you, but you're wrong—it just hasn't happened yet."

—Juliet O'Brien, Baltimore, MD

"My motto is 'Natural or nothing.' I've never used energy pills, and I'm not at all curious. I eat well, exercise, and get enough sleep for adequate energy."

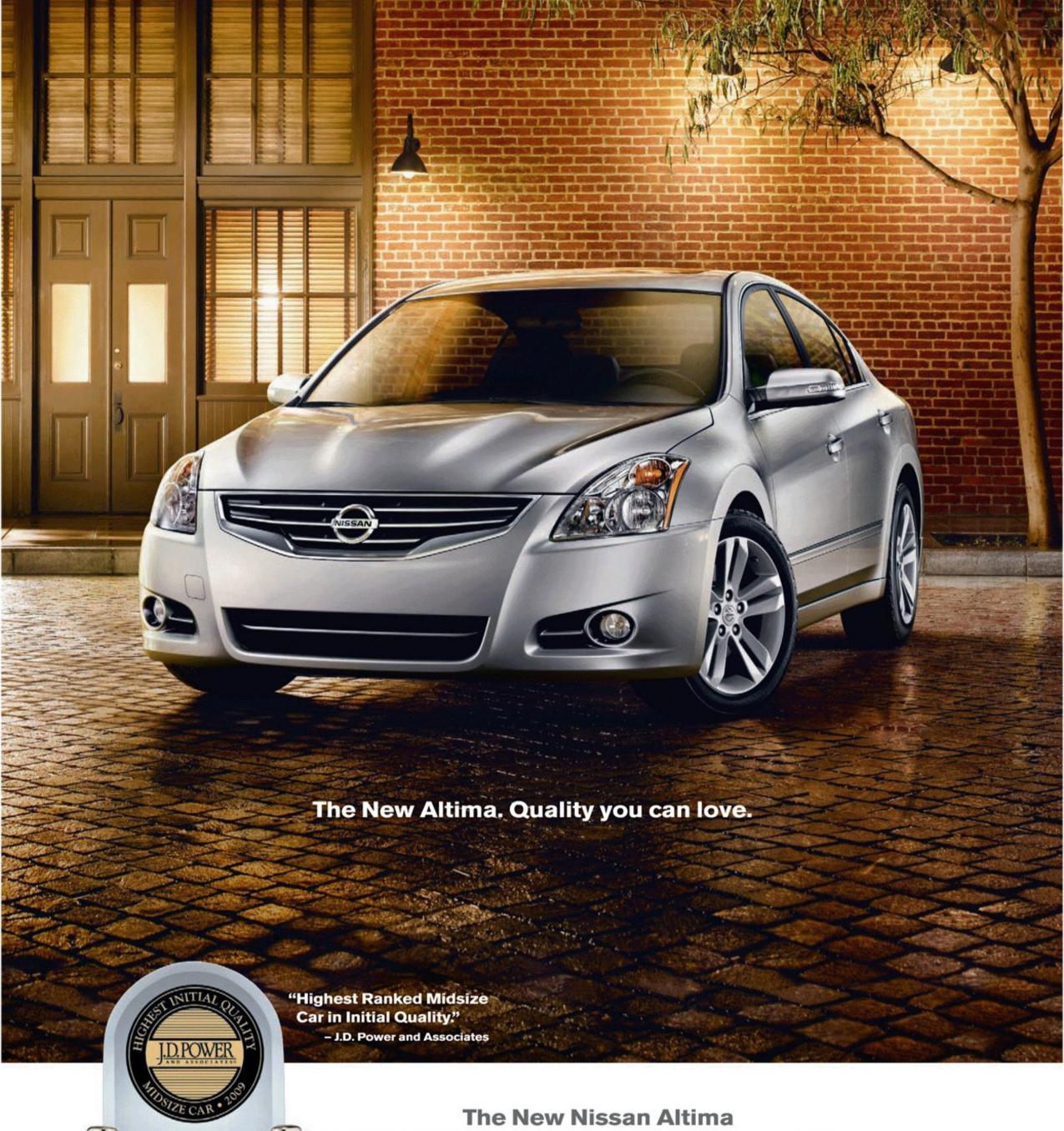
—Danita M. Green, via Facebook

"Meds may offer fast, easy solutions, but they're temporary. It's much healthier to get to the root of whatever's bothering you—whether it's trouble sleeping or difficulty concentrating. That way, you never become dependent on pills." -Kathryn Meyer, Colorado Springs, CO

"Why should anyone apologize for turning to meds to improve their state of mind? We all experience bumps in life. If swallowing a pill can help you maneuver your way through a rough patch, what's wrong with that?"

—Ann Malone, Tarrytown, NY

"Nowadays, it seems as though people have more to fear from doctorprescribed medications than they do from stuff like pot or cocaine. When are we going to clamp down on physicians who are too willing to pull out a pad?" —Carrie Seymour, Westfield, NJ



Starting at \$19,900. For the new Altima, quality is not one thing. It's many things. It's engineering and construction demonstrated through over 5,000 quality tests. At the same time, it's a sleek, redesigned exterior. It's also a fuel-efficient 32 mpg* that won't sacrifice performance. Yes, it is possible to have quality and love it too. Please visit us at **NissanUSA.com.**

NISSAN ALTIMA



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What's **New This** Month



Get Your Run On

Want to drop 10 pounds in six weeks? Try our running weight-loss program. Pick alevel (Psst! There's a run-walk one), follow the meal plan, and lace up your sneakers for the easiest fitness regimen ever. If you're a treadmill junkie, we'll show you how to bust boredom; outdoorsy gals will discover the right reflective gear to wear; and everyone will learn how to prevent injuries. Get started at WomensHealth Mag.com/run.

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Go to Womens HealthMag.com/ wintoday in April 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.

TECH GEAR!

GRAND PRIZE

One person will win a **Powermat**, which charges electronic devices without wires or plugs, plus phone and travel accessories—all worth \$330. To learn more about the grand

prize and to qualify, visit WomensHealthMag .com/wintoday and enter to win

any daily prize in April.

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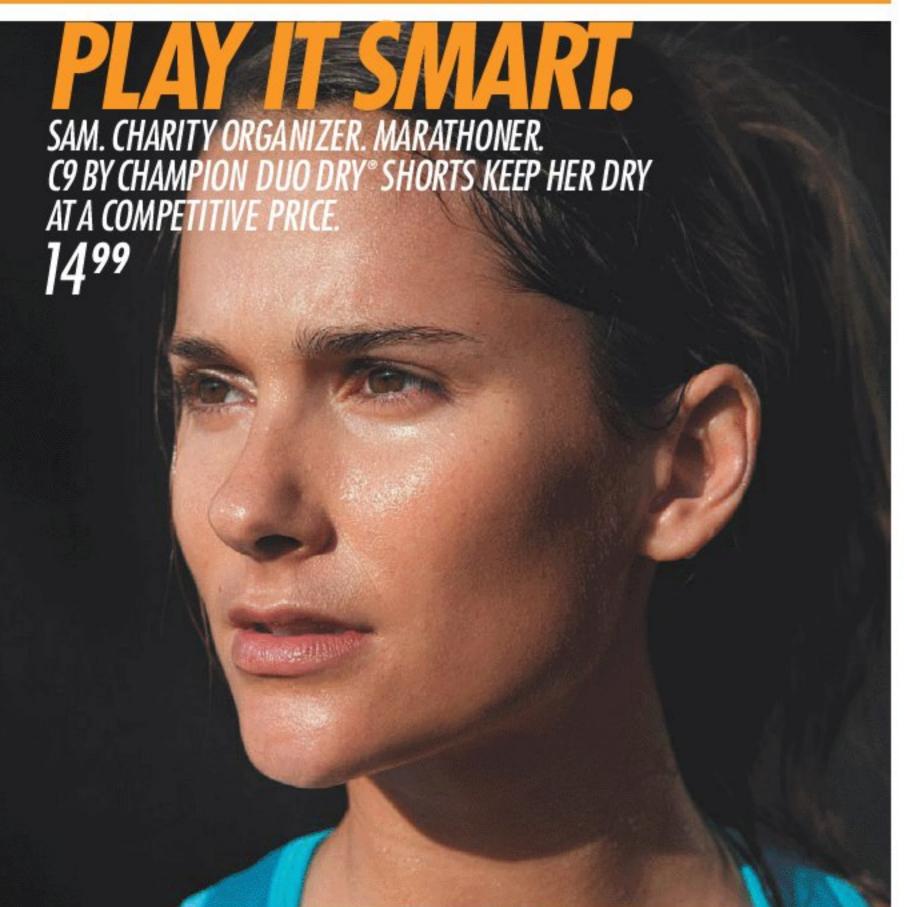
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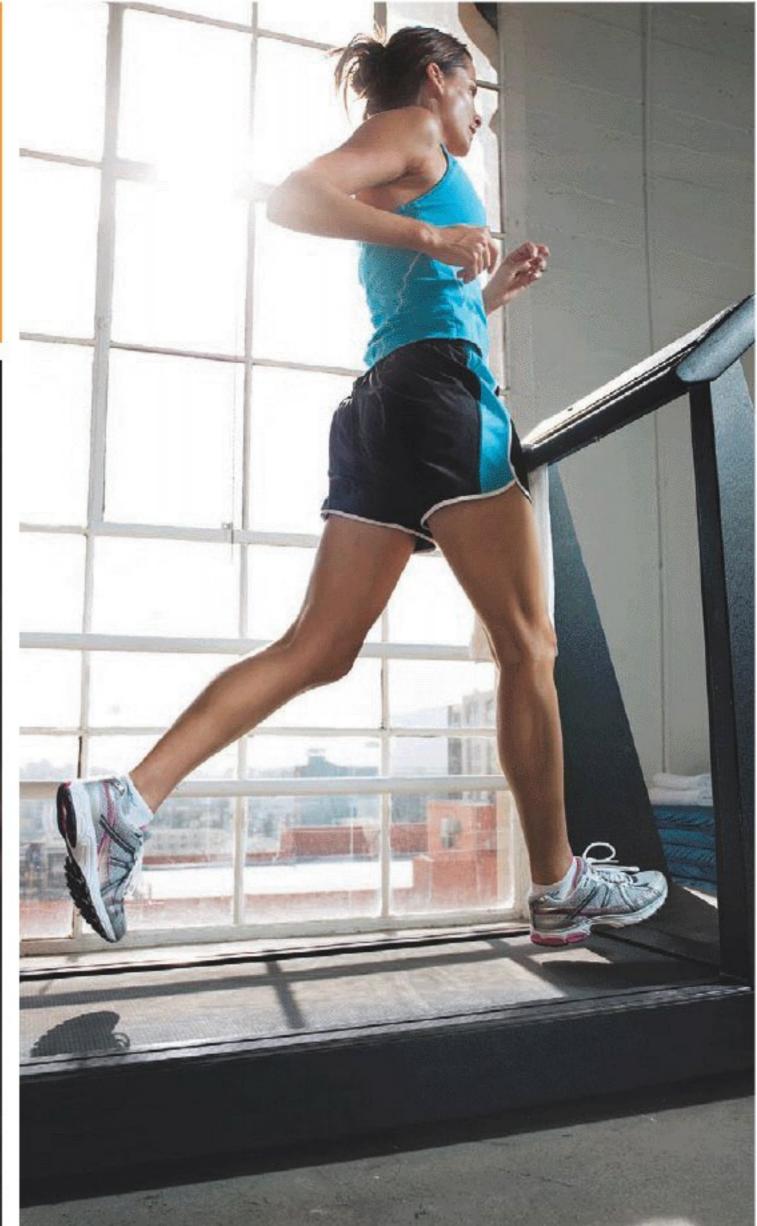
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Our newly updated download center is jam-packed with all the info you need to lead your busy life. Just hit "print" and you'll get an expert workout for the gym so you can finally fit into your skinny jeans, our list of the best packaged foods to make grocery shopping a whole lot easier, and the top 10 questions you need to ask your doctor at your next checkup. Get them all at WomensHealthMag.com/guides.

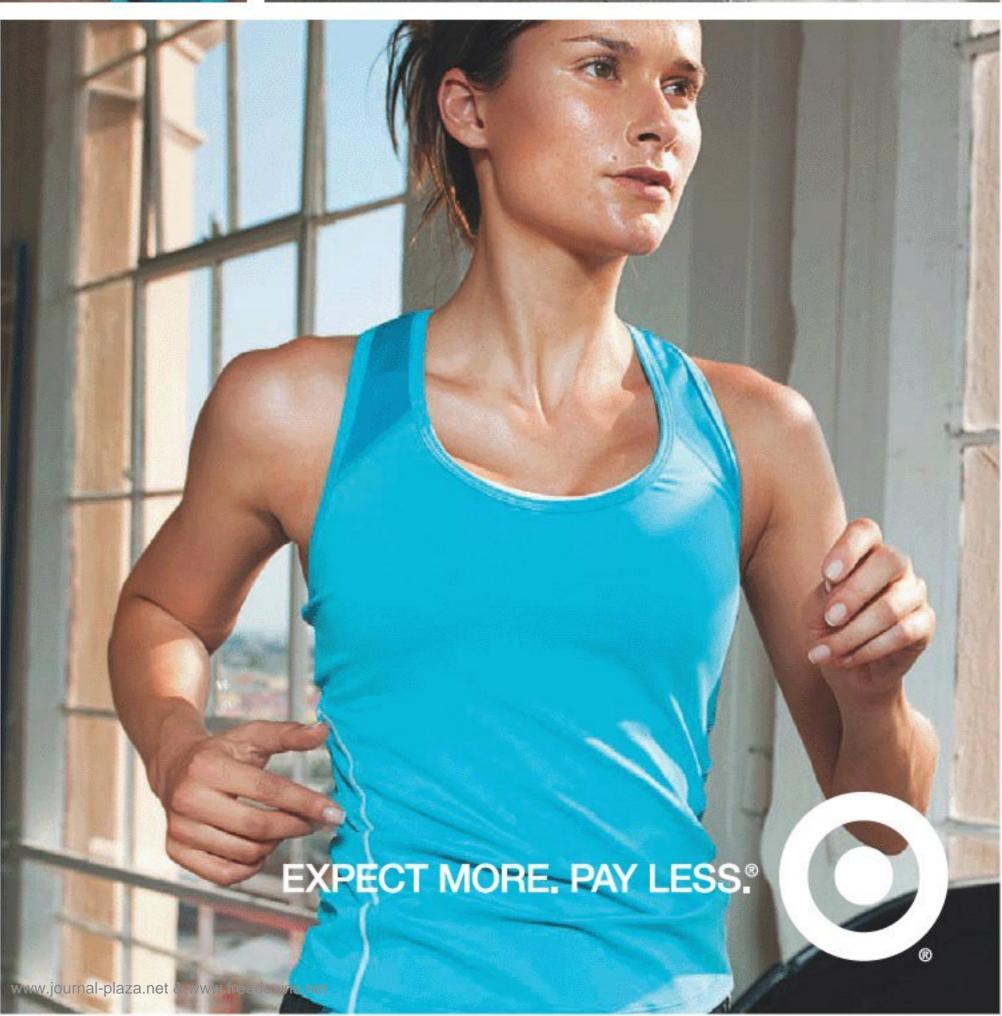
*ALL TIMES EASTERN. NO PURCHASE NECESSARY TO ENTER OR WIN. PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING. DAILY SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON THE DAY OF THE GIVEN SWEEPSTAKES AND END AT 2:59 A.M. THE NEXT DAY. THE GRAND PRIZE SWEEPSTAKES WILL BEGIN AT 3:00 A.M. ON APRIL 1, 2010, AND END AT 2:59 A.M. ON MAY 1, 2010. VOID WHERE PROHIBITED, OPEN TO LEGAL RESIDENTS OF THE UNITED STATES 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.











Ask Women's Health WEHAVETHEANSWERS! 6 TIER1 Swiss ball (\$27 to \$45) Also called a stability ball, physio ball, or exercise ball, this is a great tool for targeting your core, and in a pinch it can substitute for a bench. Heavy-duty balls, such as those by Sissel and DuraBall, are best. Dumbbells (starting at \$4.25 a pair) If you have only one training tool, make it a set of dumbbells. They're TIER2 simple to use, versatile, 3 Medicine ball (\$20 and a great way to and up) These smaller, 8 increase muscle mass. weighted balls have a great deal of versatility, and their shape is ideal for core exercises such as side twists. They're TIER3 available in a range 5 Bosu balance trainer of weights, and some (\$120) Short for "both models even bounce. sides utilized," it's essentially a Swissball 4 Resistance bands that has been cut in half. (\$13) Resembling oversized rubber bands, flat side on the bottom. Use it to make pushups these stretchy tools come and hip raises more in a range of sizes, widths, challenging, or stand on it and resistance levels. Use to engage your lower body the largest ones to make squats extra challenging; while doing upper-body exercises like biceps curls smaller sizes are useful forworkingyourglutes or overhead presses. and inner thighs. 6 Mat (\$16 to \$25) It can help relieve joint pressure and pain during moves that involve sitting, kneeling, or lying, or when you perform any kind of holding exercise, such as a plank. Also important, its nonskid surface will safeguard you against injuries. What do In eed to createthe perfect home gym?

—LisaH., TwinFalls, ID

The most essential machine is the one you already have—your body. "Exercises that use only your own weight can go a long way toward keeping you lean and fit," says Henry Williford, Ed.D., director of the human performance lab at Auburn University at Montgomery in Alabama. "But to target specific muscles and vary your routine so that it stays effective over time, you may need some additional equipment." So WH compiled this list of essentials. If your budget is tight, start with tier 1 and add tiers 2 and 3 later. To shop for the items shown, go to WomensHealthMag.com/perfectgym.

How can I avoid ingrown hairs caused by shaving?

-Missy K., Conyers, GA

One word: exfoliate. "Dead skin cells can prevent hair from growing properly, causing it to curl and reenter the same follicle," says Noemi Grupenmager, CEO and founder of Uni.K. Wax Center, a national chain specializing in hair removal. "That's what causes those painful bumps." Sloughing off dead cells with a loofah several times a week

> Visit Womens Health Mag.com/askwh to postyour query online or e-mail us directly at WHonline@womenshealthmag.com.



running cleanses the mind and body Oasics

will keep your pores free and clear. Exfoliating can also help to treat an ingrown hair. (Unless the hair is clearly visible, resist the urge to pluck it, as this could lead to an infection.) Grupenmager also recommends applying an exfoliating product that's formulated to treat ingrown hairs, such as PFB Vanish, twice daily until those nasty red

Should my husband and I file our taxes jointly or separately?

bumps subside.

-Emily G., Wheaton, MD

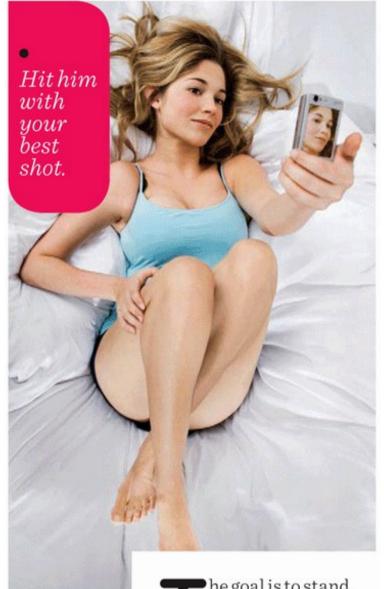
In most cases, filing jointly is not only easier but also nets you more tax breaks, says Jean Chatzky. financial editor on Today and author of *Money 911*. If one partner outearns the other, joint filing can help you both qualify for a lower tax bracket. There are two exceptions: You plan on taking a lot of medical deductions, or your hubby has a less-thanstellar financial history that you don't want to get tangled up in.

ASK the GUY NEXT DOOR

MATT BEAN

Iwant to look cute, not dorky, in my Facebook photo. Any suggestions? -Jade R., Cupertino, CA





he goal is to stand out without coming off as desperate for attention. Nix shots taken at weird angles, the half-ofa-couple crop, or anything resembling a yearbook pose. Find an impromptu snap that shows how fun you are to hang out with, and guvs will look twice.

I dated a guy for a month, no problems... and then he stopped calling. What gives?

-Kadey T., Las Cruces, NM

Unless you creamed his dog with your SUV or took him to Tiffany's after date two, he has no excuse for bailing that way. Why did he? Sometimes it's not until the first few dates are in the rearview that guys can really tell what the relationship might be like six months in. Sometimes we're waiting to see how compatible we are in bed. Regardless of the reason, he has proved that he's a coward. Forget him. No checking-intexts, no intel from friends. No need to let him know you're still wondering about him.

Why can't guys stay awake after sex? Was it that much of a snooze?

-Reyna Y., Howell, NJ

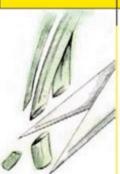
Of course not! Blame it on biology: Having sex increases the production of stress-busting neurotransmitters called endorphins that can help us relax, but that's only part of the bigger picture. Guys also pass out because we've worked hard to make you feel good, because we're finally relaxed, because we've fulfilled an evolutionary imperative, and for a dozen other reasons. Usually, it's nighttime, we're satisfied, and we're tired. If you want to talk, cuddle, or rehash the highlights, schedule some sack time in the morning.

My husband's mother hates me. How can I get her on my side-or at least off my back?

-Deidre K., Ocala, FL

The easiest answer (to give, anyway) is to kill her with kindness. Accept her backhanded compliments with a smile, and don't argue when she lectures you on the best way to cook a roast (even if you're a vegetarian). I know it's not what you want to hear, but why fight the battle when you've already won her son? Everyone-vour husband included—will think you're a saint. And rightly so.

CRASH course



1 USING SHARP SCISSORS, **CUT ALL THE** STEMS TO A **LENGTH THAT** IS ROUGHLY TWICE THE HEIGHT OF THE VASE. MAKE THE CUTS ON A 45-**DEGREE ANGLE** TO MAXIMIZE CONTACT WITH THE WATER; THE FLOWERS WILL DRINK MORE AND LAST

3 STEPS TO ARRANGE A BOUQUET IN A VASE

2 FILL A ROUND VASE HALFWAY WITH TAP WATER AND ADD FILLER **FLOWERS** (BRANCHLIKE STEMS WITH MANY BLOOMS OR FOLIAGE), MAKING SURE THEY **ARE EVENLY**



3 DISPERSE THE LARGEST BLOSSOMS, SUCH AS LILIES OR ROSES, **EVENLY AMONG** THE FILLER FLOWERS. USE SMALLER, WISPY BLOOMS, LIKE PRAIRIE STAR AND NIGELLA, TO FILL IN BARE SPOTS. STEP BACK; ADMIRE.

Source: Sarah Ryhanen, owner of Saipua, a flower and soap shop in Brooklyn, New York

THE PROPERTY OF THE PROPERTY O

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

WHAT'S THE BEST WAY TO BREAK UP WITH A NEW(ISH) BOYFRIEND?



11%

BREAKTHE BADNEWSTO HIM IN PERSON **59%**

TEXTOR CALLTOLET HIM KNOW 15%

25%

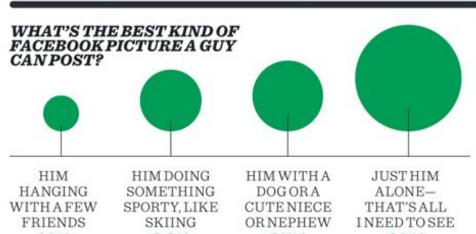
40%

LIETO SPAREHIS FEELINGS 14%

STOP CALLING HIMBACK 12%

DOES YOUR GUYSTEP

IN WHEN HIS MOM IS



BEING RUDE TO YOU? NO, I DON'T NEED HIS HELP 53% YES, HIS MOM, HIS PROBLEM 47%

LONGER.

24%



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Breakthroughs You Can Use



THISJUSTIN

Squelch That Stink

At least a thousand bacteria colonies can be found on a sweaty workout shirt. And it's those little critters that are responsible for the lingering odor. An earthfriendly solution: Win Green detergent. It neutralizes sweat to wipe out the smell, while protecting technical fabrics. The ingredients are biodegradable and come from natural, renewable sourcesplus, the detergent is free of phosphates, which damage ecosystems when they get into groundwater. \$7 for 21 ounces (about 14 loads), sweatlifter.com





PERCENTAGE INCREASE IN MUSCLE ENDURANCE AFTER CONSUMING CAFFEINE Source: Medicine & Science in Sports & Exercise

→ IF YOU NEED an exercise

PERKS OF A PUP

ONE-WORD ANSWER

Pushups

The upper-body exercise that bestows a bevy of total-body benefits. It not only targets your chest, shoulders, and triceps but also trains your abs, lower back, upper back, and glutes. Do it better: Brace your abs, squeeze your glutes, and keep your whole body in a straight line for the entire movement. Source: The Women's Health Big Book of Exercises by Men's Health fitness director Adam Campbell (\$25, WomensHealthMag.com/bigbook)

RECYCLE YOUR GYM GEAR

Improve your fitness karma: Repurpose your used workout gear and avoid having it end up in a landfill. Here are a few free programs that make it simple.

SHOES: Send your old kicks (any brand) to Nike's Reuse-A-Shoe program and they'll be turned into a material used to make running tracks and basketball or volleyball courts. nikereuseashoe.com

2 CLOTHING: Patagonia's Common Threads initiative makes new garments out of Polartec (check the tag of any fleece item) and other clothing that's made by Patagonia. patagonia.com/recycle

YOGA MATS: Is your mat on its last downward dog? Ship it off to Recycle Your Mat, where it will be turned into lining material for laptop bags or donated to a community yoga program. recycleyourmat.com

buddy, you should consider the four-legged variety, according to research presented at the Conference of the International Society for Anthrozoology. Volunteers walked five days a week with either a dog or a friend or spouse. At the end of 12 weeks, the dog walkers were more fit and could hoof it faster than those who'd walked with people. Attitude is contagious, say researchers. Dogs are always eager to go outside, and that enthusiasm spreads to their human companions. On the other hand, the two-legged workout partners discouraged each other with excuses like "I'm too tired today." Another canine bonus: You won't get away with slacking off. "Dogs need to be walked frequently," says principal investigator Rebecca Johnson, Ph.D., of the University of Missouri.



Buy Local, Eat Better

Join a communitysupported agriculture (CSA) group and receive regular deliveries of gardenfresh fruits and veggies from a nearby farm, all picked at their nutritional peak. You'll vary your vegetable repertoire (rutabaga, anyone?) while supporting local businesses and shrinking your carbon footprint. CSAs aren't near everyone just yet, but the numbers are growing, with more than 2,500 farms enrolled across the country. Find one at localharvest.org.



WHATISIT?

selenium $\sigma selenium \sigma ineq n$. A mineral that could cause cholesterol levels to rise if you get too much. Most people get enough selenium through their diet (good sources include garlic, raisins, and fish), so forgo a selenium supplement.

Source: The Journal of Nutrition



COCOA RX

Make that milk mustache a chocolate one. Researchers at the University of Barcelona had 47 people drink plain moo juice or chocolate milk made with cocoa powder every day for four weeks. Those who got the chocolaty goodness had significantly lower levels of the inflammation that causes heart disease. What gives? The polyphenols in cocoa may have anti-inflammatory effects that protect your ticker, says lead study author Ramon Estruch, M.D., Ph.D. But to get the heart-saving benefit, skip the premade hot cocoa mix and the liquid chocolate goo. Instead, mix skim milk with a tablespoon of unsweetened cocoa powder and add sugar to taste.

You know you should eat more fish to get all those heart-healthy omega-3s. But if you often forget to defrost a fillet before heading off to work, check out CookItFrozen.com. This how-to site from the Alaska Seafood Marketing Institute gives techniques for turning any ice-bound fish into a seafood feast. Here's how to take fish from freezer to plate in 15 minutes.

- 1/ Preheat broiler to 450°F. Rinse the frozen fillet under cold water to remove any ice, then pat it dry. Brush both sides of the fillet with olive oil, place on a foillined baking sheet, and put the sheet on the top rack of the oven.
- 2/ Sprinkle any combination of spices onto the fish 4 minutes into cooking. (If you do this earlier, the spices won't stick to the frozen flesh.)
- 3/ Cook the seasoned fillet for another 8 to 11 minutes. Once the fish is opaque throughout, remove it from the oven and enjoy!

