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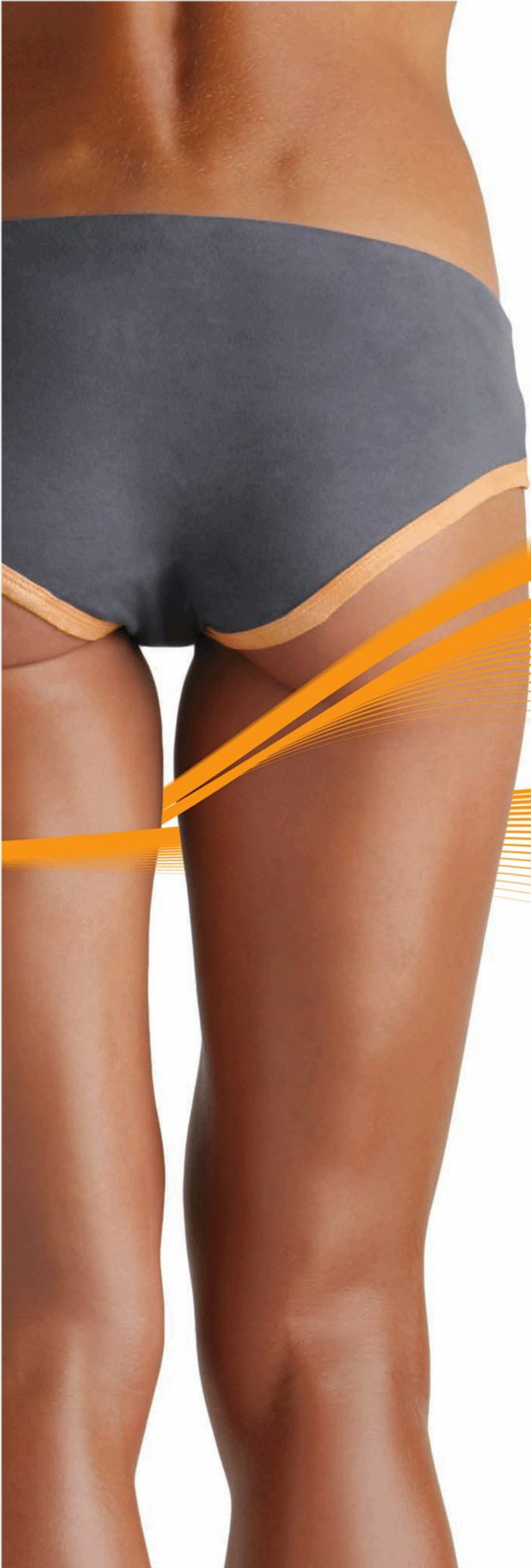
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January