CURB YOUR DIET-SODA HABIT

In a study of more than 3,200 women, those who drank two or more servings per day of artificially sweetened soda had a 30 percent decline in kidney function, say Harvard Medical School scientists. The women who swigged down regular soda had no such decline, so the researchers believe that artificial sweeteners are a possible culprit. There's no need to deprive yourself completely—drinking just one serving a day didn't have any effect.





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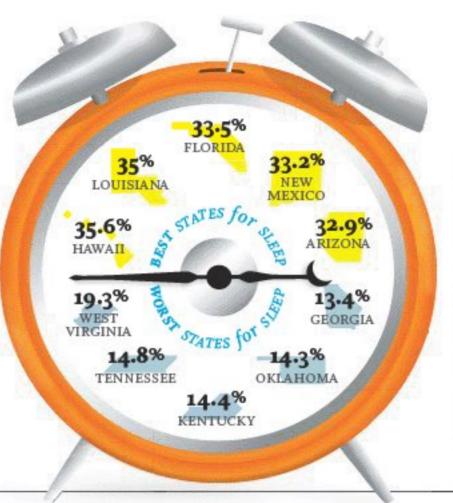


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LEARN MORE AT SOYJOY.COM

DREAM STATES

The amount of sleep you get may depend on where you live, according to the Centers for Disease Control and Prevention. West Virginians top the list of the slumber deprived, with nearly one in five residents reporting not a single good night's sleep in a 30-day stretch. (They also rank high for obesity and heart disease, both of which can lead to sleep problems.) Hawaiians snooze the most soundly. Check out where else we are—and aren't-catching enough Z's.



BEST STATES: Percentage of residents who slept soundly every night for one month

WORST STATES: Percentage of residents who did not get a full night's sleep for one month

FACT You're 100 times more likely to catch a cold on an airplane than under normal, everyday circumstances.

Source: Journal of Environmental Health Research

THISJUSTIN



Celebrate Earth Day without worrying about catching an insect-borne illness: Just slip a Shoo!Tag around your neck or into your pocket to keep mosquitoes and ticks away. The company claims that its eco-friendly product uses electromagnetic frequencies to ward off bugs. As a backup, wear long sleeves when critters are buzzing around, and tuck your pants into your socks. \$25, shootag.com



ONE-WORD ANSWER

Meditation

A little quiet time may ease your aches. New research shows that meditating helps reduce the perception of pain, and that people have a higher pain threshold after completing just one hour of meditation training. Source: The Journal of Pain

FLUSHED OUT

A neti pot, that age-old sinus-cleansing remedy, may make stuffy noses worse. Researchers at Georgetown University followed 68 people who irrigated twice daily for a year and then stopped. The result: Sinus infection rates dropped by 62 percent. "Frequent flushing drains not only nose-clogging mucus but also the antimicrobial kind that fights infections," says study author Talal Nsouli, M.D. Use a neti pot only for active infections, and see your doctor for a long-term solution.

Cruising around in a convertible may zap your hearing, according to a study from the journal Otolaryngology— Head and Neck Surgery. When you're driving 50 to 70 miles per hour, say researchers, the noise level in the car averages around 89 decibels (about 25 decibels less than the level at a rock concert). Continued exposure to anything 85 decibels or more can damage your hearing permanently, says lead study author Philip Michael, M.D. But you can still feel the wind in your hair without sacrificing your eardrums: Lower the noise level by rolling up the windows (even with the top down), and consider putting the top up if you'll be spending a long time on a heavily traveled, high-speed road.



Weight-Loss SCOOP!



NUMBER OF FEWER CALORIES PEOPLE ATE AT LUNCH WHEN THEY CHEWED GUM FOR ONE HOUR (THREE 20-MINUTE SESSIONS) IN THE MORNING. WANT TO TRY IT? GO SUGARLESS!

Take

your

licks.

Source: University of



THISJUSTIN

Brown-bagging it can save major calories as many as 700 when you eat a homemade turkey sandwich instead of one from a café, says Dawn Jackson Blatner, R.D., a spokesperson for the American Dietetic Association. Do it the earth-lovin' way: Trade disposable paper sacks for a reusable cloth one, like Rebel Green's 100 percent organic cotton sack (with napkin). \$18.35, nubiusorganics.com

SNACK IN SLO-MO

Eat slowly and you'll probably eat less, reports *The Journal of Clinical* Endocrinology & Metabolism. People who lingered over scoops of ice cream for 30 minutes produced more of two hormones that signal fullness than did those who wolfed it down in five minutes. "Eating slowly lets food interact longer with the intestinal cells that produce these hormones," says lead study author Alexander Kokkinos, M.D., Ph.D. Put the brakes on speed eating by avoiding dining distractions (like the TV) and focusing on your food.

WHATISIT?

lychee\le'che\ n. A fruit grown in Asia whose extract may help you shed pounds. People who took lychee in daily supplements for 10 weeks reduced belly fat by 15 percent. How it works: Lychee may increase levels of adiponectin, a hormone that fires up fat burning.

Source: Journal of Functional Foods

KERNELS OF TRUTH



Even a rom-com like the upcoming Date Night can turn into a horror show if you hit the concession stand. A small popcorn can pack nearly as many calories as a cheeseburger and medium fries from McDonald's (about 680) and 34 grams of saturated fat. Here's what's really popping in a size small at three chain theaters:

REGAL	AMC	CINEMARK*
11 CUPS	6 CUPS	8 CUPS
670 CALORIES	370 CALORIES	420 CALORIES
34 g SAT FAT	20 g SAT FAT	2 g SAT FAT
550 mg SODIUM	210 mg SODIUM	690 mg SODIUM

* Unlike the other two chains, Cinemark uses nonhydrogenated canola oil, which slashes the saturated fat content. Source: Center for Science in the Public Interest



BEFORE YOU GO OUTSIDE TODAY, TAKE NOTE: About 80 percent of adults don't use sunscreen regularly. In a new study, people who got daily reminders were almost twice as likely to slather on SPF as those who weren't prompted, reports the Archives of Dermatology. If you don't want to forget to apply this wrinkle and cancer fighter, make it part of your daily routine, suggests lead study author April Armstrong, M.D., of the University of California at Davis. To do: Apply moisturizer with SPF 30 every morning after you wash your face (one to try: RoC Multi Correxion 4-Zone Daily Moisturizer SPF 30, \$18.60, at drugstores). If you need an extra nudge, stick a note on your bathroom mirror. Get more age-erasing wisdom at WomensHealthMag.com/age.

WHATISIT?

trichohyalin/trĭk'ə-hī'ə-lĭn/n. A gene that makes hair curly. Researchers recently discovered it, and their finding could lead to a pill that makes locks straighter or curlier.

Source: The American Journal of Human Genetics



THISJUSTIN Eco-Makeup

The earth-friendly beauty trend continues: Makeup artist Tina Turnbow has created a line called Flower Child with Tarte Cosmetics. The products feature ingredients like goji berries, açai, and pomegranate, and are free of parabens and preservatives. \$24 to \$44, sephora.com

5/

PERCENTAGE OF WOMEN
WHO SAY THEY ARE
SURE THEIR PERFUME
HELPS THEM ATTRACT MEN
Source: Superdrug

IMAGE CONTROL

First impressions are revealing. A study that was published by the Society for Personality and Social Psychology asked people to look at pictures of strangers and rate them on 10 personality traits. When the ratings were compared with those from the photo subjects themselves, nine traits were rated the same. So choose your online pictures wisely. Estée Lauder can help by making you over and uploading your photo right at the store. Find a local event at estee lauder.com/locator/ store_events.tmpl

SHINING MOMENTS

Move over, Bridezilla: More women believe they should look their absolute best for a job interview than for their own wedding, says a recent survey. Here are the occasions when women say looks matter most (and for events they consider important, almost a third say they'll primp for more than four hours beforehand).

PERCENTAGE OF WOMEN
WHO SAY IT'S IMPORTANT TO
LOOK THEIR BEST FOR...

A JOB INTERVIEW: 75

Their wedding: 69
FRIEND'S WEDDING: 47
First date: 45
CLASS REUNION: 32

Anight out: 29

Source: Florida Department of Citrus survey of 1,051 women



Sex SCOOP!



Here's a sampling of where our thoughts wander: On his mind: On her mind:

ROBERT PATTINSON

GEORGE CLOONEY

25%

BRAD PITT

14%

SHIA LABEOUF

11%

PATRICK DEMPSEY

8% **OTHER**

14%

ANGELINA JOLIE

CAMERON DIAZ

8%

COURTENEY COX ARQUETTE

14%

HALLE BERRY

12%

JENNIFER ANISTON

8% OTHER

18%



Get a Date for Earth Day

Couples who try fun activities together have the happiest unions, say researchers at the University of Denver. And spending time helping the environment counts. Want to share your eco-interests? Check out EcoDater.com. The site matches members and also offers green date ideas for those already coupled up.

FACT

Fifty-three percent of guys aren't sure if their partners fake their orgasms.

SLOW DOWN A SPEEDY MAN

If your guy usually zips to the finish line before you've reached your peak, well, he's not alone-20 to 30 percent of men experience premature ejaculation. A potential solution: In an Irish study, men who applied an experimental spray to their penis before getting busy took six times longer to climax than without it. The spray contains anesthetics that absorb quickly and slow the ejaculation reflex. But unlike other numbing products that can take 20 minutes or more to work, the spray takes just five. And, most important, it doesn't numb your hot zone. It may be available via prescription in 2011.

CALL IT THE TIGER EFFECT

Not long ago, the phrase referred to Tiger Woods's explosively positive influence on golf, but it has taken on a new meaning in relationships: Women are snooping through their spouses' texts and e-mails now more than ever, says Ian Kerner, Ph.D., a sex therapist in New York City. Tempted? Kerner thinks it might be a smart move if you have doubts about your guy. "The convenience of the Internet makes it more likely that people will stray," he says. "Oftentimes, snooping can nip a potential affair in the bud before it escalates."



WHATISIT?

heavage $\ h\bar{e}'v\bar{i}j \ n$. A fashion statement made by men who leave their top three or four shirt buttons undone to reveal pecs and chest hair in the hopes of attracting women. It just might work too: According to a recent survey, 43 percent of women think chest hair is hot.

Source: Hilary Alexander, fashion director at The Daily Telegraph



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FUEL THAT HELPS REPAIR AND RECHARGE MUSCLES.



PEOPLE

Abbott **Nutrition**



Kara DioGuardi may be in the middle of her second season as a judge on American Idol, but she's still not used to the larger-than-life personality that being a star on one of TV's most beloved shows demands of her. Underneath the major makeup and big, blown-out hair, Kara is just a girl from the New York suburbs—albeit one who has made it big behind the scenes as a songwriter for such megastars as Pink, Christina Aguilera, and Gwen Stefani (to name a few).

So on this rare day away from the set, Kara breathes a sigh of relief:

to a spot that's parallel to the tip of her nose. Then, perhaps taking

So on this rare day away from the set, Kara breathes a sigh of relief: no makeup chair, producers, judges, or contestants. Just the comforts of her Hollywood Hills home and its veritable mishmash of styles—an antique here, a tchotchke there, a Western motif in one corner, a French-château feel in another. Here in this cozy living room, with framed photos adorning every table, Kara, 39, can just be herself.

"The amount of eye shadow they put on me, and the lashes that are out to here!" Kara says, motioning

WHO WOULD BE YOUR AMERICANIDOL DREAM JUDGE?

JUSTIN TIMBERLAKE	33%
CONAN O'BRIEN	<mark>18%</mark>
MADONNA	14%
ROSIE O'DONNELL	10%
LADY GAGA	9%
DIDDY	9%
TOMMY MOTTOLA	7%

Source: WomensHealthMag.com

to a spot that's parallel to the tip of her nose. Then, perhaps taking a cue from panel partner Simon Cowell, she says, "I don't mean to sound like a bitch, but I don't wear that much makeup. I realize I need to [stand out], but I have yet to figure out a balance where I look at myself and go, 'That's me!'"

Finding the perfect balance has been Kara's challenge as Idol moves through its ninth season. This year has brought major changes: Paula Abdul is out, Ellen DeGeneres is in, and after this season, Cowell is leaving TV's largest talent show and taking his snug T-shirts and snarky comments to a singing competition all his own called The X Factor. His are "big shoes to fill," Kara says. "Finding someone who has a lot of knowledge about music and who is also an interesting character is going to be a daunting task."

Yet Kara is feeling more comfortable at the judging table, dispensing sound, big-sisterly advice to a parade of Carrie
Underwood and Adam
Lambert wannabes. "Last season
was tough for Kara," says fellow Idol
judge Randy Jackson. "But she held
her own. She's got it going on now."

Off camera, Kara is as engaging as she is on the show—warm, funny, and unguarded—whether showing off pictures of her husband of eight months, Mike McCuddy, 35, or marveling at the creds of her castmates. "Could I sit next to bigger people? My God—Ryan [Seacrest], Ellen, Simon, and Randy! Sometimes I look in the hallway and think, There's a billion dollars in this building!"

Intimidating, to be sure—
which might explain Kara's bumpy
initiation. From her first day on
the job, Kara found herself facing
the music...and the critics. "People
are so mean," she says. "They'll go,
'Kara's stupid. She repeats whatever
Randy says. Paula's way better,' or
'She's ugly.' I'm like, Really? I may
not be some beauty, but ugly?"

Kara freely admits that she provided some of the ammunition (among her minor snafus: saying Studio 57 instead of Studio 54 during one show). "Of course I knew that, but I was nervous," she says. "Do I want to take it back? Yes. But am I going to let them eat me alive at this stage of my life?"

Nope. Instead, she fired off a middle finger in the form of her



BEHIND THE MUSIC

Kara's songwriting talent paved the way for her Idol fame. Here, she gives us the scoop on some of her many hits.



GWEN STEFANI "Rich Girl" "I didn't write [this song] with Gwen. [Interscope Geffen A&M chairman] Jimmy lovine gave me the track, and I hummed some melodies and scatted some words. She loved it and filled it in. I remember getting a call in my car: 'Jimmy lovine and Gwen Stefani on the line. Can you take the call?' I practically drove off the road."



PINK "Sober" "She and I opened up a bottle of wine, and it was the greatest game of tennis ever. She would say an amazing line, and I had to say something just as good. We were in sync. We've all had things in our lives that we should've done without, whether it's drinking, eating, or working too hard. We had a common ground, and I had one of the best nights of my writing life."

supertight bikini-clad physique. During the live season-eight finale, she stole the spotlight from finalists Adam Lambert and Kris Allen during the now-infamous battle with Bikini Girl, in which Kara ripped open her dress, grabbed headlines, "and probably saved my job," she says. Yet it almost didn't happen: "I kept saying no. I mean, what crazy nut is gonna go out there in a bikini at almost 40 years

of age against a girl who is 20 and probably cosmetically enhanced?"

Kara changed her mind hours before going on the air, prodded by producers who dangled a donation in her name to her choice charity, Phoenix House, a nonprofit facility for the prevention and treatment of drug and alcohol abuse. "I needed that justification," she says. Plus, "It was a defining moment. Like, 'She's serious and industry,



but also as kooky as everyone else on this panel." Her only regret? Not having time to get a spray tan. "I looked a little pasty. But hey, at least I didn't wet myself!"

Finding Her Way

Exposing her pale-but-taut bod was something of a personal triumph for Kara, who battled an eating disorder when she was in her early twenties. Before finding her musical calling, feeling unsure of her future, Kara embarked on episodes of binge eating in the



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



or more of Kara's five jobs will have to go. (In addition to being an *Idol* judge and an in-demand songwriter, she's also an executive vice president of A&R at Warner Bros. Records, a record producer, and a co-owner of Arthouse Entertainment, a company that represents producers and writers.) "It'll be a lot of pressure being in charge of a little soul who will someday judge me if I'm not there for the school play," she says.

How She Got Her

And there may soon be a family

addition: Kara and Mike are trying

to have a child, which means one

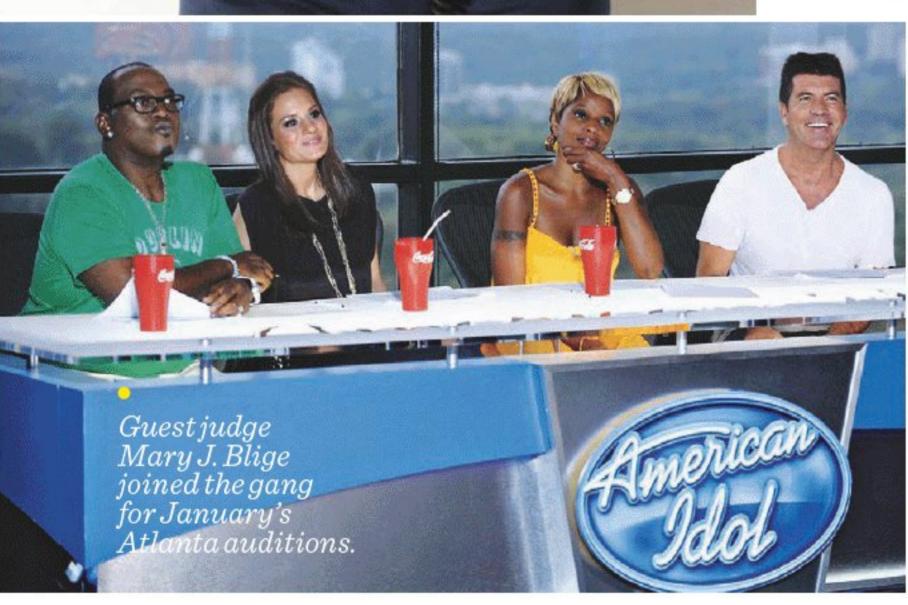
How She Got Her "Bikini Girl" Bod

With Kara hitting the big 4-0 in December, she is hyperaware of her body—inside and out. At home, she eats healthfully, thanks to Mike, who cooks veggie stir-fry ("The more roughage you eat, the more it fills you up"), pasta with shrimp, and chicken dishes. She also drinks a lot of water: "Two huge bottles a day, minimum. I leave them around—one upstairs, one in the car—to force me to remember."

She hits the gym four times a week, a habit she got into while trying to escape the sit-around lifestyle that comes with recording. Her routine: "Two miles of running or 25 minutes of cardio—boxing, treadmill, step-ups, walking lunges, sprints. I mix it up. And weight training is important as you get older. You build muscle, which burns fat when you're at rest."

Working with trainer Jeff Hulsey, she focuses on her upper half, the part that's seen most on television. "Someone [close to me] said, 'You may want to work on your arms—they're a little jiggly,'" she says with a laugh. "The people in my life have no qualms about telling me when I don't look that great."

Why would they? Kara may be a star on one of television's most buzzed-about shows, but this girl is as down-to-earth as they come. "Sometimes I feel like I'm watching myself in a movie. It's like, How is it possible I'm sitting next to Ellen?" she says, reflecting on her good fortune. "For the first time in my life, I'm content. I don't feel the need to prove myself anymore."



ready melodies and commissioned her to work on album tracks with Jessica Simpson, Celine Dion, and Marc Anthony. Those successes became a launching pad for a slew of top-10 hits, starting with "Escape" by Enrique Iglesias.

Now Kara is reveling in a totally different accomplishment: snagging an awesome husband. When she met Mike, a contractor, in 2007, "I was at my vacation home in Maine, and he was working on the house next door," she says. "He had broken up with a girl, so his sister said 'Why don't you go to the coast? Maybe you'll meet someone.' But

during April in Maine, there's not exactly an influx of people."

At first, the divorced father of one wasn't impressed by Kara's Hollywood credentials, but she liked his lack of pretense. "He was grounded, somebody you could anchor yourself to," she says. Sifting through the love notes she has received from him over the years, Kara smiles: "When I came home one night, there was a banner in the kitchen that read 'We missed you.' He said Kiki, our dog, made him do it. He always blames Kiki when he's being sweet. He doesn't want to get too mushy."



KELLY CLARKSON "IDo Not Hook Up" "I wrote this with Katy Perry on my kitchen floor. Originally, the line was 'Keep your thing in your pants, your heart on your sleeve,' which I really liked. But Kelly changed it to



'Keep your head

in my hand and

your heart on

COBRA STARSHIP "Good Girls Go Bad"

"[Singer Gabe Saporta] wasn't into having me around at first, so he played with me, giving me outrageous titles that could never be said on the radio. But I started writing 'Good Girls Go Bad' and he started to like me. He is the guy that could make you go bad."



ASHLEE SIMPSON-WENTZ "Pieces

of Me" "I walked into the studio and started tripping over TV cables. It was Ashlee's reality show. I was freaked out at first; I couldn't create with the cameras on. But everyone left and I wrote this. With me singing, it was too sugary, but Ashlee's raspy edge took it to another level."



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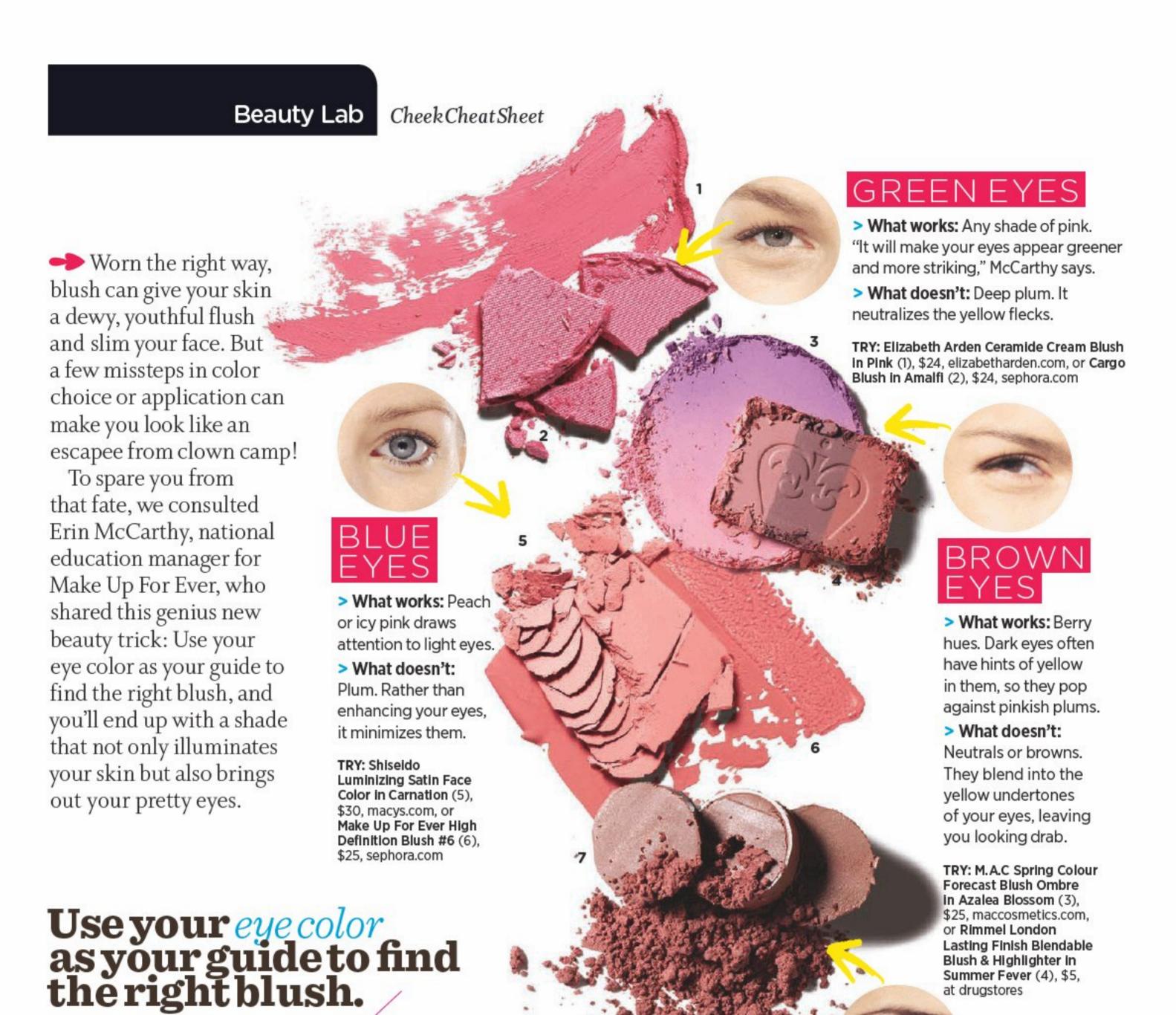


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Brush Strokes

> Got the ideal shade? Now learn where to put it! Here, blusher-to-the-stars Jim Crawford's tips for applying according to your face shape.



OVAL

→ Use a brush to dust blush onto the apples of your cheeks-the roundest part. Blend in all directions (except toward your nose), fading it outward.



ROUND

→ Apply color in a vertical line from the centers of the apples to just above your jawbone. Then blend along the hollows of your cheeks.



LONG

→ "Blend the blush along your hairline and the outer edges of your cheekbones to give the illusion that your face is wider than it is," Crawford says.



SQUARE

→ Dust into the hollows of your cheeks, or try a round cheek stamp like The Body Shop Kiss of Color Cheek Blush (\$14, thebodyshop-usa.com). Feather out the edges.

> What works: A pink with violet undertones. like mauve. It plays up the iris's mix of green, charcoal, and amber.

Summer Fever (4), \$5,

at drugstores

> What doesn't: Orangey pinks. "They dull the base color of gray in hazel," says Jim Crawford, a celebrity makeup artist.

TRY: N.Y.C. New York Color Blushable Crème Stick in Mauvin' Uptown (7), \$4, at drugstores, or Lancôme Ageless Minerale Blush in Brilliant Berry (8), \$29.50, lancome-usa.com









Join Forces with Nature

Body mist and antiperspirant. Now available in the deodorant aisle.

Your Secret Beauty Ally

For smoother skin, glossier hair, and a silkier body, embrace the slick stuff.

By Liz Krieger

Oil used to be the social outcast of the skin-care industry. Women didn't want anything remotely greasy on their skin (especially if they were prone to breakouts) and snatched up just about any product labeled "oilfree." But now there's a bumper crop of items for the body, hair, and face in gleaming liquid form. What gives?

"The high-quality, plant-based oils in these new products won't cause clogged pores and breakouts like mineral oils do," says Jeannette Graf, M.D., a dermatologist in Great Neck, New York. Also, the new oils often absorb faster and deeper than lotions. Here are eight products to pour on.

Oilspenetrate deeply—and a little goes a long way.



Body Oil

Comfort Zone Sacred Nature Nourishing Body Oil (1)

\$75, comfortzone.it

> WHAT IT IS: This lightweight, nutrientrich product contains buriti oil (extracted from an Amazonian palm tree) and jojoba oil (long revered for its high levels of triglycerides and omega fatty acids), which strengthen the skin's lipid barrier and protect skin cells against dryness and cracks, Graf says. Hot showers and baths, sun damage, and other elements can leave your skin parched, and the small particles in this oil penetrate deeply.

> HOW TO USE IT: Smooth two or three drops onto each area of your body every day, paying special attention to the elbows, knees, and other dry spots.

reight, nutrientroduct contains
oil (extracted an Amazonian cree) and jojoba ng revered for h levels of cerides and a fatty acids).

Massage Oil
Bath & Body Works
Sandalwood Fig
Sensual Massage
Oil (2)
\$16.50, bathandbody
works.com
> WHAT IT IS:

A romantic, woodsyscented oil that is infused with fig, sandalwood, and sunflower oil, and has antioxidant properties. This oil's silkiness eliminates drag on tender muscles during the kneading and lasts through an entire session-no need to keep returning to the bottle, as you do with lotion. Bonus: Sandalwood oil will smooth your skin and help fight the signs of aging.

> HOW TO USE IT: Massage into your skin or your partner's as if it were body lotion (a few drops will be enough for each limb) or add up to a quarter cup of oil to your bath to help counteract the drying effects of the hot water, suggests skin-care expert Suki Kramer, founder of the organic skin-care line SukiPure. Since it's a bit thicker than an ultrafine body oil, it will last longer.



SANDALWOOD FIG 4 FI Oz / 118 mL

44 WOMEN'S HEALTH / April 2010 / WomensHealthMag.com

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[comfort zone]



Conditioning **Treatment**

Macadamia Natural Oil Healing Oil Treatment (3)

\$36, macadamiahair.com

> WHAT IT IS:

Macadamia nut oil is one of the big kahunas, says San Diego salon owner Jet Rhys, because the nuts contain some of the highest amounts of essential omega fatty acids of any plant or tree. Macadamia oil gives instant hydration to dry, porous strands without making them greasy or heavy.

> HOW TO USE IT: Coat freshly washed medium-length to long hair with a dimesize squirt; for short cuts, a pea-size will do. Smooth over your strands from midway down the hair shaft to the ends, then comb to distribute. Oil can also help you untangle hair snarls with less breakage; just comb a few drops through

wet, knotty strands.

Styling Product

Rahua Finishing Treatment (4)

\$45, amazonbeauty secret.com

> WHAT IT IS:

This concentrated, thick, silicone-free styling lotion is packed with Amazonian rahua nut oil. Its potent omega fatty acids help hydrate and strengthen hair follicles by adding a protective layer. "It's great for spots that have been weakened by heat damage from overstyling," Rhys says. As we age, the natural oils in our hair and skin fade. Using an oil-rich treatment helps thirsty hair regain elasticity and shine, Graf says.

> HOW TO USE IT:

Work a small amount through damp hair, concentrating on the ends. Whether you air-dry your hair or blow-dry, the oil will impart a glossy sheen.

FACE

Skin Balancer

Pangea Organics Himalayan Geranium & Pomegranate Balancing Oil (6) \$50, pangeaorganics.com

> WHAT IT IS:

Nail Polish

Remover

Karma Organic

> WHAT IT IS:

A chemical-free,

remover that's

Regular polish

removers are

is like a gentle

around them.

nontoxic, corn- and

soy-based nail polish

fortified with tea tree

oil and vitamin E oil.

notorious for their

harsh chemicals; an

oil-infused remover

treatment for your

nails and the skin

> HOW TO USE IT:

Soak a cotton ball

with remover and rub

Polish Remover (5)

\$12, karmaorganicspa.com

A whisper-light blend of 11 nourishing oils, all of which help improve your facial skin's elasticity and suppleness. This problem solver targets dry areas with moisture, while simultaneously soothing redness or irritation in spots that need extra TLC.

> HOW TO USE IT:

After cleansing and while skin is damp, gently massage two or three drops onto your face, paying particular attention to drier spots, like around the eyes.

Nighttime Moisturizer

Kiehl's Midnight Recovery Concentrate (7) \$42, kiehls.com

> WHAT IT IS:

Your body naturally renews itself at night, so using this powerful omega-3 and -6 fatty-acid-enriched oil (including evening primrose and geranium) before bedtime can replenish and soften tired skin and improve its texture overnight. "Plus, it's less foreign to skin than many chemical agents, so it won't cause irritation, and it penetrates quickly," Kramer says.

> HOW TO USE IT:

After cleansing, pat (don't rub) two or three drops onto your cheeks, forehead, and chin until the oil is evenly distributed.

Cleanser

Nude Cleansing Facial Oil (8) \$36, sephora.com

> WHAT IT IS:

Containing antioxidant-rich vitamin E oil, this cleans "without any harsh scrubbing, and it doesn't leave skin feeling tight," says New York City dermatologist Ellen Marmur, M.D., chief of dermatologic and cosmetic surgery at Mount Sinai Hospital. That's because it moisturizes and doesn't strip skin of healthy, natural oils.

> HOW TO USE IT:

Massage a few drops all over dry skin. Then wet your hands and massage your face again. The oil will emulsify into a fine, milklike consistency.

CLEANSING FACIAL OIL

1.0 fl oz. - 30 ml

April 2010 / WOMEN'S HEALTH 45

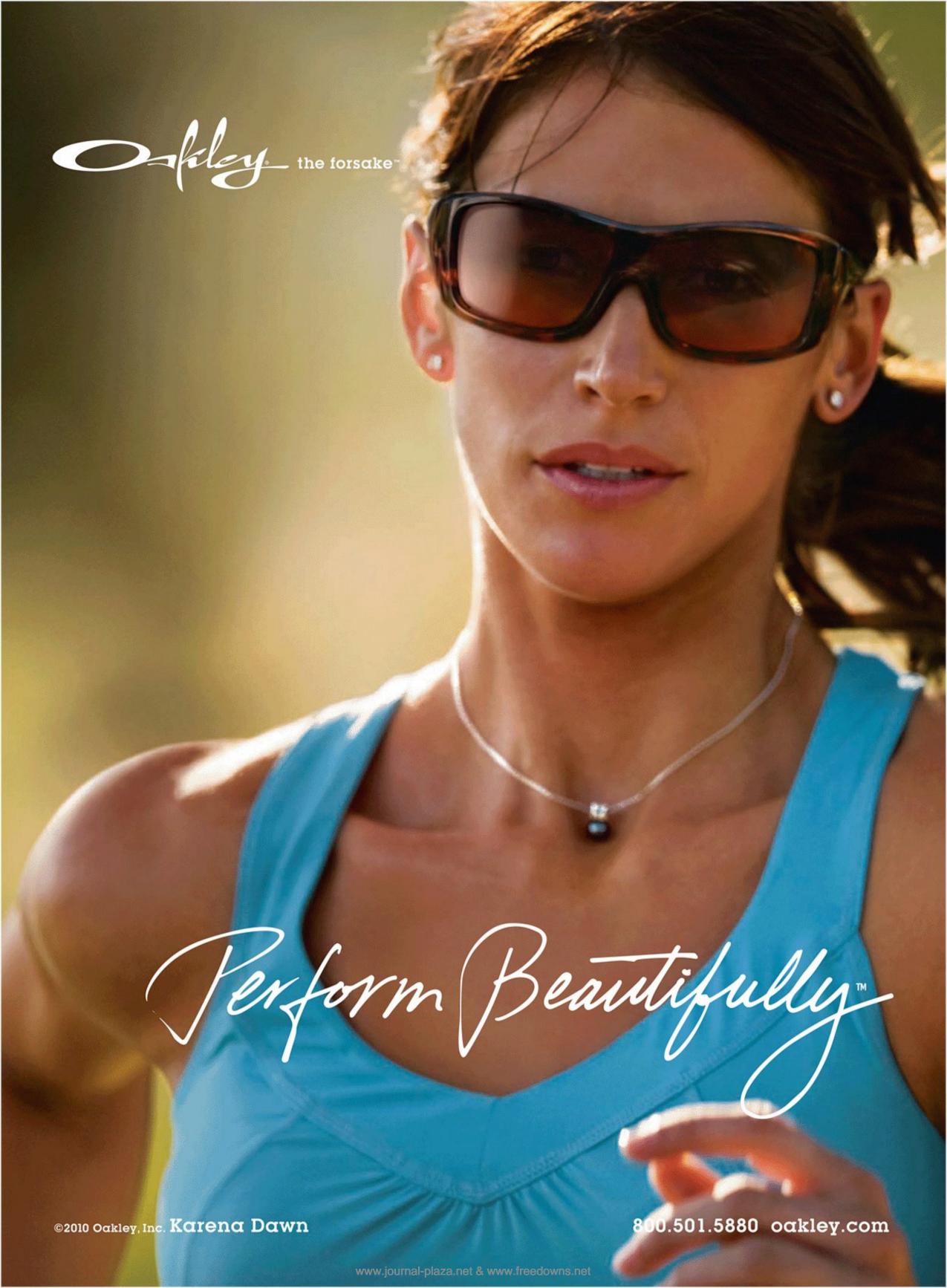


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Every positive change, even a big one, begins with little steps. Whether hitting the road a few minutes earlier, pushing yourself over one more hill, or fine-tuning an attitude, you've taken a small but important step. The more you take, the farther you go.

It really is that simple.

Nothing is more basic than what you put in your body, and nothing is more elemental than water. You already know the importance of proper hydration. The next step is following through on it. Brita Plus, every bottle of water you don't have to buy is a plastic bottle that may not end up in our landfills. That's another important step on the road to sustainability, not to mention a pretty simple way to save money.

So keep doing what sustains you. Take as many small steps as you can. One day, you may notice you've made quite a big leap.



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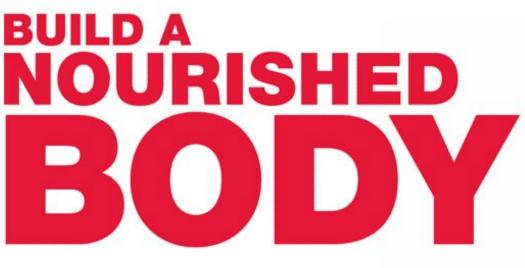
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BOUND BOUND

SThe Superior Stretch

Not all warm-ups are created equal.

By Jen Ator/

PHOTOGRAPHS BY MUNETAKA TOKUYAMA

Enza Costa Rogue tank, Nux sleeveless hoodie, Life With Bird pants, K-Swiss shoes, TKO Orlogi watch

WOMEN'S HEALTH 55

Get-Fit Tricks

Somewhere between lacing up your sneaks and starting your first set of squats, you face the most important decision of your workout: Warm up, or not? There's a good chance you just skip it. After all, you can barely carve out a 30-minute workout window. Who wants to waste one valuable calorie-torching minute on tedious knee hugs and neck rolls?

But the short-term investment pays off big-time if you do it right. "The best way to warm up is with dynamic stretching," says Nick Tumminello, owner of Performance University in Baltimore. This stretches a muscle at its full range of motion (a body-weight lunge is a great example).

Dynamic stretching increases flexibility, improves blood flow, and decreases your risk of injury and your recovery time. Translation: Your workout will feel easier, and you'll see faster results. This three-part dynamic warm-up from Tumminello gets your heart rate up, your muscles prepped, and your body seriously ready to turn heads.



JUMPING JACKS

Stand with your feet together and your hands at your sides (a). As you raise your arms above your head, jump up just enough to spread your feet wide (b). Without pausing, quickly reverse the movement. Continue for a total of 10 to 15 reps.



1 TURN IT ON: Nervous System Activation

Even if your brain is saying "Bring it!" your muscles aren't ready to work when you first hit the gym. Your central nervous system, which controls movement and activity, is basically in "power save" mode (blame it on a day at the desk or hours in front of the TV). So before you jump into a workout, your brain needs to signal your body that it's time for quick, explosive activity. These moves kick your nervous system into high gear by calling your coordination into action while raising your heart rate and body temperature. The result: Your muscles respond more effectively during your workout.

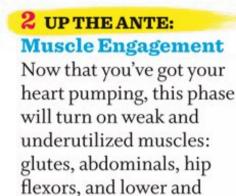


TIGHT CORE ROTATIONS

Stand with your feet more than hip-width apart and your arms extended in front of you, palms together (a). Keeping your hips square and your core engaged, rotate your upper body to the right so your arms are in line with your right shoulder (b). That's one rep. Quickly reverse, twisting all the way to the left so your arms are in line with your left shoulder. Continue alternating as fast as you can for 30 to 40 reps.

CROSSOVER JUMPING JACKS

Stand with your feet more than hip-width apart and your arms straight out to your sides at shoulder level (a). Simultaneously cross your arms in front of your chest and jump up just enough to cross your right leg in front of your left (b). Without pausing, quickly reverse the motion and return to the starting position. Repeat, crossing your left leg in front of your right. Continue alternating feet for a total of 10 to 15 reps.



upper back muscles. These "core muscles" are responsible for maintaining stability and control in your joints while you move. Forgetting to activate these muscles raises your

risk of injury.

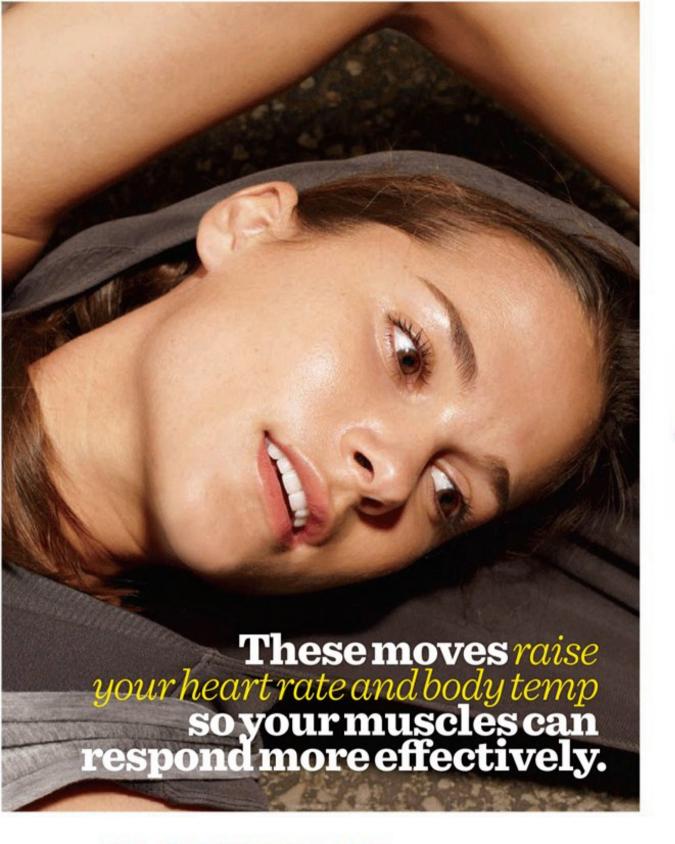
QUICK TIP

move.

Keep your back

at the top of the

flat and shoulders squeezed together



BENT-OVER ROW WITH L-RAISE

Bending at your hips, lower your torso until it's almost parallel to the floor, arms hanging from your shoulders (a). Raise your arms out to shoulder height, bending your elbows 90 degrees (b). Without moving your elbows, rotate your forearms up as far as you can (c). Reverse the motion to return to start. That's one rep. Do 12 to 14.

SUPER DOG

MOVES: BETH BISCHOFF; STYLING: THEA PALAD; HAIR AND MA

Kneel and place your elbows on the floor, bent 90 degrees. Slide your left hand forward and stretch your right leg behind you until both are straight (a). Raise your left arm and right leg as high as you can, forming a straight line from your fingertips to your toes (b). Hold for two seconds, then return to start. That's one rep. Do 12 to 14 on each side.



SLOW-MOTION MOUNTAIN CLIMBER

Start at the top of a pushup (a). Keeping your abs braced, pick up your right foot and slowly bring your knee toward your right shoulder (b). Hold for two seconds, then return to start. Alternate legs until you've done 12 to 14 reps (six or seven per leg).

3 PUSH FURTHER: Dynamic Mobility

For the finale, you'll increase the range of motion at your joints, while improving the flexibility in your large muscle groups from head to toe. And that's a big deal: When your mobility is compromised by stiff muscles, you spend more energy during your workout fighting against your body's limitations, rather than burning calories.



Keeping your left arm and both legs in position, rotate your torso to the right, until your right hand and upper back are flat on the floor **(b)**. Hold for two seconds, then return to start. Do eight to 10 reps, then repeat on the other side.

YOGA PLEX
Start in downward
dog, palms and heels

flat on the floor, back straight (a). Slowly bring your right foot between your hands (b). Rotate your torso to the right as you reach your right arm toward the ceiling (c). Reverse back to start. Repeat on the other side. Continue alternating until you've done five or

six on each side.



SIDE LUNGE TO CROSSOVER LUNGE COMBO

Stand with your arms straight in front of you (a). Step right and lower into a side lunge (b). Bring your left leg behind your right, lowering your knee toward the floor (c). Push off your left foot to stand. Do six to eight reps, then repeat on the other side.

e've co-opted key moves from one of the country's hottest fitness programs: Core Fusion, a strength-training regimen that has attracted such A-listers as Cameron Diaz, Charlize Theron, and Kate Hudson. "People come to Core Fusion because they get results," says cofounder Fred DeVito. "You get leaner and more toned, but the workout remains challenging, so you continue to get better and better results." (Find a Core Fusion class, taught exclusively at Exhale Spa, or buy a DVD at exhalespa.com.)

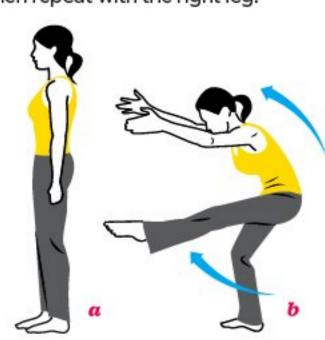
Do these four Core Fusion moves three or four times a week-you can add in two weekly cardio sessions to boost the bodyshaping benefits.

-Jen Ator

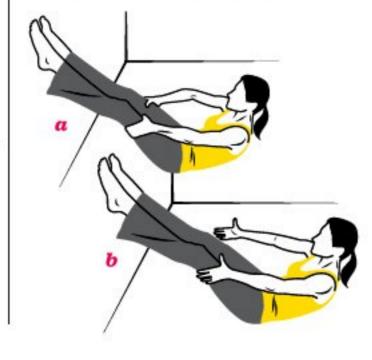


1/ C-CURVE LEG LIFTS

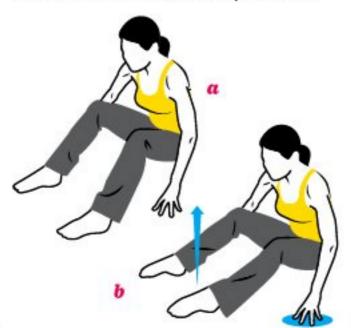
Stand with your feet hip-width apart, feet turned out slightly (a). Extend your arms forward, round your back, and raise your left leg (b). Hold for 10 seconds, then return to the starting position. Do 10 reps, then repeat with the right leg.



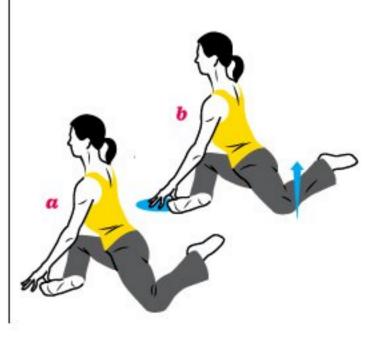
on a wall, legs together. Lift your shoulders and grab your outer thighs (a). Hold for 30 seconds. Let go of your legs and hold for another 30 seconds (b). Repeat the sequence two more times.



width apart, knees bent, fingertips on the floor outside your knees (a). Brace your abs and slowly lift both legs, pushing your fingertips onto the floor (b). Hold for two seconds, then lower. That's one rep. Do 20.



leg, bringing your foot across your body; bend your left leg so your foot is behind you (a). Try to lift your left knee off the floor 10 times (b), then reverse your leg positions and repeat, lifting your right leg.







Find Your Sole Mate

Slip into any of these awesome sneaks to fast-track your fitness and tight-body goals. By Jen Ator / PHOTOGRAPH BY KENJI TOMA

Not all athletic shoes are created equal. And these days, with so many high-tech features and materials in every model, it can feel more like you're buying a spaceship than a pair of sneakers. So we sorted through this season's newest tricked-out kicks to bring you standout options for wherever you get your sweat on—gym, court, or trail.



NIKE FLYSISTER+

These cross-trainers are 16 percent lighter than previous versions but have even more stability, thanks to strong but featherweight Kevlar fibers in the uppers. The soles' razor-thin grooves add serious flex. \$110, nikewomen.com



> ADIDAS FEATHER ADILIBRIA

The sculpted support system in these tennis shoes lets your forefeet and heels move independently of each other while stabilizing your arches. Vented rubber outsoles keep you cool on the court. \$110, shopadidas.com



SCARPA EPIC

These lightweight hikers have the superior traction of trail runners. Plus, from lining to laces, they're made from recycled material, with midsoles that break down in landfills 50 times faster than most. \$95, mountaingear.com



> RYKÄ REVIVE

Don't be fooled by the price tag: These running shoes use nitrogen-infused foam to increase the cushioning in the heels and forefeet, where it absorbs the impact of landing and gives you a bouncier push-off. \$65, ryka.com



> NEW BALANCE 710

Perfect for the gym, these trainers boast support "fingers" that are molded into the mesh to brace your feet during side-to-side moves. NB's trademark Abzorb cushioning gives you a soft landing. \$70, newbalance.com



MIZUNO WAVE NIRVANA 6

Mizuno re-created the way the skin on your feet moves when you run: Two-way stretch mesh expands and contracts with your feet-unlike regular mesh, which can bunch and cause blisters. \$140, roadrunnersports.com



> ASICS GEL-KAYANO 16

Asics added a three-millimeter heel raise to these perennial best-selling running shoes, to work better for women: The lift takes pressure off the Achilles tendon, a common injury spot for females. \$140, asics.com for stores

Get Your Perfect Fit

Forrunning, the right footwear is vital.

→ To find shoes that make your runs feel easier and reduce the chances that you'll get hurt, it's best to know what type of feet you have: In simple terms, are your arches flat, neutral, or high? Many good running-shoe stores can help you figure that out, using free on-thespot gait analysis-from a biomechanics expert who eyeballs your stride to 3-D computer scans that measure your arches and impact pattern. Or you can go to WomensHealthMag .com/shoe and take "The Wet Test" to ID your foot type and learn what kind of shoes are best for you.



> REEBOK ZIGTECH

The ZigTech's inchworm-esque soles propel energy through your feet during a run. Because your lower legs work less, you reduce the risk of overuse injuries like shin splints, so you can train longer and harder. \$100, reebok.com

When the Shoe Quits, Don't Wear It

Hangupyour laces and treat your self to a new pair at these milestones.

REPLACE RUNNING SHOES...

Every 300 to 500 miles, or if you develop regular pain or discomfort.

REPLACE TENNIS SHOES...

When tread patterns on the soles are less distinct or smooth spots emerge.

REPLACE CROSS-TRAINERS...

Every six months or sooner, based on visible wear and tear.

Source: Paul Langer, DPM, assistant clinical faculty at the University of Minnesota Medical School and author of Great Feet for Life: Footcare & Footwear for Healthy Aging



beyond the classic fat-burning zone. At this point, your body needs quick energy, so it starts burning less flab and turns instead to carbohydrates, which enter the bloodstream faster than fat does. The upside: The harder you work, the more calories you burn. "At your max effort, you could be burning 20 to 30 calories a minute," Koch says. And more calories burned, of course, equals more pounds lost.

In fact, research shows that the harder you go, the better. "Besides burning more calories per minute, high-intensity exercise—such as intervals, in which you alternate between short, hard efforts and easy periods or complete rest unleashes a flood of hormones, including epinephrine, which helps your body burn calories even when you're not working out," Koch says. For example, people who cycled at a high intensity for 20 minutes torched more calories for hours after their workouts than they did after cycling at a low intensity for 30 to 60 minutes, according to a study reported in Medicine & Science in Sports & Exercise. "Exercising in the classic fat-burning zone doesn't offer these benefits," he says.

The New Fat-**Burning Zone**

That doesn't mean light- to moderate-intensity exercise is out of the picture. Mellow efforts can still be part of

your workout: As a warmup or cooldown, they ease your body into and out of an intense session. They also reduce stress, amp up your cardiovascular health, increase bone density, and, of course, burn off some calories.

However, to fry flab faster, follow the principles of interval training. You'll know you're in the zone when you combine short bursts of activity that require you to breathe so hard you can't utter a word, followed by easier efforts that let you catch your breath. This new fat-burning zone isn't really a single zone at all. It's more like a cocktail of efforts that, when mixed together the right way, delivers a mega calorie crush to reveal a slimmer physique.

Try this workout two or three times a week for maximum results:

1/ Pick your cardio of choice (bike, elliptical, treadmill, pool, rowing machine, or running outdoors at a park or track), and then estimate your maximum heart rate using this easy formula: 220 – your age = max heart rate. (So if you're 28, your max heart rate would be roughly 192 beats per minute.) 2/ Warm up for 10 minutes at a low intensity. Like we said, the old-school "fat-burning zone" can still fit into your workout. 3/ Speed up until you're sprinting at 90 percent of your max heart rate; continue at that pace for 20 to 30 seconds.

Follow Your Heart

Sure, you can figure out your heart rate by counting your pulse for 15 seconds and multiplying by four. But monitors make it much easier. Here are three cool options.



Adidas miCoach

\$140, shopadidas.com Like a virtual personal trainer, miCoach guides you through preprogrammed or custom workouts with color-coded training zones.



\$220, timexironman.com Upload your workout directly (and wirelessly) to your PC or Mac, and customize your training plan for better results.



Suunto t1c True Fuchsia-

\$139, suuntowatches.com for retailers

26 35

> Smart and sexy: This hot number delivers all the fitness bells and whistles (real-time heart rate, calorie consumption, and pace) in a simple-to-use format.

4/ Return to a low intensity until your heart rate drops to about 120 beats per minute, usually about two to four minutes, depending on your fitness level.

5/ Do another 20- to 30-second sprint, followed by another

round of active recovery. Continue until you have done a total of six to eight intervals. 6/ Cool down at a very low intensity (such as walking on the treadmill) for at least five to 10 minutes before stopping exercise completely.



 TARASTILES Founder of the Strala yoga studio in New York City

I get dizzy during my yoga class. Is that normal?

Kathleen N., San Jose, CA

It's not uncommon to get a slight head rush during yoga, especially if you stand up too fast or move out of upside-down poses too quickly. But if you feel lightheaded the whole time, you might be dehydrated. Drink water during the day, and keep a bottle near your mat during class. Still spinning? Don't push it: Sit up on your heels, relax your shoulders, and rest your palms

on your thighs. Stay there, taking long, deep breaths through your nose. Wait for the feeling to pass, then ease back into the workout.

Which poses do I need to memorize before class?

Amanda D., Westminster, MD

To keep from getting lost, learn these five poses, which are used quite frequently: downwardfacing dog, warrior 1, 2, and 3, and child's pose. Find descriptions at WomensHealthMag.com/yoga /yoga-poses and commit them

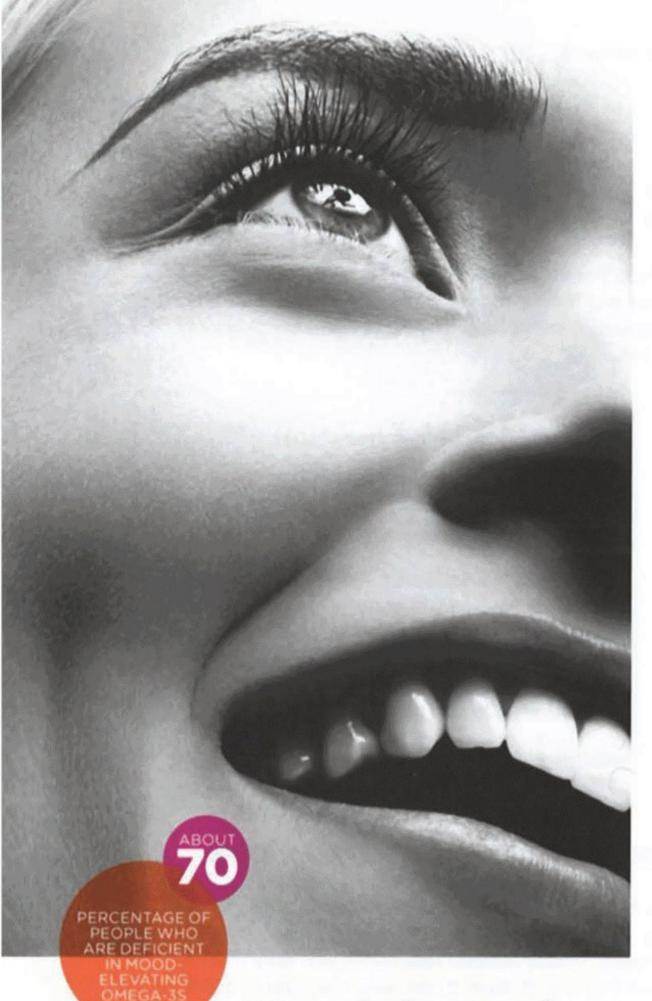
to memory—you'll feel more confident. If you're new to a class, grab a spot in the middle of the room. This way, you'll be able to follow your neighbors, and the teacher can keep an eye on you.



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Banish Bad Moods—Fast!