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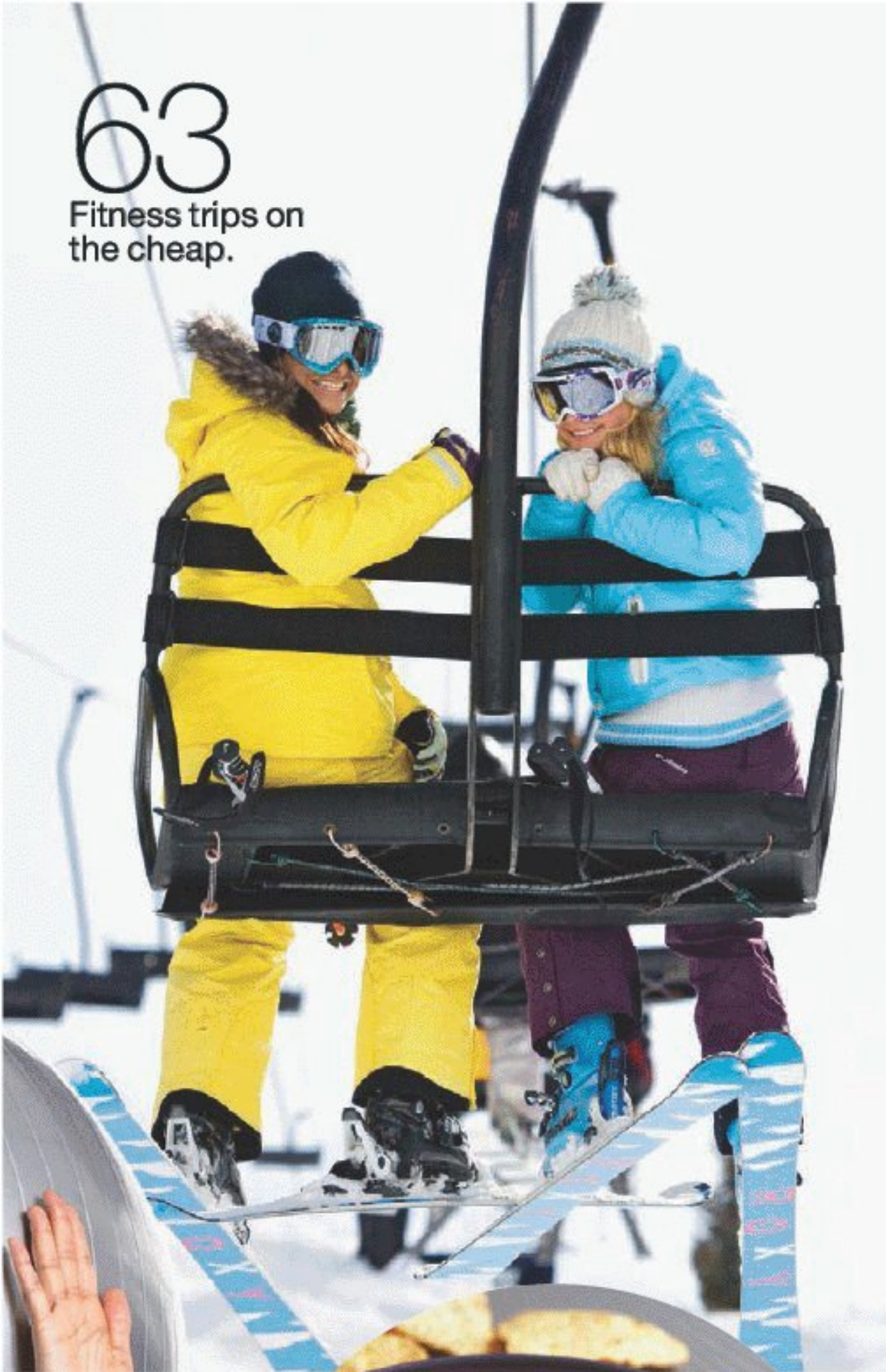
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fitness January

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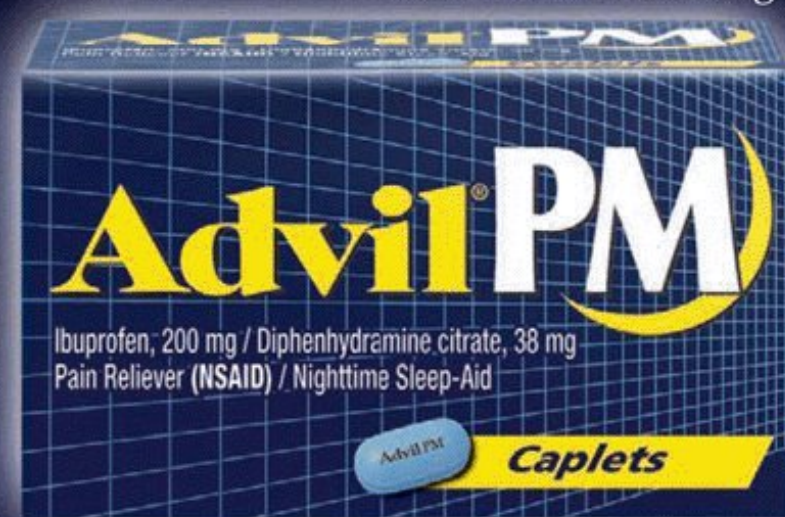
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Ashley Borden,* fitness and lifestyle consultant; Nike Elite Athlete

Kathie Davis, executive director, IDEA Health & Fitness Association

Joe Dowdell, C.S.C.S., owner, Peak Performance, NYC

Marty Jaramillo, P.T., A.T.C., C.S.C.S.*, founder and CEO, I.C.E. Sports Therapy

Jeanette Jenkins,* president, the Hollywood Trainer



Jean Knaack, executive director, Road Runners Club of America

How can I make running on snowy roads safer?

"Stick to sidewalks, because icy conditions make it harder for drivers to react quickly. You can improve your traction with cleats like Yaktrax Pro." (\$30, yaktrax.com)

Len Kravitz, Ph.D., exercise physiologist, University of New Mexico

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beauty

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nutrition

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Rocco DiSpirito, chef; author of *Real Life Recipes*

Dave Grotto, R.D., author of *101 Foods That Could Save Your Life*



Ashley Koff, R.D., nutrition counselor; founder, Ashley Koff Approved

What's a quick change I can make to my diet to kick off my weight-loss resolution?