Four all-natural ways to snap yourself out of a slump

his month's tagline might as well be "April showers bring plenty of glowers." Why? Early spring's oscillating temps and lack of sunlight can cause a serious drop in your level of serotonin, a feel-good chemical that's found in the brain. And without enough serotonin, our mood descends into darkness or, at the very least, an unpleasant crabbiness (you know, the bad temper we typically blame on the rain). Fortunately, you can outsmart wicked weather patterns with these mood-boosting tips as you await the arrival of sunnier days.

YOUR LIFE

If a Miami mini-break isn't an option, seek out a light box. A strong one that emits at least 10,000 lux can have the same effect as basking in the earlymorning sun-minus the cancer-causing UV rays. Place the light box on a table near you—you need only 30 minutes of exposure to increase your serotonin levels and leave you "more alert and energized, two factors that contribute to a good

mood," says Michael
Terman, Ph.D., director
of the Center for Light
Treatment and Biological
Rhythms at New York
City's Columbia University
Medical Center. For more
info—such as where to buy
a light box—visit cet.org.

DEVOUR CHOCOLATE DAILY

It's true: One small square a day can keep the blues away. Chocolate contains a pleasure-promoting, mood-regulating neurotransmitter called phenylethylamine, which stimulates a rush of endorphins, the same compounds released during an orgasm. Studies show that cocoa has almost twice the amount of antioxidants as red wine, so it helps lower blood pressure and wards off wrinkles. When snacking, stick to dark chocolate that's at least 70 percent cocoa; it's healthier than the milk-infused variety.

FIND BLISS IN THE BEDROOM

During foreplay, your brain gets a healthy dose of the natural chemical dopamine, which "boosts your feelings of desire and makes you want to have sex," says Kimberly Flemke, Ph.D., a sex therapist at Philadelphia's Institute for Sex Therapy at the Council for Relationships. A quickie can be an uplifting double whammy. If you have an orgasm, your body will also release oxytocin, the so-called cuddle hormone that lets you feel more emotionally connected to your partner. Just one romp in the sheets will get you to your happy place.

GO FISH

People who eat foods containing omega-3 fatty acids—like salmon and tuna—have a better handle on their emotions and are more likely to be upbeat and agreeable, says Sarah Conklin, Ph.D., a professor of psychology and neuroscience at Allegheny College in Pennsylvania. The American Heart Association recommends eating two four-ounce portions of fish twice a week. But don't overdo it: Stick to one can of albacore a week to avoid mercury poisoning. Walnuts and flaxseed are also packed with the gethappy proteins, which have been proven to prevent

-Loren Chidoni

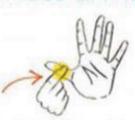
TEAR-OUT SECTION!

Tack this up at work. When your stress levels are through the roof, keep your cool with these easy exercises.

FEEL THE PRESSURE

heart disease.

SELF-ADMINISTERED HAND REFLEXOLOGY CAN BE A MOOD-LIFTING FIX.



1 Hold one thumb between your other thumb and forefinger. Using an inchworm-like motion, work your entire thumb from top to bottom, in every direction. Apply enough pressure so it feels good and doesn't hurt. "This technique helps relax the reflexes of your head and neck muscles," says Ko Tan, vice president of the American Reflexology Certification Board.



2 Knead the fleshy area of your palm (below your thumb) in the same way to relax the reflex of your spine. "You'll feel less stressed, and your mood will improve," Tan says.

Do each exercise for five minutes on each hand several times a day.

Women's Health

BROUGHT TO YOU BY

Staying on Track, Naturally Kashi

A combination of protein, fiber and whole grains can help you stay satisfied and give you what you need to look and feel your best. This month, leading nutrition and fitness expert, *Nicki Anderson*, offers some not-so-well-known tips on how to stay your healthiest and maintain a healthy weight. Keep our takeaway tip card on hand for helpful information at your fingertips.



This Month's Question

Q. I'd like to maintain a healthy weight naturally. What are some simple tips I can follow without succumbing to diet fads?

A. Weight maintenance is a matter of staying on track by creating and sticking to habits that contribute to a healthier you. Making a conscious decision to eat foods closer to their natural state and incorporating physical activity into every day can help you feel even better.

7 Surprising Fiber Boosters

If taken in the right form at the right time and in sufficient quantities, foods with fiber can sometimes slow the onset of hunger. Try these for a natural change:

- PEARS Slice one up and add to a spinach salad for a delicious twist.
- PISTACHIOS Sprinkle some on yogurt, salads or eat on their own.
- □ RASPBERRIES Try adding berries to cereal for a boost of flavor and fiber.
- ARTICHOKES Whip up a low-fat spinach and artichoke dip the next time you host company.
- may be what mom suggests for a cold, but lentils are where it's at when you're looking to get your protein and fiber in a bowl.
- EDAMAME Eaten as an appetizer, edamame can help fill you up so you don't overindulge on your main course.
- POPCORN Popcorn is a whole grain in the same league as oatmeal, barley, brown rice and millet. Air pop a serving size for a crunchy, fiber-boosting snack.





HERE ARE SOME SIMPLE WEIGHT-MANAGEMENT SOLUTIONS:

- Pro-Protein, High Fiber! Eliminate those mid-morning cravings by starting your morning with a healthy dose of protein and fiber. Try a serving of Kashi* GOLEAN Crunch!* Honey Almond Flax cereal with skim milk. With 9 grams of protein and 8 grams of fiber, it has twice the protein and fiber of the average of other cereals* to help you feel fuller longer.**
- Hi-Lo Exercise It's the best route to weight loss and ultimately weight management. Kick up your speed or incline every 4-5 minutes for 1-2 minutes during your cardio workout. Compared to a standard cardio workout, you'll burn more calories and elevate your metabolism.
- One-to-One A cup of cooked rice or pasta has about 200 calories, but a cup of cooked vegetables delivers approximately 50 calories. To avoid carb overload, eat a 1:1 ratio of grains to vegetables, ramping up your fiber intake without the calories.
- Snack Smart Whole grain snacks are rich in complex carbohydrates for long-lasting energy and fiber for staying power. Look for Kashi[™] TLC[™] seven whole grain granola bars, cereal bars and snack crackers.

^{**}GOLEAN" products are designed to promote a feeling of fullness by increasing daily intake of protein and fiber.



Nicki Anderson is an award-winning personal trainer and author of numerous books on healthy living. As a result of her own success with redefining her body through natural living, she hopes to inspire those around her to make a change.

^{*}Over 200 cereals compared.

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.

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Breathe Through It

Simply inhaling and exhaling can burn fat, ease stress, and more—if you do it right.

By Hillary Geronemus

You do it up to 22,000 times a day. But as it happens, most of us spend our entire lives breathing the wrong way, which can have some surprising negative effects on our health. Now that science has finally caught up to what yogis have been preaching for years, we know that proper breathing can help ease an overstressed mind, as well as play a big role in averting or alleviating heart disease, allergies, and weight gain. (Yes, you read that right: weight gain.)

"Breathing is so simple—and free! People can't believe it works as a healing and preventative tool," says Herbert Benson, M.D., director emeritus of Boston's Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. Do the following exercises regularly—twice a day, for 10 minutes each time—to help your body and mind navigate these issues.

The Problem: Anxiety

"When you're anxious, you limit your breaths," says James S. Gordon, M.D., founder and director of the Center for Mind-Body Medicine in Washington, D.C., and author of Unstuck: Your Guide to the Seven-Stage Journey out of Depression. "And when you confine your breaths to your chest instead of using your diaphragm, you increase the anxiety." The key to chilling out lies in calming your sympathetic nervous system (your body's fight-or-flight engine, which releases adrenaline and stress hormones such as cortisol) and triggering your parasympathetic nervous system, which controls your rest and digest functions and helps your muscles (and your mind) unwind.

Try This: The Soft-Belly Technique

Most people take about 15 breaths per minute, but when you're fretting, you should aim for six or seven slow, deep ones. Gordon suggests a technique that involves



inhaling through the nose and exhaling through the mouth, while keeping your stomach relaxed. To help yourself focus, slowly say the word *soft* in your head while inhaling, and speak the word belly as you breathe out. This technique can stimulate your vagus nerve, a central part of the parasympathetic nervous system, which runs through your abdomen and chest, and back to your brain stem.

The Problem: **Heart Disease**

We're bombarded with sights, sounds, and emotions that put our nervous systems into overdrive. The result?

with the fourth finger of your right hand, release your right nostril, and exhale slowly for six seconds. With your left nostril blocked, breathe in through your right side for six seconds; then cover your right nostril again, release your left, and exhale for six seconds. Repeat the entire sequence for at least two minutes.

The Problem: Allergies

When it comes to seasonal allergies, research has found that a little music specifically, humming—can help you breathe better. Humming opens the ostia, which connect the sinuses to

California. "It speeds the conversion of calories to fat because you're more likely to overeat or make unhealthy choices when stressed." Manage the stress, and you'll manage the weight. A great way to do that: Focus on slowing down your breathing, which will help reduce stress hormones.

Kelly McGonigal, Ph.D., author of Yoga for Pain Relief, points to another weight-gain factor that can be regulated by breathing: heart rate variability (HRV), the moment-bymoment fluctuation that can help determine how you respond to stress. "Studies show that people with a high HRV tend to have more self-control, and those with low HRV are more likely to give in to temptation," she says. Like, say, that box of doughnuts.

If you've put on a few pounds, it might have as much to do with what's in your head as what's on your plate.

Long periods of heightened blood pressure, adrenaline production, and heart rate, all of which are linked to heart disease. Breathing better can squash high blood pressure and elevated heart rate by activating that same relaxation response via your parasympathetic nervous system.

Try This: Alternate **Nostril Breathing**

This technique lowers your pulse rate and diastolic blood pressure, according to a study at Nepal Medical College. (The higher a young woman's diastolic blood pressure, the greater her risk for heart attack, stroke, and kidney failure.) David Magone, founder of the breath-oriented PranaVayu yoga practice, explains how to do it: Sit crosslegged and close your eyes. Use the thumb of your right hand to block your right nostril, and inhale deeply through the left for about six seconds. Now, cover your left nostril

the nasal cavities, letting you take in air more easily, explains Timothy McCall, M.D., author of Yoga as Medicine.

Try This: The Bee Breath

Sitting in a comfortable position, take a deep breath through your nose, then let out a high-pitched humming sound as you exhale through your nose. You should feel a vibration in your nose, as well as in your chest and head. (McCall notes that humming tends to lengthen your exhales, making this another good breathing technique for those suffering from anxiety.) Continue for up to 10 minutes.

The Problem: Weight Gain

If you've put on a few pounds, it might have as much to do with what's in your head as what's on your plate. "Emotional stress can cause weight gain," says Dean Ornish, M.D., president of the Preventive Medicine Research Institute in Sausalito,

Try This: The Pursed-Lip Breath

Slow, practiced breathing increases HRV and makes you more aware of your actions, so you're better able to lower your stress level and get a handle on overeating, McGonigal says. She suggests a four-second nasal inhale followed by an eight-second exhale through puckered lips (as if exhaling through a straw). Another option: the Hindu breathing method called ujjayi. Inhale through your nose for six seconds, then exhale through your mouth for six seconds as if you're trying to fog up a mirror, making a "hahhhh" sound while pulling in your abdomen. On your next breath, try making the same noise with your mouth closed. It should sound like a seashell against your ear, McGonigal notes. If you sound more like Darth Vader, you're probably doing it too forcefully.





 BRUNILDA NAZARIO, M.D. Senior medical editor for WebMD Health

My eyesight seems perfect. Do I still need to go to the eye doctor?

-Tracy M., Lincoln Park, NJ

Yes. Routine annual exams are important even if your vision is fine. That's because an eye doctor doesn't just check your 20/20; she is also looking for telltale signs of high blood pressure and diabetes (believe it or not, she can spot them through your eyeballs), two conditions that are best treated when caught early.

If I don't have my morning coffee before 9 a.m., I get a pounding headache. Why?

-Denise G., Orlando, FL

You're most likely hooked on the caffeine and experiencing withdrawal. Typically, the throbbing kicks in about 12 to 14 hours after you've had your last cup, so if you guzzle afterdinner java, you'll be feeling the pain the next morning. This also explains why some people get early-evening headaches. Recent studies suggest that a moderate amount of daily caffeine (up to three small coffees, or 400 milligrams a day) can have a positive effect on your overall health-for example, reducing the risks for diabetes, Parkinson's, and liver disease. But too much of the stimulant can bring on nasty headaches, as well as longterm insomnia and increased heart rate. Ask your doctor to recommend some safe and painless ways to cut back.



The Science of Heartbreak

You can blame it on your ex, but what's really making your heart hurt—and your body ache—is coming from within you. By Amy Sutherland

Since the two of you split up, your head has felt like a helium balloon about to burst. A family of squirrels seems to have moved into your stomach, your heart feels as if it's clamped in a vise, and though you've emptied a bottle of the natural sleep aid melatonin, you haven't caught a wink all week. No question about it: Losing your one-and-only is a bitch. But stop clutching your chest—the real pain is coming from inside your head.

If you think you hate being dumped, your brain hates it even more. The region of it that lights up when you're in physical agony also goes haywire when you suffer social rejection, says Naomi Eisenberger, Ph.D., an assistant professor of psychology at the University of California at Los Angeles—evidence, she says, that your head is signaling to your body that being dumped actually hurts.

Your new singledom isn't helping any either: When you're in love, certain areas of your gray matter are happily awash in dopamine and oxytocin, hormones that give you feelings of pleasure and contentment, says Lucy Brown, Ph.D., a professor of neurobiology at Albert Einstein College of Medicine in New York City. But when your guy suddenly takes off, your supply of those feel-good natural chemicals starts to tumble, leaving you more vulnerable to a whole herd of uncompromising stress hormones.

During any upsetting experience, your brain pumps out cortisol, epinephrine, and other stress hormones, which, in limited quantity, help you react quickly to dangerous situations (like when a car is cutting you off on the highway). However, under long-term trauma, such as heartbreak, accumulating amounts can turn harmful. An overabundance of cortisol tells your brain to send too much blood to your muscles, causing them to tense up, ostensibly for swift action. But you're not leaping anywhere, and as a result you're plagued with swollen muscles that can lead to headaches, a stiff neck, and that awful squeezing sensation in your chest. Cortisol also diverts blood away from your digestive track, leaving you with some serious GI unpleasantness. And to add insult to injury, an overkill of stress hormones can impede your immune system, making you more vulnerable to rogue bacteria and viruses—hence the all-too-common postrelationship cold.

The particular kind of walloping you suffer also has to do with how your body generally reacts to stress, says Laura Miller, M.D., director of women's mental health at Brigham and Women's Hospital in Boston. If you have a sensitive stomach, you could be prone to breakup cramps, appetite loss, or diarrhea. If you have asthma, you might reach for your inhaler more

Why We Cry

The biology behind tearfests

Crying is healthy. When we're severely overwhelmed. we can't help but weep, says Jodi De Luca, Ph.D., a neuropsychologist at Tampa General Hospital. Our bodies can use crying to defuse bottled-up stress that can wreak havoc on our immune systems.

Tears attract kindness. It's likely that human tears evolved so we could send out a clear nonverbal message: I need attention! Thus, De Luca says, "They elicit a sympathetic response in others."

It's a girl thing. Young males and females cry roughly the same amount, but one biological reason grown women cry more than men: After puberty, women's bodies contain much more of a hormone called prolactin, which is a main ingredient of emotional tears. So, experts infer. women are able to form and shed tears at a much faster and more frequent rate. -Erica Tobin

often; gobs of stress hormones can send your bronchial tubes into overdrive. And if you happen to have an addictive personality, you may feel as shaky as a heroin junkie in rehab, because the area of your brain that processes cravings and addictions is also activated by breakups, according to Brown's recent research.

SOB STORIES

We asked, you answered. Your favorite mushy movies:

Solution Description

Desc



The good news: Though you may feel emotionally trampled for a while, you can at least ease your body's pain. And we don't mean with latenight clubbing, nacho binges, and other indulgences, which can lead to more physical woes, such as rapid heartbeat and extreme fatigue, says Gary L. Malone, M.D., chief of psychiatry at Baylor All

relationship next time around.

Saints Medical Center in Fort Worth, Texas. Instead, take over-the-counter meds for your pounding head and queasy stomach—or better yet, teach yourself some relaxation techniques (like deep breathing) to calm your nervous system. And curb those wild stress hormones by pulling yourself off the couch for some aerobic exercise,

usually rehash what we've done well—and what we could have done

better," Bleske-Rechek says. And that, she notes, could make for a better

Miller advises. Working out prompts your brain to release uplifting endorphins. Better yet, take a trash-talking friend with you; camaraderie can incite a much-needed pop of your missing oxytocin.

-Paige Greenfield

"One thing you shouldn't do is lock yourself in a room," says Gary Lewandowski, Ph.D., an associate professor of psychology at Monmouth

University in New Jersey. "Self-imposed exile will only make things worse." He advises getting back into some of your favorite pastimes and activities, because doing anything enjoyable can help rev your brain's dopamine system. If you can't disassociate your old passions from moments spent with your ex, take it as an opportunity to try something completely new, like that drawing class or bicycling club you've been coveting (consider how ridiculous he'd look in spandex). Says Lewandowski: "Whatever cheers the mind may help cure the body."



Recipe for Danger?

The concept of fastingdrastically reducing caloric intake or following a liquid diet—isn't new. The modern-day detox has existed since at least the 1930s, with the first grapefruit diet fad.

Today, most commercial detox diets tout an unhealthy formula of minimal calories and nutrients along with some key—usually foultasting-ingredient that has supposed fat-melting power, like cayenne pepper or vinegar. But no science backs the idea that following a specific diet for a week or eating only one food will get rid of "toxins." Your body has the power to do that all on its own: That's why you have a liver, kidneys, and a digestive system.

What's worse, "most of the so-called 'detox' supplements and diets on the market aren't regulated by the FDA and are potentially harmful, especially if they're very low-calorie or contain diuretics that flush your body of potassium and other crucial nutrients," Ventrelle says.

And with these very real risks come minimal rewards. Much of what you're losing on this kind of extreme diet is water weight, which lasts only until you refill on fluids. If you see a more permanent drop on the scale, chances are it's muscle, not fat, that's missing. Without adequate protein (and a liquid diet doesn't offer much), your body takes it from its most available source: your own muscle tissue.

Not good! Muscle is your built-in calorie furnace, torching those muffin-top makers even when you're not moving. And the more muscle you have, the more calories you burn, which is why dramatically slashing calories can actually slow your metabolism in just a few days. "Your body thinks you're starving and panics," explains Marc Hellerstein, M.D., Ph.D., professor of human nutrition at the University of California at Berkeley. "Your metabolism slows way down to preserve your muscle and basic bodily functions." So when you go back to eating normally, you gain weight faster and from fewer calories.

Detoxes Debunked

There's no question that detox diets drastically slash your calorie consumption. But research has found that after just a



LIQUID LUNCH?

It isn't magic: Cleanses that offer few calories in icky-tasting liquid form may shed weight-but it's not sustainable.

few days of skimping on calories (even a very petite woman needs at least 1,200), your body stops producing a crucial growth hormone called IGF1, and reduces thyroid and other hormones as well as insulin levels. Over time, all of this can lead to problems such as bone loss and menstrual disruptions.

Even fasting every other day, which a 2009 study in The American Journal of Clinical Nutrition found may benefit obese men and women, hasn't shown promise for those who are looking to lose only a few pounds.

And then there's the quality-oflife issue. "When you eat that little, your sex drive disappears, you feel tired all the time, and you're always hungry," Hellerstein says. And what good is a hot body if you can't summon the energy to use it?

A Healthier Head Start

That's not to say every cleanse is bad. Done in a healthy (read: sane) way, detoxing "can feel like an intervention, a fresh beginning," Hellerstein says.

"Most people eat way more food than necessary, which taxes the liver and kidneys," says Ronald Stram, M.D., director of the Center for Integrative Health and Healing in New York. Not only does a healthy detox give your digestive system a break, but by eliminating added sugar, saturated fats, and alcohol, it also rids your diet of things that can exacerbate health issues, Ventrelle says. "Plus," she notes, "you'll likely cut calories in the process."

A good plan provides enough calories and nutrients to sustain you (the average woman needs 1,200 to 1,800 calories) and includes fiber and lean protein. With that in mind, Ventrelle created a 1,400-calorie plan (at right) exclusively for Women's Health. (Note: Calories given are for a 5'3" to 5'5", 115- to 125-pound woman. You may need to adjust for your own height, weight, age, and activity level.) Following it for at least three days will kick-start weight loss, but it's safe to use as long as you'd like.

Because you'll eat often—at least every four hours—and drink as much water and decaffeinated tea as you want, you'll beat bloat while keeping your blood sugar steady and your energy high. This means you'll be able to cut back without feeling cranky, exhausted, or hungry. And—we pinky swear—you won't have to gulp down a single glass of cayenne-spiked liquid.

<u>THE PLAN</u>

- 8 oz water with a squeeze of fresh lemon juice
- Scrambled egg whites with chopped fresh herbs (such as basil or oregano), topped with a dollop of salsa, and 1 slice whole-wheat toast, dry or 1 cup cooked oats or cooked oatmeal topped with ½ cup berries or 2 Tbsp nuts
- · 8 oz decaffeinated green or herbal tea

SNACK:

oreakta

 Sliced apple with 1 Tbsp natural peanut butter or 1/3 cup natural trail mix

- 1 cup fresh spinach or lightly sautéed spinach or kale, squeezed with fresh lemon or orange juice
- or 1 cup asparagus with 1 tsp olive oil, garlic, and lemon juice
- 4 oz grilled, baked, or broiled salmon, chicken, or pork tenderloin, seasoned with spices such as lemon pepper
- ½ cup edamame beans, steamed
- 8 oz water or decaffeinated green or herbal tea
- 8 pecan halves

SNACK:

- ½ sweet potato or one citrus fruit (orange or grapefruit)
- 4 oz low-fat yogurt
- Large spinach or romaine salad with vegetables. Dress with 1 tsp extra-virgin olive oil mixed with lemon juice or vinegar (any variety)
- ½ cup to 1 cup asparagus or artichoke hearts, steamed
- 4 oz lean chicken with spices, baked or grilled
- ½ cup brown rice, barley, bulgur, or quinoa
- 8 oz water or decaffeinated green or herbal tea

nner

SNACK:

- 3/4 cup to 1 cup blueberries or ½ cup pomegranate seeds
- 4 oz nonfat Greek yogurt or low-fat organic yogurt or low-fat cottage cheese









The Skinny On Omega Fatty Acids

Secrets to Staying Naturally Healthy

Ironic, isn't it, that a fat can help you stay fit and healthy? And that's not all. Omega fatty acids have other tremendous benefits to help keep you healthy and fit for life, including:

- · Supporting the immune and digestive systems
- Deterring the 30-something hormonal shift in women that often causes thinning hair
- · Maintaining heart health
- · Breast protection
- Fueling your libido by producing sex hormones
- Reducing age-related skin damage
- · Nourishing the brain and kidney tissues
- Mood enhancement

More Tips for Staying Naturally Fit & Healthy

- Start your day with whole fish oil to get your daily allowance of omega fatty acids
- Drink decaffeinated green tea for its anti-aging and antibacterial qualities
- · Eat at least five portions of fruits and vegetables a day
- Drink more water to help flush toxins out of your system
- Sneak physical activity into your daily routine by walking more, taking the stairs or going out dancing

Omega Fatty Acids Can Help You Be Naturally Healthy and Happy

One of the best ways to get your daily dose of omega fatty acids is to incorporate fish oil supplements into your diet to fill any nutritional gaps. We recommend Wholemega® from New Chapter®, which is sourced from 100% sustainable wild Alaskan salmon. Wholemega® is different from other fish oil supplements because not only does it help you stay naturally fit and healthy, it also provides:

- Nature's whole complement of 16 beneficial omega fatty acids, not just a few
- · Valuable nutrients like vitamin D
- Powerful antioxidants like astaxanthin



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

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The whole omegas and natural antioxidants found in nature.

"Purified" fish oils use chemical processing that can destroy the benefits nature created. Wholemega is different. Wholemega is a naturally pure fish oil that retains the 16 whole, natural omegas and naturally occurring antioxidants your body looks for. So if you want nature's whole complement of vital omegas – including 3, 5, 6, 7 and 9's, plus natural antioxidants and Vitamin D – you have to get naturally pure Wholemega.

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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	/	/	/	NO
"Purified" Fish Oils	NO	NO	NO	NO	YES

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"It's all about smart choices."

As a phys-ed teacher in Los Angeles, Liz Barry, 22, teaches what she used to hate most. She grew up as the lone couch potato in an athletic family, often playing sick to get out of gym class in high school. A fast-food drive-through habit piled weight onto her 5'10" frame until she hit 190 pounds at age 17.

The Change

On Christmas Day 2004, Liz joined her family for a jog, but ran out of breath before she was a quarter-mile in. "It hit me just how badly I had let myself go," she says.

The Lifestyle

Liz typed up a weight-loss contract for herself and then posted it on her bedroom door. "Signing it made me feel more accountable," she says. At first, Liz struggled to get in 45-minute sessions on a bike or elliptical at the YMCA. "When I wanted to skip a day, I saw those goals and knew I had to go," she says. She also banished fast food, shrank portion sizes,



and stocked up on healthy snacks. Liz lost 20 pounds within two months, then hit a plateau. She broke it by alternating between weight machines and the treadmill. Her goal was to wear a size-6 dress to her high school graduation...and she did.

The Reward

Since doing her first 5-K in 2006, Liz has worked up to running marathons. At the

finish line of her most recent race, her boyfriend met her on one knee and proposed.

Liz's Tips

Take notes. "Write down your goals, and you'll feel you have to accomplish them." Splurge wisely. "I reward myself with songs on iTunes, fitness books, and exercise clothing instead of fast food." Outsmart overeating. "I always have a healthy snack like nuts or a protein bar with me. It keeps me from getting so hungry during the day that I'd make bad choices."

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

Share Your Story

 KERIGLASSMAN, R.D. NutritiousLife.com

I've put on five pounds prepping for a 10-K. Can "train gain" be stopped?

-TaraS., Foley, AL

Luckily, yes. The major cause, studies show, is that we often feel justified splurging on food if we've worked out that day (or just plan to) and tend to overestimate the calories we burn and underestimate how many we consume. Avoid this trap by making sure you increase your daily calories by no more than 300 on the days you work out. If your appetite is still running wild, spread out those calories and eat every two and a half to four hoursincluding within one hour before your workout. After, feed your still-cranked metabolism a combo of carbs and protein, such as a whole-wheat wrap with hummus. Your stomach won't growl anymore—and it won't grow either.

I'm a snack addict. What can I eat plenty of without paying for it on the scale?

-Stacee K., Temple, TX

Snacking is good: It revs your metabolism and keeps your energy up all day. The key is to pick noshes that are low in caloric density. These are usually foods that have a high water content, such as melon, cucumber slices, or grapefruit sections. When you crave a crunch, try air-popped popcorn or dry cereal such as Kashi 7 Whole Grain Puffs (only 70 calories per cup). And feel free to drink as much water and unsweetened tea as you want.



∠ Eat This, Not That
¬ ...at Baja Fresh

24 g protein



Steak Burrito Ultimo

950 calories 44 g fat (21 g sat) 85 g carbs 2,310 mg sodium 8 g fiber 50 g protein







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ALMONDS





EGGS

TURKEY

PEANUT BUTTER

OLIVE OIL

GRAINS

EXTRA-PROTEIN **POWDER**



CITRUS-BERRY PARFAIT

What you'll need

- 1/4 cup diced orange sections
- ½ cup fresh blueberries and raspberries
- 34 cup nonfat Greek yogurt
- 1/3 cup low-fat granola

1 Tbsp honey

How to make it

Combine oranges and berries in a small bowl. Drop a large dollop of yogurt into a parfait glass; top with a quarter of the fruit mixture and a sprinkle of granola. Repeat three more times. Drizzle honey on top.

MAKES 1 SERVING. Per serving: 326 cal, 2 g fat (0 g sat), 62 g carbs, 5 g fiber, 138 mg sodium, 18 g protein

How to use it:

- Top off a mug of antioxidant-rich green tea with half a cup of steamed skim milk. It's a healthy alternative to a caffe latte.
- Sprinkle a handful of low-fat shredded cheese into an eggwhite omelet for a quick, energizing, and reasonably low-cal breakfast.
- For a leaner lunch, sub nonfat plain yogurt for mayo the next time you make tuna or chicken salad. Or use it to marinate chicken and other lean meats before you throw them on a preheated grill.
- Craving dessert? Freeze some plain, nonfat yogurt and then add the toppings of your choice: slivered almonds, fresh fruit, or low-cal cereal. It's like easy homemade Pinkberry!



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The Sweet Tooth Truth

appetite for nature's goodies: no coincidence packed with vitamins, minerals, and fiber. These days, we have sweeter options, but eat more fruit, and you may lose the urge to scarf a fudge sundae.

SUPERPOWERS

Builds strong bones,

fires up weight loss



WHO WANTS TO HAVE BIRD LEGS?

LOSE FAT, NOT MUSCLE TONE.

Typically when you diet, your body sheds nearly as much muscle as fat. So even though you are dropping weight, you're also losing tone. That doesn't necessarily make you look attractive. Safely Slim™, with ProTone™, naturally targets fat 4:1 over muscle without harmful side effects.

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- Promotes lasting fullness

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STIMULANTS



Pressure Cooker

We'd all love to eat more beans and whole grains, but they take freakin' forever to prepare and cook. A pressure cooker gets those healthy staples on the table in half the time-no annoying presoak required. The superhigh heat in the cooker breaks down food faster, locking in its flavor and nutrients, says Jill Nussinow, R.D., creator of the DVD Pressure Cooking: A Fresh Look at Delicious Meals in Minutes.

> How to use it:

When adapting recipes for the pressure cooker, start by cutting the cooking time in half, and then continue cooking if need be, Nussinow says.

> Fix this feast:

Place a whole chicken in there, add some broth, and cook for 25 minutes. "The meat will slide right off the bone," Nussinow says.

Bamboo Steamer

Better than collapsible metal types, a bamboo steamer has stackable trays that allow for multiple parts of a meal to cook at the same time (e.g., chicken on one tray, rice on another, and veggies on the third), streamlining meal prep and cleanup. Steaming preserves more nutrients compared with boiling and also enhances veggies' natural flavors.

> How to use it:

Fill a pot halfway with water. (Toss in some herbs for aromatic flavoring.) Place the steamer over the pot. Add your food, cover, bring water to a boil, and then reduce to a simmer, adding more water to the pot as needed.

> Fix this feast:

Steam jasmine rice with a few threads of saffron on the bottom layer; tilapia with lemon slices and herbed oil on the next; and asparagus on the third. Cook the rice for 30 minutes, the fish for 10, and the asparagus for 5.

Parchment Paper

Although it sounds sophisticated. making dinner en papillote (French lingo for "in a paper packet") is simple. Steam captured in the parchment packet quickly but gently cooks fish or chicken, keeping the meat moist and tender, Alexander No dirty dishes!

in half and cut out a half-heart shape. Unfold the heart (it should still be 12 inches across at the widest part) and arrange your ingredients on one side, fairly close to the center crease. Leave at least a one-inch border folding. Fold over to close and, starting at the top, seal the edges together in a series of small, tight creases. Twist the tip of the packet and tuck it underneath.

> Fix this feast:

Toss in a fish fillet. sliced carrots and zucchini, minced fresh ginger, and parsley. Place packet on a baking sheet and cook for 20

says. The best part?

> How to use it:

Fold a 12-inch square around the edges for packet by folding the







Mortar and Pestle

The grinding, crushing, and mashing action of this Stone Age food processor releases huge amounts of flavor from herbs and spices. Use it to pulverize garlic, peppercorns, mint, flaxseed, nuts, olives, and even tea leaves when making pesto, guacamole, salsa, pastes, tapenade, marinades, hummus, aioli, and rubs.

> How to use it:

Place food in the mortar, and push down with the pestle, using a downward twisting motion. With hard items like peppercorns and coffee beans, lightly pound them first.

> Fix this feast:

Grind cocoa nibs with cinnamon, brown sugar, dried chili, and fresh thyme for an upscale steak or chicken seasoning.

Box Grater

Each side of this four-in-one overachiever serves a purpose. "Use the superfine side for making bread crumbs and grating citrus, garlic, lemongrass, whole ginger, or nutmeg to add fat-free punch to meats, soups, salad dressings, and pancakes," Alexander says. The medium holes are ideal for hard cheeses like Parmesan and Asiago, as well as dark chocolate (dust oatmeal and fruit salads with it for extra yum). Drag apples, pears, carrots, and beets over the extracoarse holes and toss the nutrientpumped shreds into salads, frittatas, and meatloaf. This is also the side for grating soft cheeses like mozzarella. Use the slicing blade like a mandoline to create thin pieces of cucumber for sandwiches and zucchini for lasagna.

> How to use it:

Box graters have a bad rap as knuckle busters. Trade in an older model for one with a rubber no-slip bottom and sharper blades so you can apply less pressure.

> Fix this feast:

Using the large-hole side of a box grater, shred carrots, beets, napa cabbage, and jicama into a bowl. Toss with olive oil, lemon juice, and grated ginger for a shredded salad.

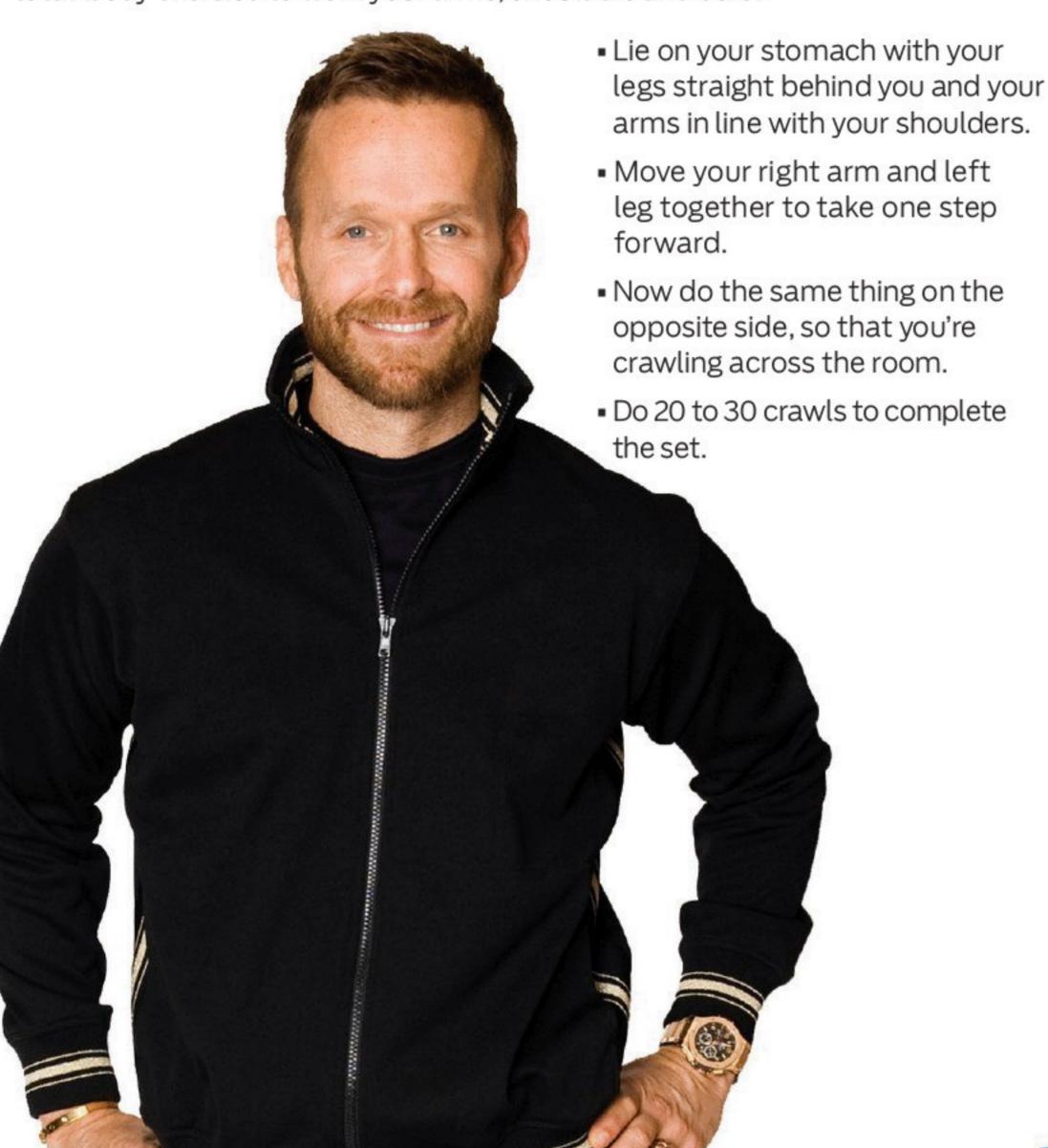


HELP YOURSELF: YOUR 5-MINUTE WELLNESS BOOST

Working out and eating well can be daunting. The solution? Sweat the small stuff. Just five minutes of exercise a day coupled with nutritious snacks can strengthen muscles and boost energy levels. Mr. Peanut and celebrity trainer Bob Harper take you through it.

YOUR EXERCISE BOOST: SPIDER CRAWL

Healthy eating and exercise go hand in hand. Challenge yourself with this total-body exercise to work your arms, shoulders and core.



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YOUR NUTRITION BOOST



"Eating nutritious food is part of a healthy lifestyle. So when it comes to eating healthily, I have just the thing: Planters NUT·rition, a line of delicious, good-for-you snacks that address your specific nutritional needs."

—Mr. Peanut

The Energy bar combines roasted Planters nuts, like crunchy almonds, with the delicious taste of chocolate. It also has B vitamins to help your body convert food into energy. So, go ahead, help yourself.





No celebrity endorsement implied.



Cereal Killers

Boxed breakfasts can jump-start your day—or derail your diet. Satisfy the morning munchies without packing on pounds.

ouring yourself a bowl of yummy, crunchy cereal is a fast way to fuel up in the a.m. and research shows that people who do so also consume more produce and whole grains during the day. The catch: You have to pick the right cereal. A sugar-packed bowlful can Iull your metabolism back to sleep, and a cup of seemingly healthy granola can cost you about 600 calories and 30 grams of fat! Here's how to make a wise morning-meal decision.

Beware Label Lingo

Cereal boxes are crammed with attention-grabbing health claims: Smart choice! A good source of calcium! Now made with whole grains! Well, guess what? Cookie Crisp-yes, the cereal that looks like little chocolate-chip cookies—is made with whole grains and boasts 10 percent of your calcium needs. That doesn't mean it's your best option.

So skip the front of the box and head for the nutritional facts on the side, says Sari Greaves, R.D., a dietitian at Step Ahead Weight Loss Center in New Jersey and an American Dietetic Association spokesperson. Choose cereals that have at least three grams of fiber (it's good for weight loss and health, and it will keep you fuller longer), fewer than 200 calories per serving, and no more than eight grams of sugar. You'll regret making a low-cal,

high-sugar, low-fiber selection. When the sugar high crashes, you'll be hungry because there's no slow-digesting rough stuff in your system.

Prevent Overpouring

Serving sizes vary (for example, a serving of plain Cheerios is one cup, while Honey Nut Cheerios is threequarters of a cup), so resist filling your bowl to the brim.

Better yet, eat cereal out of a coffee mug, says Greaves, and you'll trick your mind into thinking you're eating more. Put the box away right after pouring so you're less likely to go back for seconds.

And never eat cereal straight from the box—what seems like just a few handfuls is probably a serving or more. Finally, break that fast with a teaspoon instead of a tablespoon. "Eating with a smaller spoon can slow the eating process and cut your calorie intake," says Joan Salge Blake, R.D., a clinical associate professor of nutrition at Boston University.

Use the Right White Stuff

Whole milk will send your calorie and fat counts soaring, so use skim, which has just 80 calories per cup. If skim has your tummy grumbling an hour later, stir in flaxseed or nuts next time. (While both nuts and whole milk will help satiety, nuts also contain healthy monounsaturated fats.) Stick to a tablespoon or two and you won't blow your calorie quota.

-Loren Chidoni

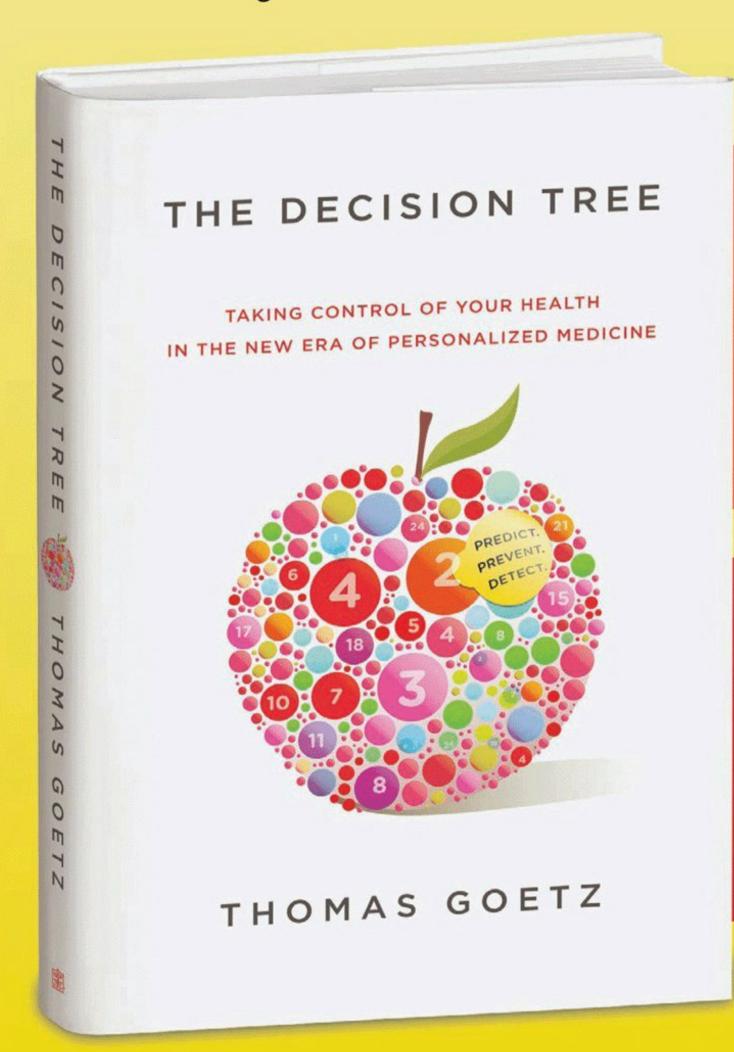
WHOLE NEW WORLD

> Look for whole grains such as "whole wheat" and "whole oats" when scanning the ingredient list. But you don't have to settle for just those two anymore: Many cereals, such as those in Nature's Path's Sunrise line, now have lesser-known yet tasty whole grains like quinoa, buckwheat, and amaranth in their breakfast blends.



Just THINKING about your health IMPROVES it.

The next revolution in medicine is now happening on your smart phone and PC—an explosion of personalized information that puts you, the individual, in the driver's seat. *The Decision Tree* shows you how to start calling the shots and make better choices for your own health.



"The Decision Tree is a game-changer—a brilliant synthesis of science, public health, and reporting that puts each of us at the center of our own health care revolution."

-DR. DAVID KESSLER, former commissioner of the FDA, best-selling author of *The End of Overeating*

"In an era where the explosion of medical information has far outstripped our ability to process it, we need a new way to make health choices. . . . This book will change the way you live and the way you think."

-CHRIS ANDERSON, best-selling author of The Long Tail and Free

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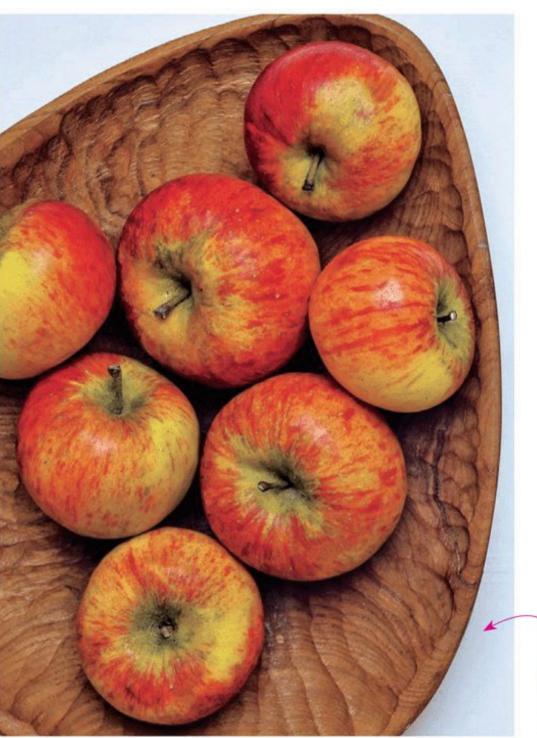


The Organic Solution

A new book details why buying organically grown food might be the best thing you can do for your body—and the planet.

Long before organic food was a fashionable eco-trend, J.I. Rodale who in 1930 founded Rodale Inc., publisher of Women's Health—began cultivating the organic movement. In 1942, he launched Organic Farming and Gardening magazine, and five years later, he created a nonprofit (now known as the Rodale Institute) to research the benefits of organic agriculture. J.I.'s son, Robert Rodale, was one of the first people to recognize the need for getting the USDA organic certification in place so the public can trust that when a food is labeled "organic," it truly is.

Eighty years after the company's inception, Rodale's commitment to exploring the many benefits of eating organic food has never been stronger. This month, Maria Rodale, chairman and CEO of Rodale, publishes Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe. This excerpt from the book gives you a taste of how much healthier an organic life can be:



Organic farming is better for the environment—the evidence is clear. And research has shown that it's more profitable and productive over the long term. So why hasn't every farmer switched to organic methods, especially if farming organically can also stop the climate crisis, save the limited oil resources for other uses, and eliminate the majority of the toxins from our soil and water?

Because first, attitudes must change. And that starts with us. To help you understand the issues and give you ammunition to talk about them with others, here are nine things you need to know. No spin, just the facts (OK, with a few opinions thrown in for good measure).

ORGANIC APPLES

There's no reason to douse nature's candy with chemicals.

1 Agricultural chemicals destroy the soil's natural ability to store and process carbon.

Mycorrhizal fungi are our greatest ally in the fight for our survival on this planet: They're fungi that grow on the roots of plants and contribute to taking greenhouse gases out of the air. They are the hidden heroes beneath us. Chemicals kill these hidden heroes.

2 Chemicals poison the air, water, and soil.

The manufacturing, transportation, and use of chemicals for agriculture are energy intensive and poisonous to all things that come in contact with them. Most chemicals don't biodegrade within a few months. Like nuclear waste, some toxins last forever, and many of the impacts are known to be horrible. Already, dead zones in the ocean are starting to spread, wells are contaminated, and we suffer increasingly from infections and diseases such as asthma, diabetes, MRSA, Parkinson's, and cancers that are connected to these chemicals.

3 Smaller doses of chemicals can be just as dangerous as large doses.

Most of the government regulations on chemicals are based on estimated safe amounts of exposure. Doctors and scientists are finding, however, that small doses, and cumulative small doses, can be just as toxic as large doses. There really are no safe limits.

4 Chemicals are not necessary to grow food.

Synthetic fertilizers, pesticides, fungicides, and genetically modified organisms (GMOs) are a substitute for thinking, understanding, and effort. They are necessary only to generate large profits for businesses and for disposing

AN EVEN GREENER GARDEN

Why you should stop using chemicals on your grass and in your backyard

Chemical lawn fertilizers, herbicides, and pesticides used at home are just as dangerous, toxic, and threatening to our health and the environment as chemicals used on farms. The choice to eliminate chemicals from your home and life is a powerful and important act that will benefit your family's health immediately. To get started, look to the many free resources on the Internet, like Rodale.com.



HAPPY, HEALTHY BABY Many women start buying organic once they become moms.

of our toxic industrial wastes. Virtually every food in the world has been successfully grown and made organically in modern, productive, and regenerative ways—from fine wine to white flour, apples, cherries, the most delicious gourmet beef, and olive oil.

5 Organic foods are healthier and safer.

Studies have shown that some organic foods are higher in antioxidants and powerful cancer-fighting nutrients such as conjugated linoleic acid. They're safer because they are produced without dangerous chemicals, antibiotics, and risky (to say nothing of disgusting) and cheap practices like feeding dead cows to living cows, or putting contaminated sewage sludge onto farm fields. Certified organic products are the only foods available that have a government-backed guarantee that no chemicals, antibiotics, sewage sludge, or GMOs were used in the growing or processing of the foods.

6 Eating organic is easier than ever.

Choosing to eat organic food does not condemn you to a diet of nuts, berries, and tofu. Today, you can find organic versions of the most popular foods, including such favorites as Hidden Valley ranch dressing and Heinz ketchup. It is possible to produce any food organically, even Cap'n Crunch cereal and American cheese.

7 Government subsidies are the primary reason for the low prices of chemical foods.

Without government subsidies, chemical food would not be less expensive, but rather much more expensive. Organic foods have no hidden costs.

8 Organic farming increases and protects the planet's natural biodiversity.

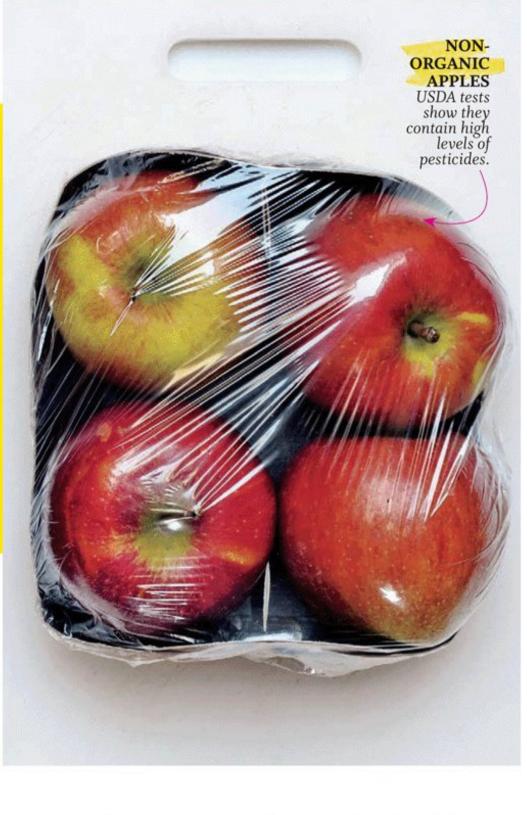
If you are an animal lover of any kind, organic is for you. A recent report by the International Union for

Conservation of Nature documents that "life on earth is under serious threat." The report found that one-third of amphibians, at least one in eight birds, and a quarter of mammals are on the verge of extinction. Half of all plant groups are threatened. The toxic effects of chemicals have reduced all species' abilities to survive and reproduce.

9 It's not too late to change—and get healthier and happier!

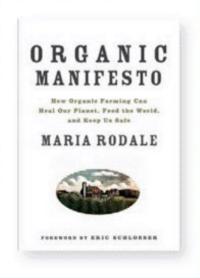
People who eat organic foods reduce their pesticide intake by as much as 90 percent, according to a study from the University of Washington. Further, research at the University of Colorado has found that certain strains of soil-borne bacteria not only stimulate the human immune system, but also boost serotonin levels in mice. Low levels of serotonin are tied to depression, and drugs that inhibit its reuptake in the brain are used as antidepressants. If we all

farmed and gardened the organic way, we may not need all the antidepressant drugs that are ending up in our water supply.



Want to know more?

> Excerpted from Organic Manifesto: How Organic Farming Can Heal Our Planet, Feed the World, and Keep Us Safe, by Maria Rodale (March 2010, Rodale). Available wherever books are sold.







 ELLIE KRIEGER, R.D. Host of Food Network's Healthy Appetite

What are some healthy oils other than olive?

-Kelly G., Boston, MA

Canola oil is also rich in hearthealthy fats and omega-3 fatty acids, and it has a clean, neutral taste that doesn't interfere with a food's natural flavor. It holds up great under high heat. making it ideal for stir-fries and baking. I also recommend getting some toasted sesame oil for the distinctive nutty flavor it brings to Asian dishes. If you want to branch out a bit, try avocado oil, which is the new healthy "it" oil in culinary circles. Loaded with good fats, it has a rich but not overpowering flavor, so you can use it anytime you'd use olive or canola.

How can I tell if meat is cooked without cutting it?

-Christina J., via Facebook

An easy, pierce-free guide is literally at your fingertips. Hold your hand in front of you, palm up. Keeping your hand relaxed, touch your thumb and index finger together. Now press the fleshy area under your thumb with a finger from your other hand. That's what rare feels like. Now press your thumb and middle finger together—the fleshy area under your thumb now feels like medium cooked meat. Repeat with your ring finger for medium well, and your pinky for well done. Now that you know what it should feel like, press the top of the meat (quickly!) with your fingers as it's cooking. This trick works for boneless chicken (always cook well done) and red-meat steaks and chops (pork, beef, lamb).



WomensHealthMag.com/

Experts

Excerpted from Donatella Cooks: Simple Food

Arpaia, owner of restaurants in New York City and

Miami and a judge on Food Network's The Next Iron

Made Glamorous (Rodale, 2010) by Donatella

Chef. Available wherever books are sold.

Top chops with a drizzle of lemon

MAKES 4 SERVINGS. Per serving: 210 cal,

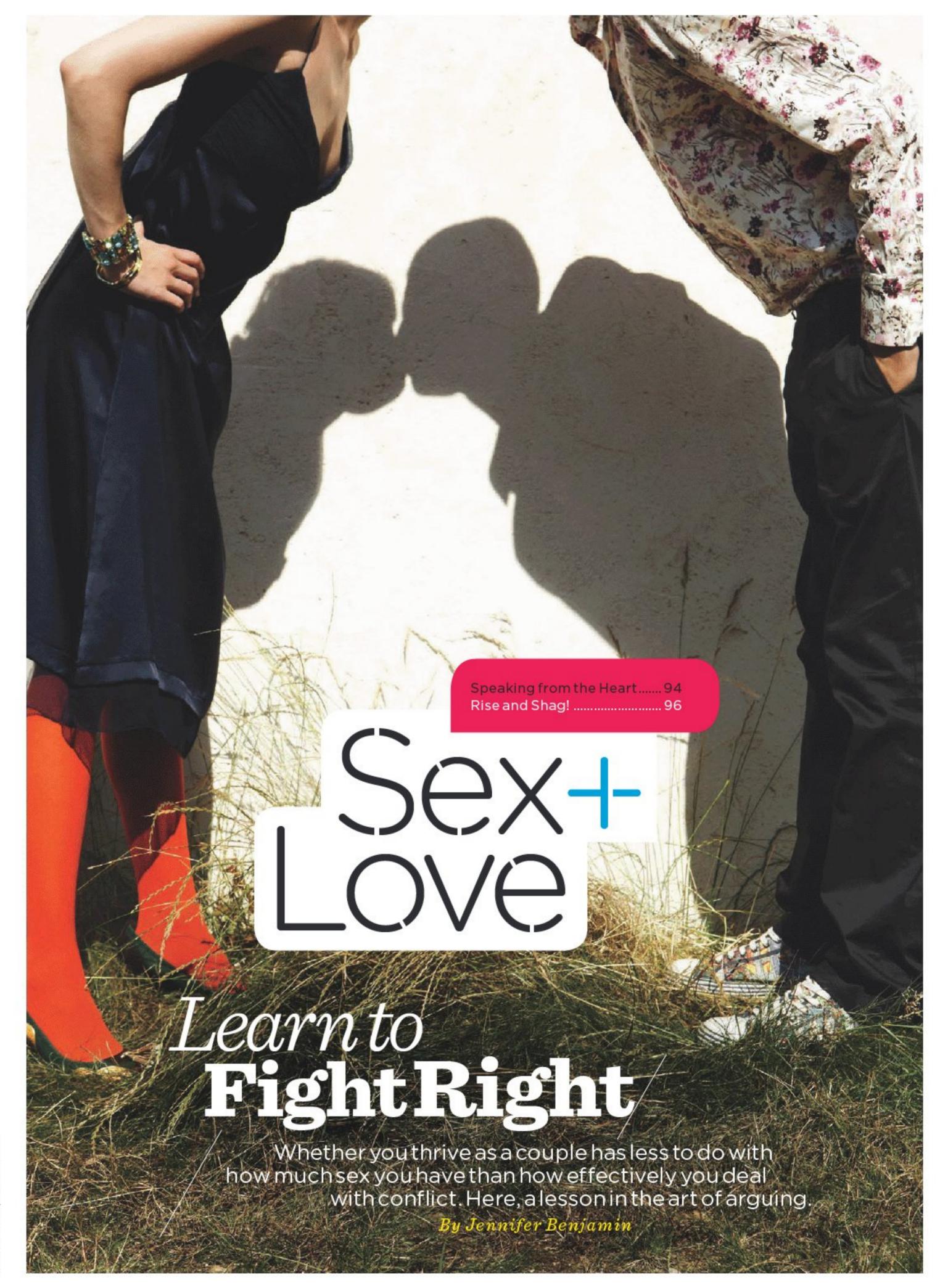
9 g fat (3 g sat), 2 g carbs, 90 mg sodium,

olive oil, if desired.

og fiber, 28 g protein

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You know how it is: Sometimes you feel so much damn love for your boyfriend or husband you want to eat his face; other times, you'd like to kick him in the teeth. Well, according to recent studies, feeling both love and hate (yep, actual hate) is totally normal. That's because the same area of your brain that activates mushy feelings is also responsible for producing white-hot rage—which helps explain why even happy couples are destined to fight from time to time.