"Eat one serving of carbs in its whole form during each meal: fruit instead of juice, or sweet potatoes versus potato chips. Combine it with a serving of protein, healthy fat and unlimited veggies."

Kathy McManus, M.S., R.D., director, department of nutrition, Brigham and Women's Hospital

Jackie Newgent, R.D., culinary nutritionist; chef

Brian Wansink, Ph.D.* John S. Dyson Chair of Consumer Behavior and director, Cornell University Food and Brand Lab

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health

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psychology

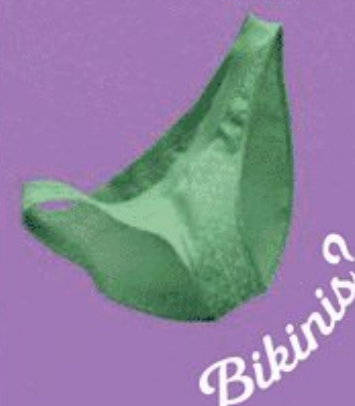
Margo Maine, Ph.D.* author of *The Body Myth*



Nancy Redd,* body image expert; author of *Body Drama*
How do I get over feeling self-conscious at the gym?

"Cute gym clothes are an automatic self-esteem boost. Even if you're the least fit person at the gym, a flattering outfit will help you hold your head high."

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Be Someone's Fitness Hero

A year ago in this very column I made my New Year's resolution to train for and run my first marathon.

I wasn't sure then whether I could really put in the many months and miles needed to get in shape. But the steady preparation was more rewarding than I ever imagined. I met some awesome running buddies, pushed beyond my limits—16 miles one day, 20 a few weeks later—and gained the strength and confidence to keep reaching for new body possibilities.

Two days before the 2009 ING New York City Marathon, as I sat nervously at a prerace breakfast hosted by Asics, I eagerly soaked in advice from pros like 2004 Olympic bronze medalist Deena Kastor. Instead of a juicy secret on what to eat or wear on race day, the best trick I learned from her was "Show the crowd how much fun you're having. You'll inspire someone watching to want to run the marathon next year." Smiling and high-fiving my way through the course definitely made the 26.2 miles easier and truly one of the most exhilarating (and exhausting) experiences of my life. I know one spectator who may very well follow in my footsteps someday: Cheering from the sidelines and waving a rainbow-colored, heart-strewn sign that read, YOU CAN DO IT, MAMA! WE LOVE YOU! my 8-year-old daughter Juliet caught marathon fever that day. At the finish, she asked if I would run the race again with her when she's old enough. Yes, for sure! By then it's likely to be her footprints that I'll happily trail.

FITNESS staffers Lindsey Emery, Julia Savacool, me and John Herr got great marathon-day tips from Olympian Deena Kastor (center).



I did it! Sore feet, yes, but 26.2 miles of smiles.

Betty

Betty S. Wong, Editor in Chief
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The resistance band exercises in "Tone Your Trouble Zones" [October 2009] were great. I'm always looking for new moves to spice up my workout, and these definitely added some kick.

—Georgia Schrubbe, Fairhope, AL

LOVE AN ARTICLE IN THIS ISSUE? Tell us about it, and if we publish your letter, we'll send you a Timbuk2 Hidden Tote (a \$22 value) to carry your gym clothes in style. Write to us at fitnessmail@fitnessmagazine.com by January 5 and include your name, address and phone number.



Score this freebie!



Smarter Snacking

I recently quit smoking and decided to get in shape. Going to a health food store can be overwhelming, but your article

"Alternative Energy" [October] helped me understand which products are best suited to my fitness goals. Now I whip up a smoothie with ice, whey protein, banana and skim milk for breakfast and sip a recovery drink after a long, intense workout. Thanks for all your helpful advice.

—Sara Elliott, Ocala, FL



Bargain Beauty

I loved that the products featured in "Beauty All-Stars" [October] were a mix of affordable drugstore finds and splurge-worthy high-end brands. I even found some new ones to try. Nice job creating a well-balanced list.