"Arguing can be a sign that your relationship is strong and passionate, and that you're comfortable enough to express negative feelings without fear of losing each other in the process," says Bonnie Eaker Weil, Ph.D., author of Make Up, Don't Break Up. Still, there are right and wrong ways to resolve disagreements. We break it down.



Formen, stress releases chemicals that

stimulate attachment behavior-

which may explain why they're always up for makeup sex!

> Source: Bonnie Eaker Weil, Ph.D.

Use Your Ears, **Not Your Mouth**

If you find yourself sounding like a playlist on repeat, try pressing pause. "Research has found that unhappy couples tend to repeat themselves out of desperation to be heard, which isn't productive. They wind up talking at each other instead of having a dialogue," says Benjamin Karney, Ph.D., codirector of the Relationship Institute at the University of California at Los Angeles.

Don't Make It Personal

In the heat of an argument, the gloves often come off. The problem, notes Rita DeMaria, Ph.D., director of relationship education at the Council for Relationships in Philadelphia, is that once nasty insults start flying around and feelings are hurt, nothing will be resolved.

Also, according to a study conducted at the University of Chicago, our brains have a built-in "negativity bias," which causes us to be more responsive to unpleasant news. Why? Back in caveman times, our survival as a species was dependent on our ability to stay out of danger, so our brains developed protective systems that made it impossible to overlook the bad.

That's why you need to minimize the negative impact of your words. Remember, the goal isn't to upset each other, it's to resolve an issue. So instead of exclaiming "You're so lazy!" tell him how his actions affect you. Try, "I get tired of planning everything for us and wish you would take over sometimes."

Stop Trying to Figure Out Who Wins

It may be a lovers' quarrel, but victory isn't declared when one of you staggers back to the bedroom, clutching your wounded heart in your hands. "People often fixate on who's right, which distracts them from finding a solution," says Karney. "Conflicts are resolved quickly and more successfully when neither party feels compelled to proclaim, 'See that? I'm right!'"

For starters, find something you both can agree on (even if it means admitting that, OK, maybe you do send him a few too many texts while he's out with his friends). Then focus on finding a happy medium.

For example, say, "I know it annoys you when I bombard you with text messages, but I get worried when you take forever to reply. Let's find a way to handle this so that we're both comfortable." This way, there's much less toddlerlike head butting.

Remember You're a Couple

We know this is a tall order, but if you can express positive emotions during an argument, you'll have a more satisfying relationship two or three years down the road, according to a study published in the Journal of Marriage and Family. "When couples are able to communicate closeness, affection (for example, a touch on the arm or the cheek), and even humor in the midst of an argument, the impact of harsher words is diminished," Karney says. "Positive interactions say that you still like and love each other, and you're committed to the relationship even in the worst of times."

And you can even go a step further by incorporating some playful ribbing: Couples who lightly tease each other during a conflict wind up feeling more in love when the disagreement finally blows over, according to a study conducted at the University of California at Berkeley. It may mean using funny nicknames for each other or making a self-deprecating joke. Just steer clear of comments that may wound your egos, such as negative remarks about intelligence, personal hygiene, or bedroom behavior.

It comes down to this: Even though your guy has the ability to drive you up the wall sometimes, at the end of the day you really do love the big lug—and if you can remember this during the toughest moments together, your bond will remain strong.



THREE PHRASES NO GUY **WANTS TO HEAR**

These complaints will escalate any argument to a full-blown brawl. Don't say we didn't warn you.

Anytime you fling a gender stereotype at a guy, he'll feel as if he can't win. "By categorizing him as 'all men,' you defeat him individually," says Bethany Marshall, Ph.D., author of *Deal Breakers*. "And when a man feels as though he can't win, he'll give up on trying to do the right thing, because he'll feel as if there's no point.'

"Ugh, why do "You hang out "Don't make men always with your promises you do that?" friends too can't keep."

It sounds needy and whiny, plus when a man hears it, he'll feel as if he has to choose between love and freedom. "No one should feel trapped," Marshall says. "Focus on how much time he's investing in you. If you're getting as much as his buddies are—if not more—then you're in a good place.

When men feel as though they don't have the option to (ever) change their mind about plans you make together, they may wind up avoiding a commitment at all. "If your guy has a history of going back on his word, that's one thing, but when you're flexible about plans, he'll want to stick to them," Marshall says.



KISSAN

· MICHELLE CALLAHAN, PH.D. DrMichelle.com

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

Is it ever acceptable to date a friend's ex?

-Beth C., River Falls, WI

Here's a better question: Are you OK with losing her friendship? Very few women can handle a friend's dating their ex (but you already knew that, didn't you?). So even if she says she doesn't mind, she could be just testing to see if you'll really go through with it. Consider this: It's possible that your attraction to him (and his to you) could be fleeting-or worse, a subconscious desire to hurt your friend. If you truly think you have a future with this guy, proceed with caution. Otherwise, the fantasy is better left in your head.

I love receiving oral sex, but my boyfriend doesn't like to do it. How can I change his mind?

-Anna, Olympia, WA

Start by asking why he doesn't enjoy it—for example, some guys aren't sure how to pleasure a woman orally. You could cure that with some gently worded directions and a few carefully timed oohs and aahs. If he says his neck and tongue get stiff, he can try resting his chin on his fist, alternating between vertical and horizontal strokes, or using his fingers to give his mouth a rest. Another thought: Although a musky scent is natural, it may not appeal to him. Make showering part of your foreplay ritual to encourage him to dive in.





Actor and Grammy-winning rapper **Common** has no problem expressing himself. Read on for the proof.

I was having a pretty good time with this girl who lived in a tough neighborhood in Chicago, and when we got close to her house, I got a flatand unfortunately, I can't change a tire. It was embarrassing because she had to help me! I felt very bad about my manhood at that point. She didn't let it be a deal breaker though.

How does love inspire your lyrics?

Some of my most wellreceived songs are love songs. I did one that's called "The Light," saying that she was a bright being in my life, the light of my life. Another is about phone sex. I love all the dynamics of love. It can be sweet or rough. I'm not afraid to express either way.

What's something women would be surprised to hear that guys find sexy?

I love the way a woman looks in boxer shorts. It's unusually sexy, because she's not trying to be. It just comes out. It's effortless. You don't have to put sex on display. And when a woman looks good in boxers and a T-shirt, it can only go up from there!

Whenitcomesto romance, what's more meaningful: words or actions?

Romance is an action. You can start with words, but you have to back them up with actions. I love caring for a woman, opening the door for her. being her protector, and not turning my back to her.

What do you love mostabouta woman's body?

Lips are a sexy body part. If someone has great lips, you think, Man, she might be a great kisser.

Last question: Rumor has it that you're dating Serena Williams. Do her workout habits rub off on you?

She is an incredible athlete, but I've always been athletic, ever since I was a kid. Being around professional athletes makes you want to stay in shape yourself!

—Elise Nersesian

from the Heart





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- Leah, North Carolina

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>> For most of the working world, the blaring of the alarm clock isn't a happy sound. So why not turn that rude awakening into an erotic opportunity with a roll in the 400-thread-count hay? After all, scientists say that people who start their days by having sex are all-around healthier and happier than those who don't.

"Having sex in the morning releases the feel-good chemical oxytocin, which makes couples feel loving and bonded all day long," says Debby Herbenick, Ph.D., author of Because It Feels Good. It makes you stronger and more beautiful too: Morning sex can strengthen your immune system for the day by enhancing your levels of IgA, an antibody that protects against infection. And climaxing releases chemicals that boost levels of estrogen, which improves the tone and texture of your skin and hair. Want to max out the morning love? Follow these tips:

Give Him a Sexy Wake-Up Call

Set your alarm to play soft music, and as soon as you're roused, quietly slip out of your pj's. Then try this trick: If he's lying on his back, place your hands on his thighs with your thumbs pointing toward his genitals, suggests acupuncturist Alexis Arvidson. Move your thumbs in a slow, firm circular motion, two inches in diameter. According to the ancient teachings of acupuncture, rubbing this thin-skinned area will get the blood flowing straight to



his nether regions. Well, isn't that convenient, since that's where you're headed next!

Get Fresh

Sneaking off to the bathroom to brush your teeth can do more than ward off dragon breath. "Not only will your kisses be minty, but the menthol in your toothpaste can give your guy a tingly thrill during oral sex," Herbenick says. Focus on the head of his penis and his scrotal skin, two nerve-rich areas. Just note: It takes a few minutes for the effects of menthol to work, so be patient—he may not feel it at first.

Enjoy the View

Part of what makes morning sex so deliciously primal is that, in the light of day, it's difficult to hide your so-called flaws. So let your insecurities take a backseat to pure, unadulterated pleasure, and instead of covering up under the blankets, throw them off so

you can both get a visual thrill. He'll bask in the eye candy, and you will too: Studies conducted by Emory University found that women are just as visually aroused as men during sex.

Take Advantage of Nature

Your guy's body is hardwired to want sex first thing in the a.m. (hello, morning wood!). "While he sleeps, the testosterone he'll use for the upcoming day accumulates," says Gabrielle Lichterman, author of 28 Days. "From the time he wakes up, he has a three-hour window when he's brimming with peak levels." Don't let them go to waste: Hop aboard his primed body for some girl-on-top action.

Boost Your Animal Lust

As soon as you're awake, snuggle up to your guy and take a whiff. Because he hasn't showered yet, you'll feel extra turned on by his au naturel scent. According to scientists at the University of Pennsylvania, a man's musky underarm odor is a proven libido booster. Really, you can't make this stuff up!

Try a Cozy Move

Since you'll both be groggy, try a position that requires little to no effort: spooning. "While you're facing away from your guy, part your legs and guide him inside you," says New York City-based sex and marital therapist Jane Greer, Ph.D. "His hands will be free to roam all of your hot spots, and he can whisper in your ear."

Install a Double Showerhead

Taking a shower together sounds romantic and all, but let's get real: There's room under the water for only one person at a time. Fix that by getting a double showerhead Skin may be more sensitive to touch in the a.m. as nerves wake up.

Source: Sandor Gardos, Ph.D.

(available at any home-goods store). Then crank up the water temp; heat brings blood to the skin's surface, making it more receptive to touch. And soap each other up with peppermint shower gel; the scent wakes you up as it triggers the same nerves that are activated by smelling salts, says research from Wheeling Jesuit University in West Virginia.

Have a Quickie

Sunrise sex doesn't have to be a drawn-out affair. In fact, "mornings are the perfect

time to indulge in a quickie, because you'll probably be in a rush, and the heart-pounding adrenaline of spontaneous sex will intensify the entire experience," Greer says.

Pounce on him when he least expects it (say, while he's stepping out of the shower, getting dressed, or making breakfast). And you can ditch foreplay this time-studies published in The Journal of Sexual Medicine found that if women ignore outside distractions (for example, the television, their laptops), they can start to become aroused in 30 seconds flat. Keep in mind: Quickies don't necessarily have to include intercourse. A hot-and-heavy makeout session, copping a fast feel, or letting him catch you checking out his butt before you dash out the door for work will go a long way toward igniting your passion.

A Sensual BREAKFAST in Bed

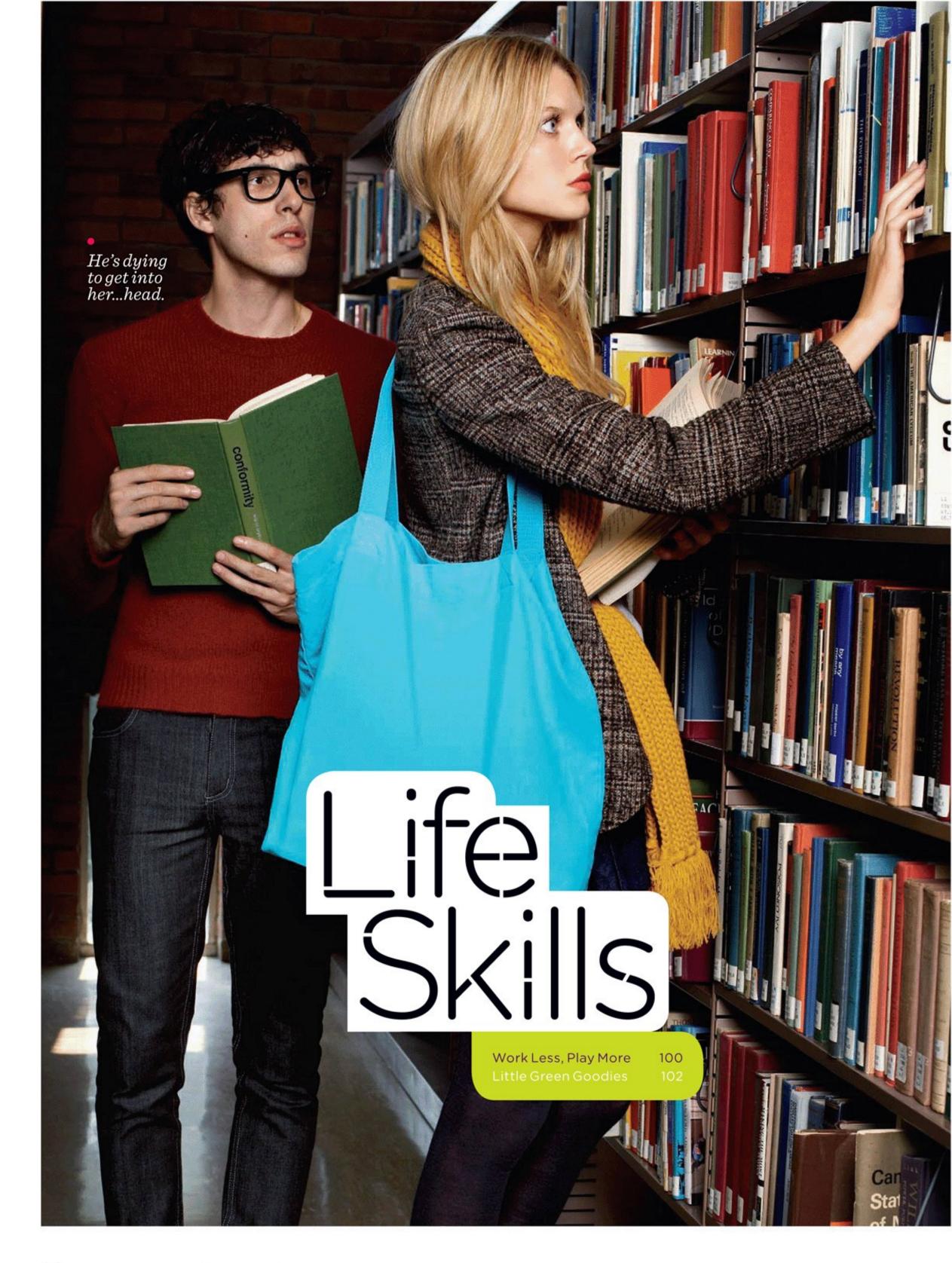
Refuel for round two with this yummy French toast! Prep time: 10 min.

- 1/Combine 2 cups of strawberries with about 2 tablespoons water in a medium saucepan; cook over medium heat until berries are soft. Set aside.
- 2/ In a bowl, mix 3 eggs and 1 cup cream. Dip 4 pieces of whole-grain bread into the mixture, coating both sides. Brown the egg-coated bread in a skillet over medium heat.
- 3/ Meanwhile, whip 1 cup cream with a



handheld mixer until soft peaks form. Serve French toast with warm strawberries, whipped cream, and coffee—a known libido booster.

Source: Claire Robinson, host of Food Network's 5 Ingredient Fix



Get Smarter **Every Day**

Try these little tricks to grow your intelligence.

By Amy Beal

>> We all want to be brighter bulbs in the chandelier. But rather than cursing your mom for those martinis she downed while you were cooking in the womb, check out these five ways to improve your brainpower. They're simple, they're fun, and one of them even involves spending QT with your TV.

Read Between the Lines

Pick up a Kafka novel or even a book of modern poetry and you'll be helping your brain work better, according to a recent study in Psychological Science. When you're exposed to something that doesn't automatically make sense, your mind tries to find some other kind of meaning—a response that kicks your gray matter into high gear and enhances the part that's in charge of learning.

If you prefer whodunnits or historical romances, no need to worry—your mind is getting just as stretched, but in a slightly different way, says Keith Oatley, Ph.D., former director of the cognitive science program at the University of Toronto. "Fiction in general is a kind of simulation of our emotional and social worlds. People who read lots of fiction tend to be more empathetic and socially intelligent than those who don't." The bottom line: Read something with substance. "Even when you peruse the newspaper or a magazine, you're taking in different ideas, creating a bigger database of knowledge in your mind," says Daniel Willingham, Ph.D., a professor of psychology at the University of Virginia.

Solve a Small-**Screen Mystery**

Flip to an episode of *Lost* or *CSI* to help build your intelligence. TV shows that include elements such as overlapping plot strands, several primary characters, moral ambiguity, and no helpful connectthe-dots narrator actually engage your brain in a data-gathering, hypothesizing,

and testing process that mirrors the scientific method, according to Steven Johnson, Ph.D., author of Everything Bad Is Good for You: How Today's Popular Culture Is Actually Making Us Smarter. So while you're trying to figure out why Hugo hasn't lost any weight, or why they never turn on the lab lights on CSI, your noggin is exercising your problem-solving skills and enhancing your social intelligence.

Conk Out

Getting enough shut-eye may help your brain process the day by strengthening memories and the connections between neurons, resulting in better recall, reports a new study from Michigan State University. Participants were asked to identify a list of words shown to them 12 hours earlier, after having either a full night's sleep or no sleep at all. Those who hadn't snoozed made the most mistakes, meaning they were more likely to have incorrect memories.

These experiments are the first to indicate that false memories (remembering things that didn't happen) can be reduced after sleep and that the benefits of slumber include a more accurate retention of basic info. So getting plenty of rest could mean never having to search for your keys again (or at least not every single morning).

Tune Up

According to a recent study review from the online service Faculty of 1000 Biology and Medicine, practicing a musical instrument connects and develops the

motor systems of the brain, refining the entire neurological system in ways that can't be done through any other activity.

If you're not about to run out and sign yourself up for flute lessons, you can get similar benefits by playing games such as Easy Piano for Nintendo DS, which comes with an external 13-note, full-octave keyboard, or KB Piano for your PC, which lets you play more than 100 different instruments, from guitar to ocarina. "In some ways, the brain is like a muscle," says Richard Haier, Ph.D., a professor of pediatric neurology at the University of California at Irvine. Meaning, the more it's worked—such as by practicing an instrument—the more efficient it becomes.

Socialize with Smarties

Instead of heading straight home to your pj's and a glass of pinot after work, go to happy hour with your pals to do your brain good. "The mental gymnastics that come with social interaction may provide boosts to our cognitive functioning," says Oscar Ybarra, Ph.D., a professor of psychology at the University

Brain Jolts

- > Women who had one (but just one) drink a day scored better on memory and thinking tests than teetotalers and even lowered their "brain age" by about one and a half years, reports a study in The New England Journal of Medicine.
- > Chomping on chewing gum may increase the flow of blood to the brain, improving your cognitive functioning, according to a study at the University of Northumbria.

of Michigan. In his research, he found that study participants who were more social had higher levels of cognitive performance, meaning they were better at remembering information that could later be used for planning, setting goals, and reasoning. Take your socializing to the next level by hanging out with people who are brainier than you...even if it means you have to pick up the tab!



Work Less, Play More

Locking down job security doesn't have to mean clocking endless hours. Surprisingly, this may be the perfect time to snag more flexibility. Allow us to explain.

By Stacey Colino

Pilates-class attendance on permanent pause and told the girls you won't be meeting them for happy hour until sometime in 2012 because you need to log more hours at work, you might be doing more harm than good—to your career as well as your happiness.

"With the threat of layoffs looming, it may seem as if you have to work harder than ever to prove yourself," says James Campbell Quick, Ph.D., a leadership professor at the University of Texas at Arlington. But according to the Families and Work Institute, 81 percent of companies are maintaining their flexible workplace options (including compressed workweeks, telecommuting, and voluntarily reduced hours), and 13 percent are actually increasing these options during the recession.

Here's how to leverage this altered employment atmosphere to get the life you crave.

Pinpoint Your **Priorities**

Although it may be a good time to request some flexibility at work, don't be greedy. Map out one—yes, one—specific request in your head, whether it's working from home once a week or leaving the office at a certain time every night. The next step: Find out if anyone at the company has the kind of deal you're dreaming of by asking around and talking to your supervisor or someone in the human resources department. "Many companies don't communicate their flex options, so it's your responsibility to investigate," explains Kyra Cavanaugh, president of Life Meets Work, a consultancy and online resource.

Gauge Your Manager

A boss who arrives at work around the same time the sun rises, or clocks out at midnight, might not be open to reducing your hours. This is why you need to figure out exactly what's in it for her. "What can you do to make your manager look good or lighten her load?" asks Ellen McGrath, Ph.D., a clinical professor at New York University and director of NYU's Program for Social Ventures. For example, you could take on a project she doesn't want to handle, train new employees, or offer to help a junior colleague she doesn't have time to oversee. This conversation takes courage no one wants to create waves at work. Adds McGrath: "It

PERCENTAGE OF WORKERS WHO SAY FLEXIBLE **SCHEDULES ENCOURAGE** COMPANY LOYALTY

Source: Journal of Applied Psychology

Better-Balance Strategies

If a flexible work arrangement isn't in the cards, find your bliss point with these tips:

Take Your **Lunch Break**

It sounds so simple, but many workers spend lunchtime munching at their desks, says research conducted at Cornell University. But there are health benefits to giving PerezHilton .com a rest. According to the American Management Association, using part of your lunch hour to go for a walk, get your blood flowing, and reenergize helps to prevent burnout.

Make an After-Work Date

Doing fun activities outside of work is essential for maintaining a sense of balance. So sign up for something that interests you (modern dance lessons, yoga class), and consider asking a friend to join you so you're motivated to keep going. Or just meet a pal for dinner once a week.

Set Boundaries

If you check e-mail the minute you get home or turn on your BlackBerry in the middle of the night, stop it right now. "When you don't transition from work to home, you carry your stress from the day into the evening, which can leave you sleep deprived," Cavanaugh says. Resist the urge to stay plugged in 24/7. Instead, set a specific time limit for how long you're going to work, and stick to it.

has always been especially difficult for women to speak up about what they want or need because we're conditioned to please." But if seeking a more balanced life is truly important to you, muster up the nerve to make your request...and proceed with caution.

Create a Plan

Draw up an organized proposal, detailing exactly the type of arrangement you want, how you'll manage it (when you'll be working on-site versus off, how you'll adjust your schedule as needed, whether you're

of management at Fairfield University in Connecticut. So draw up a list. This way, you won't feel stumped for answers when she challenges you with a flurry of what-ifs.

Capitalize on Your Success

Does your boss love you? That's good news. Top performers are in prime position to receive flextime. "Valued employees have more leverage in these conversations, because companies don't want their most talented people to leave when the recession

People who telecommute are more satisfied with their jobs, perform better, and experience less conflict between their work life and family life.

Source: Pennsylvania State University

willing to accept a pay cut), and how this will benefit the company. For example, maybe by shifting your hours, you'll be available to customers who need help when your colleagues aren't there, or by working from home part-time, you'll have uninterrupted productivity. And be sure your boss knows there won't be a reduction in the quality or quantity of your work. But beware: "The more personally motivated your request, the more likely your boss will doubt its legitimacy," Cavanaugh says.

Beat Your Boss to the Punch

Anticipate any potential roadblocks and troubleshoot them in advance. "You know the adage 'Don't go to your boss with a problem unless you have a solution'? That's the approach to take," says Lisa Mainiero, Ph.D., a professor

ebbs," Cavanaugh says. So be prepared to spout your biggest successes and the highlights of your positive performance reviews, and find a way to do it without sounding like an entitled egomaniac. The goal is to persuade her by proving that you consistently produce excellent work, independently or as part of a team.

Put a Firm Foot Forward

If you encounter resistance, don't wuss out or get upset, and definitely don't tear up. Instead, suggest giving the arrangement a try for a month or two; it's possible that she's not open to the idea simply because she fears the unknown. But if it's clear she won't budge, it's best to let go of the issue. You can always revisit the subject at a later date, or start looking for a new job that makes you feel less shackled.



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Who among us hasn't high-fived ourself for finally fitting into those skinny jeans once again, only to relegate them to the back of the closet a few months later? Women's Health investigates the dangerous cycle of yo-yo dieting-and

tells how you can break it for good. BY GRETCHEN VOSS



ALL YOUHAVE TO DO

IS WHEEL YOUR GROCERY CART INTO A CHECKOUT LINE TO SEE THE CAUTIONARY TALES

SCREAMING AT YOU FROM THE TABLOIDS:

> Kirstie Alley regained the 70-plus pounds she lost on Jenny Craig. Maureen "Marcia Brady" McCormick got even heavier after she was on Celebrity Fit Club. Oprah—well, we all know about her struggles. Janet Jackson, Kelly Clarkson...the list goes on and on.

> It makes you wonder: If these rich, powerful women, with their personal trainers and private chefs, can't win the weight war, what chance do I have?

It doesn't help that the statistics are grim: By some estimates, more than 80 percent of people who have lost weight regain all of it, or more, after two years. Researchers at the University of California at Los Angeles analyzed 31 long-term diet studies and found that about two-thirds of dieters regained more weight within four or five years than they initially lost.

Women who want to lose weight know these painful numbers all too well. "I've been on a roller coaster for the past two years," says Leigh Moyer, 31, of Philadelphia. In 2003, she lost 25 of her 155 pounds by diligently counting calories and logging daily sweat sessions at the gym. Four years later, busy with graduate school and her job at a software company, Leigh blew off her workouts and stopped monitoring her portions...and shot up to 175. "It was so sad, so frustrating," she says. "I let myself down."

Along with the emotional toll is a physical one: Not only is the extra weight a health risk, but recent studies have linked the gain-lose-gain cycle to such potentially life-threatening conditions as high blood pressure, high cholesterol, diabetes, depression, heart disease, and cancer.

UNDERSTANDING METABOLIC MATH

While small fluctuations on the scale are normal, the unhealthy behavior that experts refer to as "weight cycling" is not. Cycling is defined as a significant increase or decrease of body weight (generally 10 pounds or more) that occurs multiple times.

Experts believe a yo-yo pattern is often the result of a diet that's too restrictive, and a study reported in the journal Obesity backs that up: It found that people who followed a very low-calorie diet regained significantly more weight than those on a more forgiving plan. Desperate for quick results in a culture of instant gratification, "women try to lose weight on diets with too few calories," says Judith Beck, Ph.D., director of

the Beck Institute of Cognitive Therapy and author of The Beck Diet Solution. "If you lose weight on 1,200 calories a day, the minute you go up to 1,300 is the minute you start gaining weight."

It happened to Tracy Srail. The 24-year-old from Atlanta has watched the scale bounce between 130 and 160 pounds for the past four years. "At one point, I was eating only one or two meals a day and chugging Rockstar energy drinks because I heard that caffeine increases your metabolism. I lost 15 pounds, but it didn't stick," she says. "I weigh about 155 now."

Even on a sensible diet, your body sheds pounds reluctantly. "One reason it's difficult to keep weight off is because there is a metabolic overcompensation for weight loss," says Gary Foster, Ph.D., director of the Center of Obesity Research and Education at Temple University in Philadelphia. "If you decrease your body mass by 10 percent, you would expect your metabolic rate to decrease by 10 percent, but it actually slows down more than that, by about 11 to 15 percent."

Why does your own metabolism thwart you? Simple, says Kelly Brownell, M.D., director of the Rudd Center for Food Policy and Obesity at Yale University: "The body may perceive dieting as a threat to its survival. It might not know the difference between Atkins and famine."

What's more, says Brownell, who coined the term "yo-yo dieting" in the 1980s, weight cycling can actually change your physiology. So the more diets you've been on, the harder it becomes to lose the weight. A hunger hormone called ghrelin increases, and a fullness hormone called leptin decreases, so you feel hungrier and less satiated.

BORN TO REBOUND?

It's bad enough that your body fights you when you try to lose weight. Now there's compelling research to show that some people may be hardwired to yo-yo.

David Kessler, M.D., former U.S. Food and Drug Administration commissioner and author of *The* End of Overeating, and his team of researchers at the University of California at San Francisco and Yale University, looked into the biology of weight cycling. They found that the reward circuits in the brains of people Kessler calls "conditioned hypereaters" were excessively activated simply by the smell of food and stayed that way until those people finished eating whatever was on the plate in front of them.

In other words, when you have overactive neural circuitry, resisting temptation is not a question of willpower alone. "This is a biological cause of conditioned hypereating. It's the first time we can

say 'It's not your fault,' "Kessler says. He estimates that 50 percent of obese people and 30 percent of overweight people are conditioned hypereaters.

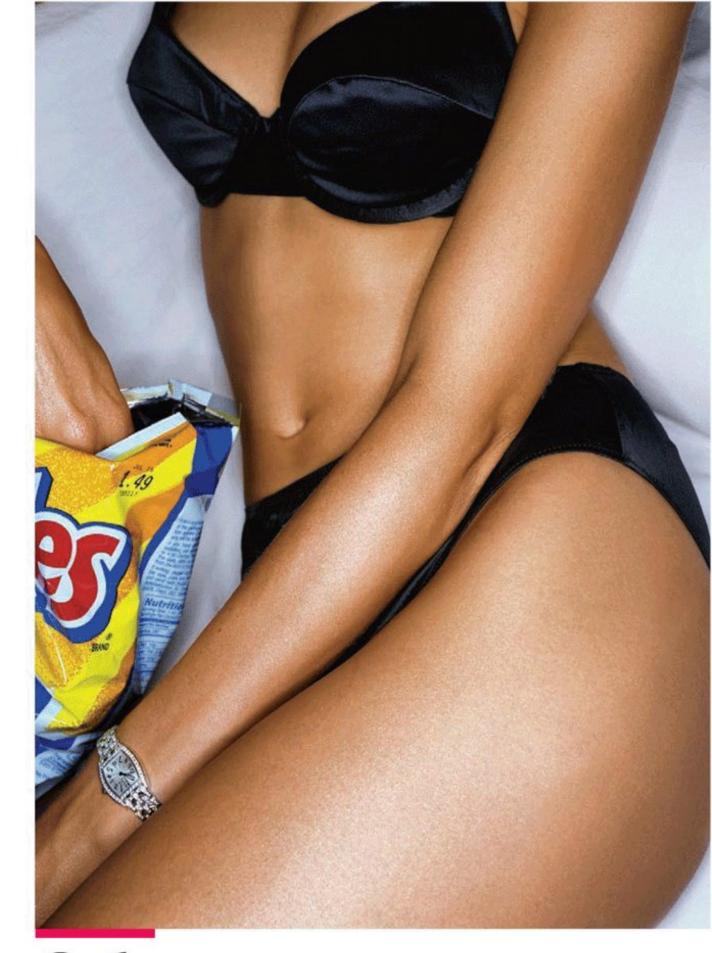
Evidence shows, however, that this reaction is partially learned, and that through conditioning, you can rewire your brain. After all, the yen to yo-yo is not just physical; emotional triggers play a huge role too. A study at Brown University found that dieters who ate in response to emotions such as stress or loneliness—as opposed to external events, like overdoing it at happy hour—were more likely to regain weight.

When Darcie Schmidt of Sioux Falls, South Dakota, was in her late twenties, she lost 75 pounds and then regained 120 over two years, largely because of emotional eating, she says. In her early thirties, she stuck to a strict diet-and-exercise regimen and shed 132 pounds. "I did not eat a single chip for 18 months," she says. But the stress of a divorce, a move, and a return to school knocked her off track, and she traded her three-mile, five-day-a-week runs for bags of those verboten chips—and regained 40 pounds.

Beck sees women like Schmidt all the time, who do well for a while, only to fall off the wagon. The problem, she believes, is that they never learned the skills needed for long-term behavior change. "They haven't been taught how to motivate themselves every day," Beck says, "or how to respond to negative thoughts and recognize a mistake as a one-time thing."

A study of 200 overweight and obese people, published in the Journal of Psychosomatic Research, supports the importance of a behavior-change approach. Along with other weight-loss techniques, one group received an additional hour of therapy, in which they learned to change their behavior; the other group did an extra hour of low-intensity exercise. After a year, those in the therapy group had maintained their weight loss, while the other group's members hadn't.

EATERS



36

PERCENTAGE OF BOREDOM-DRIVEN EATERS WHO CHOOSE POTATO CHIPS AS THEIR GO-TO SNACK

Source: Cornell University Food and Brand Lab

RISKY BIGNESS

While watching the numbers on the scale fluctuate wildly is a blues inducer and clothes-budget buster, there are far more compelling reasons to hold steady. For one, your metabolism might be affected—and not in the way you probably hoped.

"If you go on a very strict diet and gain the weight back quickly, you might lose a lot of muscle and regain a lot of fat," says Keith Ayoob, M.D., R.D., an associate professor at the Albert Einstein College of Medicine. "Then your metabolism operates on a slower idle, which means it's going to be harder to lose weight as time goes on."

The more times you yo-yo, the theory goes, the more fat your body gains in each rebound. Because muscle burns 10 times more calories than fat does, your metabolism eventually will slow to a crawl.

"Losing and gaining regularly takes a huge toll on your body," Ayoob says. Beyond aesthetics, such as a loss of skin elasticity, regaining weight burdens your arteries and skeletal system, and may stress the liver, which can become covered in fat.

Yo-yoing also does a number on your ticker: A study in *Clinical Cardiology* found that women who weight cycle five times or more during their lifetimes may be damaging their hearts in the process.

But perhaps most startling is the dangerous and lasting effect weight cycling has on the immune system. According to the first study of the long-term impacts of yo-yo dieting, women who repeatedly lost and gained weight had lower immune function, particularly lower counts of natural killer cells. "These cells are important for fending off infections and are also vital in fighting the early stages of cancer," says Cornelia Ulrich, M.D., of the Fred Hutchinson Cancer Research Center in Seattle. Low killer-cell activity is associated with higher rates of cancer. In her study of more than a hundred overweight but otherwise healthy women, those who had yo-yoed most frequently—five times or more—decreased their natural killer-cell activity by a third.





PERCENTAGE OF WOMEN WHO KEPT A PAIR OF JEANS THAT USED TO FIT, IN THE HOPES THEY'LL SLIM DOWN ENOUGH TO WEAR THEM AGAIN.

Source: Opinions Matter survey/Special K

With so many drawbacks, you might wonder if you'd be better off just accepting your belly rolls. But the perils of being overweight still outweigh the risks of yo-yoing. So how do you quit the cycle for good? Despite what you read in the tabloids, it is possible:

D BE REALISTIC. "Make sure your diet is one you can stick with," says Anne Fletcher, R.D., author of Thin for Life. No crash diets or fads that will be impossible to maintain. In fact, reconsider the whole notion of dieting as a temporary fix. Think of what you're doing as a permanent lifestyle shift: "This is how I eat now."

DEPATIENT. Don't try to lose too much too soon. A healthy goal for slimming down, according to the National Institutes of Health, is to reduce your weight by approximately 10 percent over six months.

D BE SUPPORTED. Researchers have found that socializing with others who have successfully lost weight improves your odds of maintaining your own weight loss. So enlist a buddy or join a group.

D BE ANALYTICAL. Record your mood changes and hunger levels so you can learn to distinguish when you're eating for emotional reasons.

D BE VIGILANT. "If you lose 30 pounds and then gain three, it's easy to think that's no big deal. But it's a slippery slope," Foster says-especially if you have a history of yo-yoing. Weigh yourself weekly, and have a clear plan of action ready if the scale swings too far.

OBEFLEXIBLE. "Switch eating plans if you get bored," says Michael Dansinger, M.D., weight-loss and nutrition advisor for The Biggest Loser and assistant professor at Tufts School of Medicine in Boston. Research indicates you're more likely to be successful.

D BE ACTIVE. Besides consuming a low-calorie, low-fat diet and being mindful about self-monitoring, you must exercise. This is the key strategy that keeps the 6,000 members of the National Weight Control Registry (an ongoing study of adults who have lost at least 30 pounds and kept it off for a year) from regaining weight. That doesn't mean you have to train for a marathon: Half an hour of walking every day is all you need to burn calories, build muscle, temper cravings, and increase "feel good" endorphin levels.

OBE OPTIMISTIC. "One of the most important tips for being a successful weight loser is not to let past failed attempts keep you from trying again," Dansinger says. "Every time you fail, you get more insight about what to do differently next time."



OUTSMART THE ROLLER COASTER

Three times in life when your weight is primed to spike

INCOLLEGE

Nearly a quarter of college freshmen gain 5 percent of their body weight during their first semester. And with late-night snacks and all-day cafeterias, the gain is likely to continue.

→ WHAT TO DO: Ditch the cafeteria tray, suggests Susan Alpers, Psy.D., author of 50 Ways to Soothe Yourself Without Food. "Carrying the items individually will make you more likely to think about your food choices."

INLOVE

Research repeatedly shows that living with or marrying a man can add to your waistline. "Women often adjust their eating habits to match those of men," Alpers says.

→ WHAT TO DO: Remember that he needs (and burns) a lot more calories than you do, so don't match him bite for bite at every meal! Also, make dates to do something besides eat dinner, and agree to go to the gym as a couple (or do something else active together) as often as you both can.

INYOUR30S

Most women naturally start to lose muscle mass around this age, so their metabolism slows. Then, even if they're eating the same amount they always have, they don't burn off as much and the scale starts to creep up.

→ WHAT TO DO: Pump some iron. You may not be able to stop losing muscle mass, but you can slow down the rate of loss. Fitting in two or three 20- to 30-minute strengthtraining sessions a week will help keep your metabolism 🙍 fired up and the numbers on the scale, from skyrocketing.

FROM TOP: DONNA TROPE/SERLIN ASSOCIATES/TRUNK ARCHIVE; TODD HUFFMAN

WELCOME BACK, BAKED POTATO.



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Excellent source Vitamin D	1	No	No
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PUT A LITTLE LOVE



IN YOUR HEART

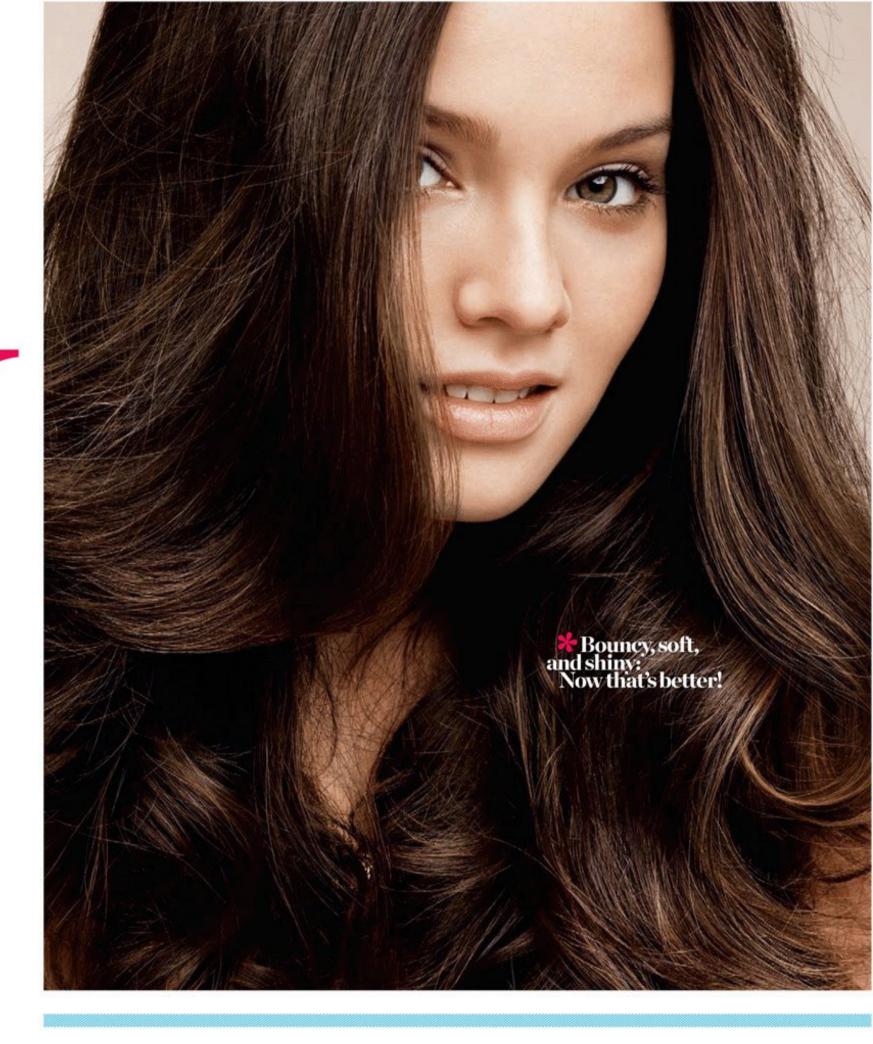






When our hair is healthy, we feel more confident and revel in its swing and shine. Still, some days (weeks? months?), our hair just refuses to cooperate, despite the attention we give it...which, ironically, is often the problem. Straightening and curling, coloring and highlighting, spritzing and scrunching primping does a lot of damage over time.

The first step for reversing tress distress is "assessing what kind of shape the hair is in so you can treat it properly," says styling guru Ted Gibson, owner of the Ted Gibson Salon in New York City. Find the symptoms that describe the state of your hair's health, then remedy the situation with the right Rx. \longrightarrow



plitends

SYMPTOMS

- * Ends have seen more splits than a couples therapist.
- * Hairs are fragile and break off during standard brushing.
- * Pieces are prone to tangles and snarls.

THE CAUSE:

Wear and tear is the culprit. "Chemical processing, heat styling, and long hair equals more fraying," says David Kingsley, Ph.D., a trichologist (hair and scalp specialist) in New York. Extremely fragile hair can develop small nodes (they look like a snapped twig) where the hair has shattered.

THE CURE:

Choose demipermanent hair color over ammonia- or peroxide-laden permanent color; it's gentler and won't strip your strands. Avoid highlighting, and don't overwash (every other day is enough) because strands can snap when wet. Opt for shampoos and conditioners that

& fri77 THE CAUSE: Genes are to blame, but overenthusiastic with this hair type

FIRST-AID KIT

"Natural

is best.

-Jet Rhys

bristles make

so synthetic

Biolage Thermal-Active Repair Cream, \$14, biolage.com for salons; John Frieda Frizz-Ease Smooth Start Shampoo & Conditioner, \$6.50, at drugstores; Mason Pearson All-Nylon Detangler Brush, \$82, neimanmarcus.com

heat styling exacerbates the problem. "Women generally have an average of 80,000 hairs on the scalp [compared with the 100,000 average], so fewer oil glands are covering a larger surface area," Kingsley says. No wonder your hair is so thirsty! You likely have natural waves or curls, so your cuticles tend to lift up, making strands porous. Attempting to tame frizz with a blow-dryer, flat iron, or chemical process disrupts the cuticles, worsening the effect.

THE CURE:

Dehydrated hair needs lots of moisture, so try shampooing just

SYMPTOMS

- * Strands expand into an unruly puffball at the first hint of humidity.
- * You suffer from UFS (uncontrollable flyaway syndrome).
- * Hair feels coarse or roughed up.

two or three times a week. Use cleansers and conditioners with dimethicone, shea butter, or nut oil. Says Wilson: "In the shower, these ingredients trap water inside the hair shaft, boosting moisture, before sealing the cuticle."

Use lighter hydrating creams that will keep

out external moisture. These products include organic oils that do a great job of coating the cuticle and infusing shine. But beware: They aren't heatprotective like silicone. "Like cooking oil, these oils will fry your hair instead," says Wilson, so don't use them as a pretreatment.

STYLE FIXES

- > GO LONG, with soft layers starting at the chin. Length helps the hair lie flatter, while layers bring in fullness without contributing to the pouf factor. "If your layers are too short, your hair will look choppy, which highlights frizz," Rhys says.
- > TURN TO THE DARK SIDE. Lighteners and highlights make dryness worse. "Stick to demi-permanent dyes, which give hair luster," Backe says. They contain no damaging ammonia and very little peroxide, and last around 25 shampoos. Just stay within two shades of your natural color.
- > MANAGE THE HEAT. Run a heat-protective smoothing cream through nearly dry strands, then blow-dry. And avoid flat ironing immediately after drying. "Let your hair cool for five minutes before exposing it to more heat," Rhys advises.

are for damaged or broken strands. They contain more hydrating and strengthening ingredients.

Dry hair needs humectants to boost its elasticity. If it's brittle with breakage, look for styling aids that contain keratin, wheat, or soy protein; they bond to hair proteins to reinforce delicate strands. Try a weekly deep-conditioning treatment that contains natural oils, says Ni'Kita Wilson, a cosmetics chemist in New Jersey. The oils will support sebum to coat each strand.

STYLE FIXES

> GET A TRIM EVERY FOUR TO SIX WEEKS.

Ask your stylist to snip off an eighth of an inch to remove dead ends but keep your length. "Short frazzled hair can look like a wig," explains Jet Rhys, owner of Jet Rhys Salons in San Diego.

> GO LONGER BETWEEN COLORING. "If you still want to color your hair despite its damage, address only the new growth," says celebrity colorist Jason Backe. Between color treatments, use a color-depositing pen to cover your roots.

> START A STRENGTH-BUILDING REGIMEN.

Gibson recommends stocking up on styling products that are packed with proteins that reinforce strands by "spackling" weak spots. Softer styles like loose waves will disguise fried ends.

"When hair is still wet, use a wide-tooth comb to gently detangle, working, up from the tips."

or the (truly) da

FIRST-AID KIT

Bumble and Bumble Mending Shampoo & Conditioner, \$28 and \$31, bumbleandbumble.com; L'Oréal Paris EverStrong Deep Replenishing Masque, \$9, at drugstores; CHI Organics Olive Nutrient Therapy Comb, \$4, farouk.com for stores

-Jet Rhys



Pecoily

your'do becomes as greasy as a side of fries.

* Hair is droopy, dull, and won't

THE CAUSE:

Blame your parents: Genes control the size and shape of your follicles. Fine hairs have a flimsier internal structure than coarser ones do. And though you have as much as a third more hair on your head than women with thicker locks, sadly this makes for less volume, not more. "Each hair follicle has at least one oil gland attached to it," Kingsley explains. "Less surface area means oil covers more of it, making it limp."

THE CURE:

Wash your hair daily to rinse away the greasy stuff, called sebum. Wilson recommends using an oily-hair shampoo that is "free of heavy oils and silicones like dimethicone. These ingredients are for dry or damaged hair and leave behind a residual film to seal cuticles. That buildup deprives your hair of body." Try a clarifying shampoo once a week to eliminate lingering product. Also, use conditioner sparingly, from the middle of your strands to the ends, says celebrity hairstylist Sally Hershberger, who also cautions against steamy showers: "Hot water aggravates the scalp and causes sebaceous glands to produce more oil."

Stock your vanity with two types of stylers: volumizing sprays and lotions that plump up strands. These lightweight products coat the individual hairs, making them look thicker. Also, use a dry shampoo to soak up oil and impart texture.

Chevy Chase,

Ted Gibson Salon,

tedgibsonsalon.com



HAIR 911!

Fast fixes for common catastrophes



"IOD'd on product, but have no time to start over!"

"Gather your hair into a low chignon at the nape of your neck and secure it with bobby pins," says stylist Ted Gibson. "Or do a side part with sleek bangs." When all else fails: "I love a good headband on a bad hair day."



"I dyed my hair too dark and now I looklike a Goth!"

Find that 800 number on the box and dial it. stat! An expert should know how to fix the mistake-just tell her the specific formula you used. Colorist Jason Backe recommends using Color Oops Hair Color Remover (\$10, at drugstores). "It lifts the color right out, like magic," he says, by shrinking the dye molecules and allowing them to escape.

"I singed my hair with the flat iron!"

Book a haircut. A pro can blend burned pieces with your healthy hair. And abide by these hot-tool rules: 1. Prep hair with a heat-resistant spray. 2. Iron only 100 percent dry hair. 3. Keep it moving. A hair strand that's exposed to 460°F for 15 seconds is a goner.

STYLE FIXES

-Sallu Hershberger

> TRY A "LOB" (A LONG BOB) WITH SOFT LAYERS AROUND THE FACE. Boosting volume is key, so Gibson advises against superlong hair that will lie flat against your scalp. Consider cutting it to chin length or right above the shoulders. Ask your stylist to leave the back all one length and to add side-swept bangs or soft face-framing layers for more motion.

Volume Amplifier, \$16,

redken.com for salons;

Hair Brush, \$13, target

Sonia Kashuk Small

.com for stores

> REACH FOR HAIR COLOR. All permanent hair-color products open the cuticles and expand the strands, making them weightier, but bleach lifts them even more, providing texture and bounce. "Bleached highlights bring in visual dimension and contrast, which gives the illusion of more hair," says Backe, who adds medium-width highlights at the crown for fullness.

> APPLY PRODUCTS PROPERLY. To create volume at the roots, "blast a generous amount of thickening spray close to the scalp, and massage it in with your fingers," Rhys says. "But no brushing at the roots. It will flatten your style." If your strands lose steam by midday, revive their texture with dry shampoo: Sprinkle it onto your scalp, flip your hair over, and work it in.

get to the root of the problem

→ Some salons are using microscopes to magnify the scalp as much as 200 times and diagnose dryness, sizzled strands, oiliness, and flakiness. "Taking a close look at the surface of the hair lets us see the damaged areas," says Jim Hammer, a cosmetics chemist in Easton, Massachusetts. Hair analysis is available at J. F. Lazartigue and Rene Furterer in New York City, or at these Phyto-affiliated salons:

Chicago

Zazú Salon & Day Spa, zazu.net

Denver Raul Salon & Color Mlami Trini in Private Salon, Maryland triniinprivate.com

New York City Phyto Universe, Studio, 303-321-3006 phytouniverse.com

Don't see a salon near you? Trained technicians for Phyto and Rene Furterer regularly travel to other cities to provide complimentary analyses. For more info, call 800-557-4986 for Phyto-affiliated salons, or 800-522-8285 for Rene Furterer-affiliated salons.

* Blondes look ashy; brunettes look dingy or gray; redheads become brassy or orange.

* Hair color looks lighter instead of rich and vibrant.

& faded

THE CAUSE:

When the outer cuticle is roughed up by chemical processes or hot-tool overkill, parts of the cortex are exposed and damaged, and the hair becomes more porous. As a result, strands no longer accept dye as readily and the color pigments seep out in the shower. Also, styling-product buildup can give hair a lackluster appearance.

THE CURE:

Reduce the fading with shampoos and conditioners that help preserve color. "These work by depositing more pigment onto the surface of your strands," Wilson says. "But they don't last the way permanent dyes do, so the results rinse away if you don't use them regularly." Also try styling products that contain broad-spectrum UV filters; they create a barrier against pigmentdegrading rays.

To bolster your hair's shine, style your 'do with cuticle-smoothing products that contain natural oils or silicone. "That's how you're going to get that major glossy sheen," Rhys says.

STYLE FIXES

> LAYER UP WITH A CHIN- TO SHOULDER-LENGTH CUT. Swingy sections that fall together boost body while allowing light to reflect evenly for allover luster.

> LET IT SHINE. "A glossing treatment will give you about a month of supershiny hair," Backe says. These ammoniafree formulas, like Clairol Natural Instincts Shine Happy (\$9, drugstore.com), are far less damaging than permanent color. Try one that is crystal-clear or go for a gloss that has a sheer wash of color-refreshing pigment.

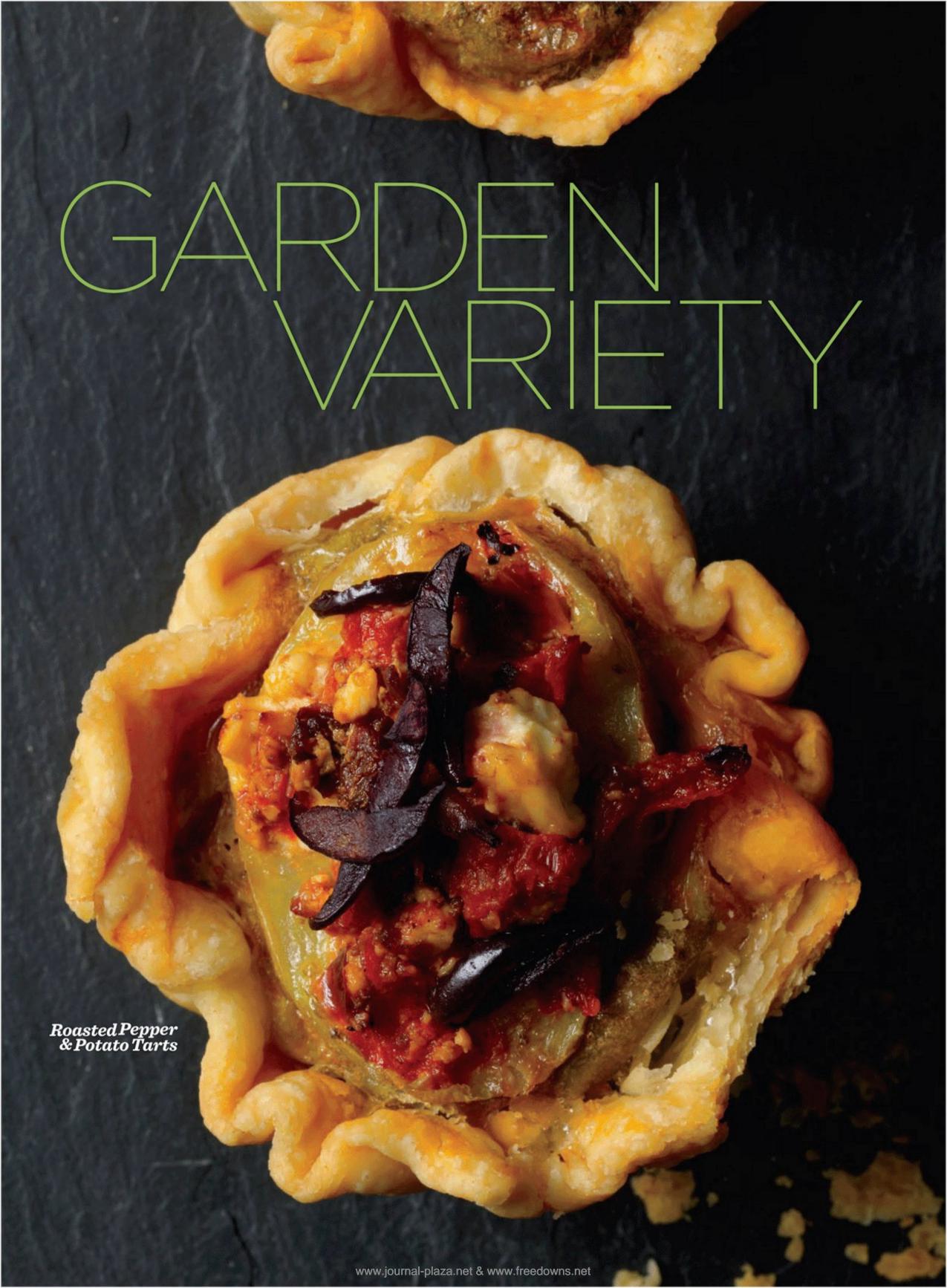
> STICK TO SOFT, TOUCHABLE STYLES. Teasing and volumizing really highlight dullness, so don't go for too much fullness, Rhys suggests. "Keep your hair nice and sleek so the light bounces off it." Use a silicone spray for polish.