—Sharon Massey, Wilmington, NC



Can-Do Attitude

After suffering an ACL tear, I spent the last several months focusing on what I can't do, and my exercise routine and self-esteem have taken a big hit. When I read the October issue, a lightbulb went on in my head: If I want to get back to being the athlete and woman I was before, I need to focus on what I *can* do. Now I have the confidence to get up and go. Thanks for flipping on my fitness switch!

—Allison Miles, Madison, AL

I Did It!

READER SUCCESS SECRETS



32, PERSONAL TRAINER, TOPEKA, KANSAS

LOST 165 pounds in 13 months

TURNING POINT

When I injured my knee, I was told I

was too heavy for surgery.

SPARKLE SHERROD

BEST BITES I cut out sugar and added lots of healthy protein—eggs, grilled chicken and, as a snack, yogurt.

SWEAT SESSION I do Pilates twice a week and strength-train once a week. I'm now certified to teach both!

THE BIG PAYOFF Celebrating my 10th wedding anniversary wearing a size 8 dress instead of a 24, and strengthening my knee so I no longer need surgery.

MY TOP TIP Forget excuses. I may not be able to do high-impact cardio, but I've found all kinds of ways to stay fit.



25, GRAD STUDENT, VOORHEESVILLE, NEW YORK

LOST 60 pounds in two years

TURNING POINT

I saw a picture of myself at my best friend's wedding;

I was so tired of looking unhealthy.

VICKI HARGIS

BEST BITES I gave up fast food, hot chocolate and fatty snacks for lean turkey burgers, whole grains and plenty of fruit.

SWEAT SESSION I do 45 minutes of cardio four to five days a week and strength-train once a week. When I can't make it to the gym, I sweat it off with a workout DVD.

THE BIG PAYOFF My brother, who lost 80 pounds and inspired me, didn't recognize the "new" me the first time we met up.

MY TOP TIP Focus on small daily goals first. If you look only at the big picture, it can be overwhelming.



35, FINANCIAL ANALYST, MELBOURNE, FLORIDA

LOST 130 pounds in three years

TURNING POINT

I finally stepped on the scale and faced how

much I had gained in the past few years.

KIM DIXON

BEST BITES I watched my portions and made small swaps: eggs on a whole-wheat English muffin instead of a fast-food breakfast, or salad instead of pizza for lunch.

SWEAT SESSION I strength-train and run on the treadmill for 30 minutes four days a week, and I walk with my dog every day.

THE BIG PAYOFF I hadn't seen my grandpa in a while, and he cried the first time he saw me. That was a huge moment.

MY TOP TIP Get rid of clothes that don't fit anymore. I pulled them out of my closet so I'd have no option but to stay in shape!



WILL A T-SHIRT HELP CURE BREAST CANCER?

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A baseball cap?

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letters

The Tweet Goes On

FITNESS readers gave the October issue two thumbs up, tweeting about their favorite new workouts, recipes and gear (check us out at twitter.com/fitnessmagazine). Here's what some of our followers are saying.

"The October issue is awesome! The treadmill interval workout from the Lindsay Price article kicked my butt this a.m.!" —mrsmount

"The Squat Hop and Press ['Twice as Toned in 20 Minutes'] will be in my daily workout from now on—really good stuff w/o needing fancy equipment!" —TreeHugrNic82

"Love the guilt-free double choc brownies from ur website!!" —marenc

"Just got the first issue of my new subscription. Love the running shoe guide ['Sole Search']! The sock sidebar is so helpful." —mayahenderson

FITNESS READER POLL

What is your number-one gym pet peeve?

52%

People who talk on their cell phone while working out

18%

People who hold a spot for a friend in a packed class

17%

People who hog the treadmill during peak hours

Source: Fitnessmagazine.com

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We're here for you every day, everywhere, anytime. Receive daily exercises, low-cal lunch picks, health alerts and more when you become a fan of FITNESS on Facebook at facebook.com/fitnessmag, or follow us on Twitter at twitter.com/fitnessmagazine.



Dear Doctor,

My fifteen year old daughter and I look like we are gearing up for a fierce game of connect the dots—and sadly enough not the kind you play with pen and paper. Our faces are plagued with acne blemishes. Wasn't I supposed to grow out of this? Is this what my daughter has to look forward to? We've tried every over-the-counter product out there from cleansers and toners, to gels and creams. The acne still hasn't gone away and what's worse, our skin is still oily but also flakey, dry and irritated all at the same time! Please tell me there is still hope!