AVERAGE NUMBER OF HAIR STRANDS WE SHED DAILY

ALISTAIR RAI DRESS, MODEL'S OWN NECKLACE

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





>> IF YOU'RE LOOKING TO QUIT THE CARNIVORE CLUB FOR A DAY OR EVEN FOREVER, THESE VEGETARIAN DISHES DELIVER IN BOTH THE NUTRITIOUS AND DELICIOUS DEPARTMENTS.

BY MAUREEN CALLAHAN, R.D. / PHOTOGRAPHS BY ROMULO YANES



FIVE MEAT-FREE MYTHS>>

1/ You aren't getting certain nutrients, particularly protein.

FACT: The average woman needs 46 grams of protein a day, and a one-cup serving of chickpeas gets you about a third of the way there. Problems creep up when you let simple carbs (white bread), sugars, and trans fats crowd out healthier choices. "Focus on eating whole grains, legumes, nuts, fruits, and vegetables and you'll get everything you need—including protein," says Reed Mangels, Ph.D., R.D., nutrition advisor for The Vegetarian Resource Group. In fact, vegetarian diets tend to have higher levels of fiber, magnesium, potassium, vitamins C and E, folate, carotenoids, flavonoids, and other phytochemicals.

2/ You need to eat "fake" meat if you're forgoing the real deal.

FACT: People were eating healthy vegetarian diets long before soy-based "hamburger" and other knockoffs came along. Mother Nature knows how to provide what you need.

3/ It's a repetitive, carb-rich diet.

FACT: Because they have to think outside of the meat-and-potatoes box, many vegetarians eat a wider variety of foods than their carnivore counterparts. Plan meals from the full spectrum of the food rainbow—veggies, fruits, grains, legumes, and nuts—and you'll never be bored.

4/ Veggie dishes tend to be high in fat.

FACT: Copious amounts of cheese used to be the rule in early vegetarian cookbooks. These days, many flavorful ethnic cuisines deliver bold vegetarian flavors via herbs and spices—and with far less fat, says Deborah Madison, author of Vegetarian Cooking for Everyone.

5/ You never really feel full.

FACT: If you're eating plenty of plant foods, you're loading up on fiber, the stuff that fills your belly and stifles the need to nosh soon after eating. And again, consuming legumes gives you enough hunger-satisfying protein.



RECIPES:

Roasted Pepper & Potato Tarts

- 1 9-inch refrigerated prepared piecrust
- 3 small Yukon Gold potatoes (about 14 oz)
- 3/4 cup drained and chopped roasted bell peppers
- ¼ cup sun-dried tomato tapenade
- 3 oz feta cheese, crumbled
- ½ tsp fennel seed, crushed
- 1/2 tsp dried rosemary, crushed
- 2 large eggs, lightly beaten
- 4 kalamata olives, pitted and thinly sliced Basil leaves (optional)
- 1. Let piecrust sit out at room temperature for 30 minutes or until pliable. Unroll crust on flat surface or cutting board and cut into 8 wedges. Roll each wedge into a ball. Take one ball and roll with a rolling pin into a 5-inch circle (it doesn't have to be perfect); tuck dough circle into a nonstick 12-piece muffin tin, crimping edges under. Repeat with remaining balls. (Dough should roll easily without the need for flour.) Fill empty muffin cups halfway with water so the dough cooks evenly.
- 2. Preheat oven to 425°F. Meanwhile, prick potatoes with a knife and microwave on high for 6 minutes or until tender. Let cool completely, then peel and slice crosswise into ½-inch-thick slices.
- 3. Place one potato slice into each tart shell, cutting to fit if necessary. Combine peppers, tapenade, and feta. Place a spoonful of pepper mixture into each tart shell. Top each with another potato slice.
- 4. Whisk fennel and rosemary into eggs, then carefully spoon egg mixture into each tart. Top the tart with a dollop of remaining pepper mixture and a few olive slices. Bake at 425°F for 25 to 30 minutes or until crust is nicely browned. Cool for 5 minutes in pan; garnish with basil leaves, if desired.

MAKES 8 SERVINGS. Per serving: 184 cal, 9 g fat (2.9 g sat), 19 g carbs, 325 mg sodium, 1g fiber, 5g protein

Black Sesame Tofu & Vegetable Stir-Fry

- 11/3 cups cooked instant brown rice
- 1 package (14 oz) extra-firm tofu, drained
- 1½ Tbsp black sesame seeds
- 1 tsp toasted sesame oil
- 2 Tbsp peanut oil, divided
- 1 lb asparagus, trimmed and cut into 2-inch pieces
- 2 cups packaged shredded carrots (about 6 oz)
- 1 large yellow or red bell pepper, cut into thin strips
- 4 green onions, trimmed and cut crosswise into 1-inch lengths
- 3 Tbsp freshly squeezed orange juice
- 2 Tbsp light miso
- 1 Tbsp low-sodium soy sauce
- 1/2 tsp cornstarch

- 1. Prepare rice according to package directions. Meanwhile, blot tofu dry with paper towels and press to remove some of the liquid; cut crosswise into 8 slices. Place sesame seeds in a shallow bowl and dredge tofu through seeds.
- 2. Heat sesame oil and 1 tablespoon peanut oil in a large nonstick skillet over medium-high heat. Add tofu and cook for 4 to 5 minutes or until nicely browned. Flip over and continue cooking for 4 to 5 minutes or until nicely browned on other side. Remove tofu to serving dish.
- 3. Add remaining peanut oil to skillet and heat. Stir in asparagus and shredded carrots; stir-fry for 4 minutes or until crunchy-tender. Stir in bell pepper and onion; cook for 2 minutes. Reduce heat to low and return tofu to pan.
- 4. Combine orange juice, miso, soy sauce, and cornstarch in a small bowl; whisk until well blended. Pour juice mixture into skillet and cook for 1 minute, stirring to coat vegetables and tofu. Serve over brown rice.

MAKES 4 SERVINGS. Per serving: 321 cal, 14 g fat (2.1 g sat), 38 g carbs, 552 mg sodium, 6 g fiber, 13 g protein

>> Quick tip: Tofu can be cut into cubes, triangles, or slices for this stir-fry. Just keep all the pieces a similar size so they cook evenly.

Spinach Barley Salad with Gorgonzola & Toasted Walnuts

- 4 cups quick-cooking pearl barley
- 3 Tbsp sherry vinegar or red-wine vinegar
- 1/2 tsp Dijon mustard
- 2 Tbsp extra-virgin olive oil
- 1 oz Gorgonzola cheese, finely crumbled (about 1/4 cup)
- 6 cups baby spinach leaves, shredded
- 1/4 cup sliced red onion
- 2 Tbsp toasted chopped walnuts
- 1. Cook barley according to package instructions. Meanwhile, whisk together vinegar and mustard. Whisk in oil until well blended, then whisk cheese into the mixture.
- 2. Put cooked barley in a serving bowl. Add remaining ingredients, plus salt and pepper to taste, then toss gently. Stir in vinaigrette; cover and refrigerate for at least 30 minutes to allow flavors to mix.

MAKES 4 SERVINGS. Per serving: 330 cal, 12 g fat (2.9 g sat), 51 g carbs, 463 mg sodium, 8 g fiber, 7 g protein

>> Quick tip: As its name suggests, quick-cooking pearled barley cooks faster than regular barley. Sub in any soft, crumbly cheese (feta, blue, goat) for the Gorgonzola.

Eggplant Parmesan Lasagna

- 1 tsp olive oil, divided
- 1 eggplant (about 1 lb), sliced crosswise into 1/4-inch-thick rounds
- 1 jar (26 oz) cabernet marinara sauce
- 6 uncooked whole-wheat lasagna noodles

- 1 cup part-skim ricotta cheese
- 1 log (3.5 oz) soft goat cheese, room temperature
- 1/3 cup chopped fresh basil, divided
- 1/4 tsp crushed red pepper flakes
- 1/4 cup shredded Parmesan cheese
- 1. Preheat oven to 450°F. Line a baking sheet with foil and brush with ½ teaspoon oil; spread eggplant in a single layer on baking sheet and roast for 15 minutes. Remove from oven; pull up foil and seal edges to close. Let stand 15 minutes to allow eggplant to steam until tender.
- 2. Meanwhile, rub an 8-inch square baking dish with remaining ½ teaspoon oil. Combine marinara with ½ cup water. Spread ½ cup sauce mixture in baking dish. Place 2 noodles on top of sauce. You'll need to break noodles to fit and form three rows, but don't worry about making perfect pieces. Break off a third of each noodle to form the extra row.
- 3. Combine ricotta, goat cheese, 3 tablespoons basil, and pepper flakes. Dollop half of cheese mixture onto noodles, spreading carefully to cover. Top with half of eggplant slices and 3/4 cup sauce mixture. Repeat layers, beginning and ending with noodles each time.
- 4. Top noodles with remaining sauce mixture, spreading to cover edges. Cover baking dish with foil and bake at 450°F for 45 minutes or until noodles are tender and mixture is bubbly.
- 5. Uncover and top with Parmesan cheese and remaining basil; continue cooking 5 minutes or until cheese melts. Let stand 10 minutes before slicing and serving.

MAKES 4 SERVINGS. Per serving: 438 cal, 15 g fat (7.7 g sat), 54 g carbs, 784 mg sodium, 10 g fiber, 23 g protein

>> Quick tip: For a more traditional take on lasagna, use mozzarella cheese instead of goat cheese.

Curried Sweet Potato & Chickpea Stew

- 1½ Tbsp canola oil
- 11/2 cups thinly sliced onion
- 2 cups coarsely chopped green bell pepper
- 11/2 Tbsp curry powder
- 1/2 Tbsp cumin
- ½ tsp salt, divided
- 1 qt low-sodium vegetable broth
- 4 cups peeled ½-inch pieces of sweet potato or butternut squash
- 1 can (19 oz) unsalted chickpeas, drained
- 1 cup light coconut milk
- 1/4 cup finely chopped cilantro
- 3/8 tsp ground black pepper
- 1. Heat oil in a large stockpot or Dutch oven over medium heat. Stir in onion and bell pepper; cook for 8 minutes or until tender.
- 2. Stir in curry powder, cumin, and 1/4 teaspoon salt; cook for 2 minutes. Add vegetable broth and sweet potatoes and bring to a boil; reduce heat, cover, and simmer for 15 minutes or until potatoes are tender.
- 3. Remove 1 cup of sweet potatoes and mash with a fork. Stir mashed potatoes back into pot and bring to a boil; reduce heat and boil gently for 5 minutes to allow mixture to thicken. Stir in chickpeas, coconut milk, cilantro, and black pepper. Cook for 1 to 2 minutes or until warm throughout. Stir in remaining ¼ teaspoon salt and serve.

MAKES 4 SERVINGS. Per serving: 315 cal, 10 g fat (3.5 g sat), 50 g carbs, 576 mg sodium, 11 g fiber, 8 g protein

>> Quick tip: Don't have low-

sodium vegetable broth? Mix

2 cups regular vegetable

broth with 2 cups water.

Curried Sweet Potato & Chickpea Stew

Women's Health A at Stuff



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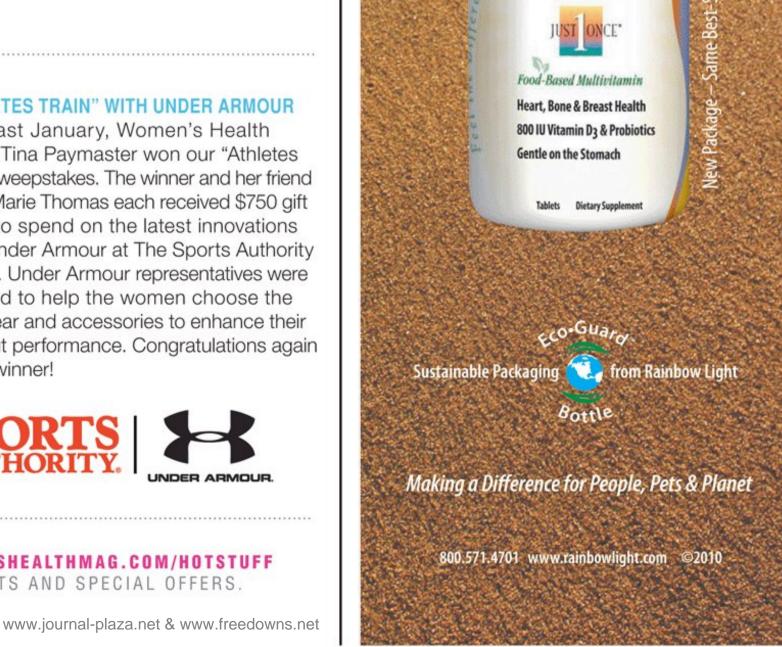


"ATHLETES TRAIN" WITH UNDER ARMOUR

This past January, Women's Health reader Tina Paymaster won our "Athletes Train" sweepstakes. The winner and her friend GraceMarie Thomas each received \$750 gift cards to spend on the latest innovations from Under Armour at The Sports Authority in NYC. Under Armour representatives were on hand to help the women choose the right gear and accessories to enhance their workout performance. Congratulations again to our winner!



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In our culture of disposable "I dos," many young marriages end in splitsville. But you're not playing house, you're playing for keeps! Read this to make sure your bond stays strong.

by Gretchen Voss/photographs by Catherine Ledner

was totally blindsided—it felt like whiplash," says Stephanie Klein, 34, of her short-lived marriage in her twenties. "My life was charging forward, down the path that I had planned, and then, out of what felt like nowhere, we stopped short, and everything I knew to be true just wasn't anymore."

At the time, Klein—now a photographer and author in Austin, Texas—had everything a modern woman could want: the handsome and charming surgeon husband, the luxe pad in Manhattan, the hotshot job at an ad agency. After seeing him through med school and living with him for two years, she married him at age 24. Lacing up in lingerie, hosting game nights, signing his name to family birthday cards... "I didn't just love being married," she says, "I was good at it. And I thought he was too."

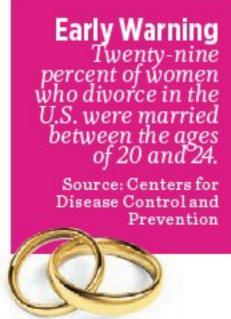
Then, when Klein was pregnant at the age of 27, her husband started getting laser hair removal, dousing

himself in cologne, and wearing Prada. Turns out that, even though he was having sex with her after shopping for curtains for the baby's room, he was running around town with another woman. When she confronted him with evidence of his behavior, he unashamedly admitted: "Now that I'm a doctor, I'm in a whole new league."

And that is how the wheels came off her marriage and how Stephanie Klein unwittingly became a starter wife at the age of 29.

Upgradable Unions

She has plenty of company these days. According to the U.S. Census Bureau, nearly 10 percent of all women are divorced by 30. Klein's five-year marriage isn't unusual: Twenty percent of all marriages fail within five years, and of those, one in four end within two years.



The reasons for this are as multifaceted as a brilliant-cut diamond. Experts blame an instant-gratification, throwawaymentality culture that serves up such matchmaking rubbish as The Bachelor, as well as an adolescence that may extend into one's twenties. The experts also point to a rejection of the traditional pot-roastand-infidelity model of marriage without a workable replacement, and a legacy passed down from parents who split during the '80s divorce spike (the children of whom are 89 percent more likely to get divorced themselves). Another factor: The delay in childbirth, coupled with the rise in lucrative careers for women, is a combination that makes for a less messy, financially feasible unhitching of the wagon for females, who file for two out of every three divorces today.

"Marrying later has lowered the risk somewhat for quick divorces, but on the other hand, people are doing a lot of things during that waiting period that are not helping," says Scott Stanley, Ph.D., codirector of the Center for Marital and Family Studies at the University of Denver. Having more sexual partners, conceiving kids out of wedlock, and living together before engagement—all skyrocketing among today's 20-somethings—increase the risk of becoming a starter wife, he says.

In new research published in the Journal of Family Psychology, Stanley and his team use an idea he calls "inertia theory" to explain why these are marriage-busting trends. "Some people end up marrying someone they would have broken up with had they just been dating," he says. Because of, say, a shared lease or kids, they slide into marriage, instead of deciding to marry. "Our main research finding is that people increase their risk of divorce by doing things that make it harder to split up before deciding if a future together is wise."

And that's exactly what happened to Claire Petretti after she fell in love with a gorgeous surfer in San Diego in her early twenties and moved in with him three months later. "I wish we hadn't lived

together. I don't think we ever would have gotten married," she says today of her 14-month driveby union. But they had a house and a dog. The commitment just made sense. Until it didn't.





Sitting in a Dunkin' Donuts in a suburb west of Boston, just down the road from the high school where she teaches French and Spanish, 33-year-old Mary Howard* drops her voice so that her students, who cavort noisily around her, don't hear. "I was married at 26 for a year and a half to a guy I'd known since I was 14," she says, picking at her food. They were each other's childhood crushes, and when they reconnected in their twenties, they thought they wanted to be married forever. Shortly after vowing to do just that, he started spending all of his free time out at bars and clubs without her, bringing his young singleton buddies back to their house to hang out as she slept.

The fact that her marriage imploded does not surprise William Doherty, Ph.D., a marriage therapist and the author of Take Back Your Marriage. He says that today's young couples don't spend enough time together, which puts them at a higher risk of divorce. Plus, thanks to social circles drawn from their working lives, they don't spend enough time with other happily married couples. If they did, it would help strengthen their marital stability. "They put themselves in risky situations—they're flirting and they're in a singles' scene as

- $2/\,$ Accept that he is not perfect and never will be. "Many marital problems simply have no solution," says Susan Page, author of Why Talking Is Not Enough: 8 Loving Actions That Will Transform Your Marriage. "Give up harping about the small issues and look for ways you can adapt, accept, and learn to live with what annoys you."
- 3/ Don't diss his family. "Treat your in-laws with respect," says W. Bradford Wilcox, director of the National Marriage Project. "Building supportive relationships with family is crucial to a successful marriage."
- 4/ Ditch the bad influences. It's great to have girls' nights and boys' nights out, but spend time with friends who have the best interests of your marriage at heart, Wilcox says (i.e., not your former roommate who pushes you to sext your ex).
- Keep things hot. "Be affectionate and have sex to keep the passion alive," says Michele Weiner-Davis, author of The Sex-Starved Marriage. You'll get along a lot better if you're getting it on regularly.

-Erica Tobin

"This generation is clueless about what to expect from marriage," says therapist and author Michele Weiner-Davis. "When they hit up against highly predictable bumps in the road, they say to themselves, 'I obviously made a bad choice, and I need to get out.'"

opposed to a married scene," he says.

Behavior can be contagious, Doherty says, and it's a reason the high divorce rate among 20-somethings may be a selfsustaining trend. "In clusters of young couples, when one pair gets divorced, it can have a contagion effect," he says. "People who are already having problems can start to think more about divorce."

Sascha Rothchild, now a 33-year-old screenwriter in Los Angeles, saw firsthand how the infectious trend can rip through a whole clutch of pals. "All of my friends got married at 27 and were divorced before 30," she says. "There were five of us—it was like a mass exodus." In fact, Rothchild told her husband she wanted out on the very same day that her friend did the same.

The Myth of the Perfect Mate

Like many of the young women who untie the knot today, Rothchild believes she simply chose and married the wrong person. But in a cultural moment in which winning the final rose seems to have replaced celebrating the golden anniversary as an aspiration, many people have bought into the eHarmony message that marriage will be all connubial bliss no hard work necessary—if only they find the perfect person, says Diane Sollee, founder and director of the Coalition for Marriage, Family, and Couples Education. "In fact, there's no such thing as a 100 percent compatible couple," she says.

Research shows that all couples—those who divorce and those who stay together disagree the same amount and report about 10 irreconcilable differences. "Couples who understand that disagreements are normal are the ones who are going to make it," says Sollee. "The ones who think it's going to be a lifelong honeymoon are hit hard by the realities of being married. That's why the divorce rate is highest during the first two years of marriage."

One of the biggest myths driving the divorce rate for young marrieds today, says Sollee, is that the changes that come with age naturally drive us apart. "Marriage is about forming your team. We don't promise to stay who we are when we get married. We don't promise not to change," she says. "One of the most important things we teach couples in marriage education is that you have to learn to welcome and integrate change on a daily basis."

"People get divorced for soft reasons now: 'We're not communicating,' 'The sex isn't that good,' 'We've grown apart,' " says Doherty. "These things relate to personal entitlement. It relates to this contemporary culture in which everything we do is supposed to bring us gratification."

Expecting Hearts and Rainbows

"I thought we had the perfect marriage," says Laura Rose, a Ph.D. candidate at Rutgers University in New Jersey, two years after getting divorced at age 28. She and her ex took long walks in the evening, mapped out the next 20 years of their lives together, and shared their journals with each other. So she was utterly gobsmacked when her marriage soured overnight, as she puts it. It was the evening he wrote in his journal entry that he didn't want to be married.

In hindsight, she says red flags had lined their aisle to the altar—such as the fact that he had no friends. And that his proposal came from out of the blue. "I wanted to get married," she says. "I just didn't think he was the marrying kind, which is why I was shocked when he proposed."

Too often, today's young newlyweds crash and burn because "this generation is clueless about what to expect from marriage," says marriage therapist Michele Weiner-Davis, author of Divorce Busting. "When they hit up against highly predictable bumps in the road, they say to themselves, 'I obviously made a bad choice. There's something wrong with my partner and my marriage, and I need to get out.' It is one of the primary reasons for the early death of a marriage."

While premarital counseling can raise issues that might not otherwise come up when you're dating, she says, today's young people are not taking advantage of it like couples did in the past. "Relationships and

Hanging Tight

When couples stayed together for five years after reporting marital problems, 86 percent said they were now happý. Source: University of Chicago researchers



people change over time," Weiner-Davis says. "The more skills you have for dealing with what's happening, the less likely you are to get divorced. But younger people come into my

office and say, 'I'm leaving this relationship because I'm looking for my soul mate, someone I have more in common with.' It takes them a while to realize that the grass isn't greener on the other side. It may cost them their marriage to learn that lesson."

If women in their twenties don't want their marriages to combust, they may need to adjust their expectations about what their marriage and their spouse can do for them, says W. Bradford Wilcox, director of the National Marriage Project at the University of Virginia. While men tend to be more content with the status quo, "Women now place more of a premium on being fulfilled in their marriages—having their dreams for intimacy, for sexual satisfaction, for challenge, all wrapped up into their marriage," he says. "That's a hard order to fill, and these people are likely to end up on the rocks because they learn pretty quickly that no one person is capable of delivering all their deepest hopes for meaning and purpose and happiness."

This is why experts feel that today's generation of 20-somethings needs to learn some crucial skills (see "Make Your Marriage Stick" on the opposite page). But most important, they need to learn how to weather the ups and downs. "It's important not to get attached to the bad times, because they won't last, or the good times, because they're not going to last either," Weiner-Davis says. Her advice: Learn how to ride the wave. "That," she says, "is really the key to being in a longterm relationship and making it work."

*Name has been changed.













Where to Buy

On the Cover:

Agas and Tamar Jewelry and Design gold necklace (\$1,150), agasandtamar.com for stores

Autumn Cashmere vest (\$230), at Tru Grace, 914-273-9600

Blumarine shorts (\$425),

Me&Ro flower band diamond

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Cosabella Aire soft bra (\$45), neimanmarcus.com

Elizabeth and James cami (\$95), shopbop.com

!iT Jeans Hottie jeans (\$74), mytruefit.com Mai cropped cardigan (\$195),

mai-nyc.com Moschino shorts (\$395), 212-243-8600

AMERICAN WOMAN

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Autumn Cashmere tank (\$198), at Olive & Bette's, 212-579-2178 Cosabella Mare Sol demi cup (\$108)

and bikini (\$67.50), shop.cosabella.com Elizabeth and James top (\$245), saks.com

Moschino shorts (\$395), 212-243-8600

Stuart Weitzman platform pumps (\$345), 212-750-2555

Tacori IV Epiphany earrings (\$49.75), qvc.com

WEAR THIS, NOT THAT!

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7 For All Mankind shoes (\$275), shopbop.com

Aerie T-shirt dress (\$17.50), aerie.com Ali Ro dress (\$198) and top (\$265), ali-ro.com

Ann Taylor shoes (\$178), anntaylor.com B.D. Baggies shirt (\$98), at By George,

Club Monaco cardigan (\$179), clubmonaco.com

Cynthia Vincent shoes (\$295). shopbop.com

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Dinosaur Designs necklaces (\$325 for blue, \$275 for red), 212-680-3523 Express belt (\$34.50), express.com

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melissajoymanning.com Pallie Bags clutch (\$285), palliebags.com

Rachel Leigh necklaces (worn as bracelets, \$132 each), rachelleigh.com Rebecca Taylor blazer (\$350),

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DAY DRESSES

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BB Dakota Narella dress (\$80), needsupply.com

BCBG Max Azria tribal-print dress (\$218), bcbg.com Calvin Klein pleated dress (\$109), lordandtaylor.com for stores

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jewelrybynola.com for stores Olsen Haus sandals (\$190), olsenhaus.com

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Calvin Klein Performance basic tank (\$34), lordandtaylor.com for stores Enza Costa Rogue Kickback racer tank (\$115), at L Boutique,

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5 WAYS TO DRESS 10 POUNDS THINNER

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(\$695), zappos.com Dean Davidson sterling-silver stud ring

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shopdolcevita.com for similar styles Guess by Marciano Roxanne2 shoes (\$198), guessbymarciano.com

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(\$258), saks.com for stores

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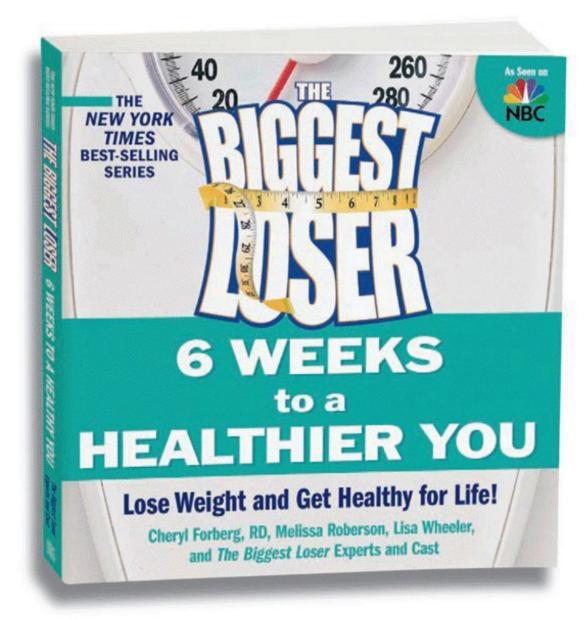
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Body part she's most interested in toning:

Her top three favorite activities to do at the gym:



Lift weights Take a class (Spinning is her first choice) 3 Run on the treadmill

What intimidates her most at the gym:

Other people watching her exercise

Percentage of women who have worked out

with a trainer:

Number who prefer the gym to exercising outdoors:

8 in 10





Percentage who won't enter the gym showers barefoot

Top three gym pet peeves:

1 Not wiping down a machine after using it

2 Hogging a piece of equipment

3 Grunting loudly while lifting weights

> Number who sometimes "forget" to clean off a machine after using it:

> > 1in 3



Percentage who prefer to exercise solo:



Percentage who have picked up a guy at the gym:

Fifteen

Percentage who have been hit on while working up a sweat:

PERCENTAGE WHO WALK AROUND THE LOCKER ROOM NAKED:

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