Signed,
Dottie

Dear Dottie,

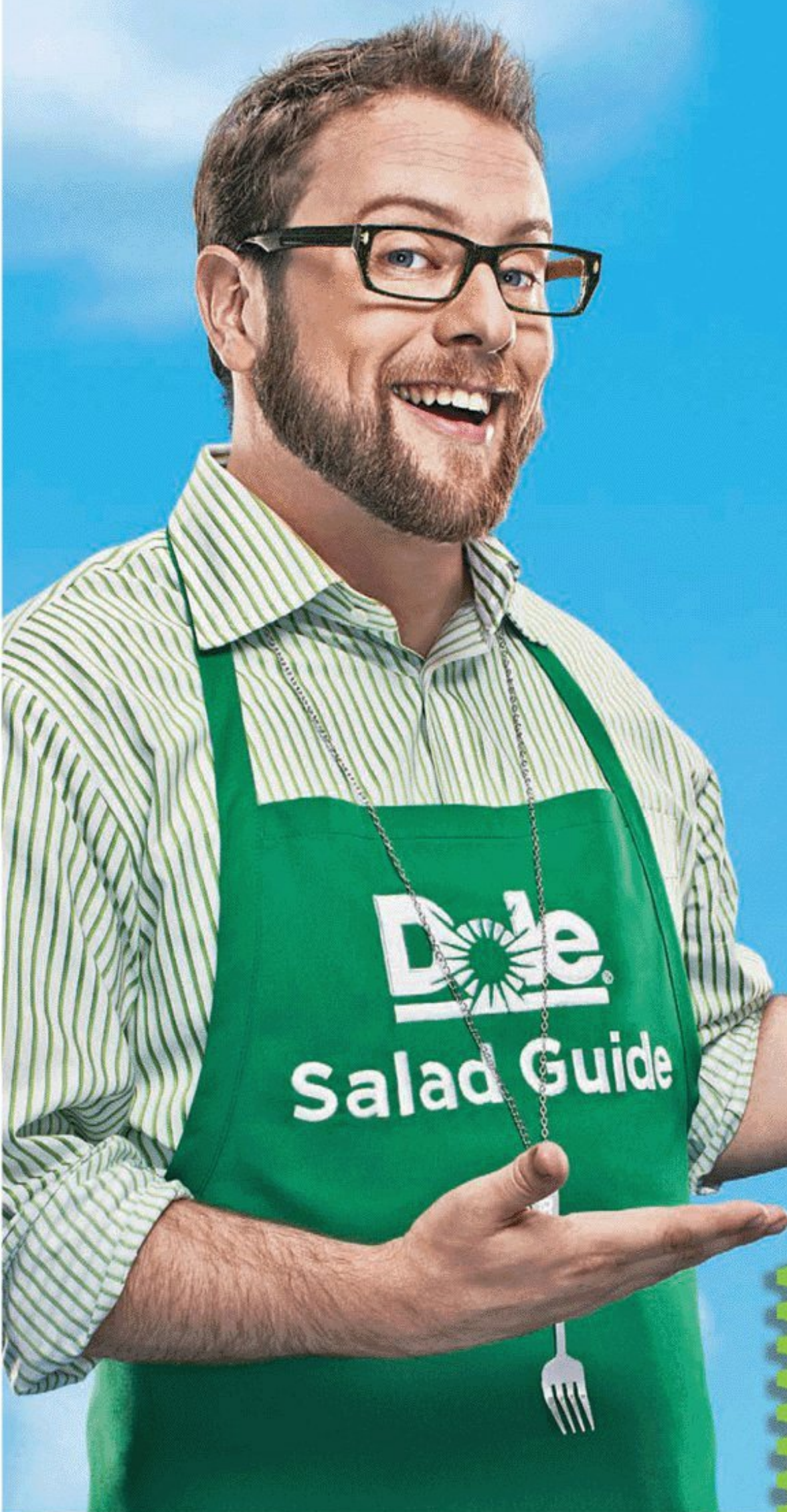
There is still hope. The problem with most acne treatments is they don't offer a comprehensive approach to target the stages of blemish development. DERMAdoctor Ain't Misbehavin' Acne Therapies are designed with the acne patient's needs in mind. They target the factors involved in the lifecycle of a blemish, allowing the skin to heal and resist future breakouts without causing dryness or irritation. Say goodbye to inflamed breakouts. Say hello to a beautiful, dot-free complexion.

Yours clearly,

Audrey Kunin, M.D.
Founder of DERMAdoctor



DERMAdoctor®
just what the skin doctor ordered®



Salad Guide

TASTE	MILD	1	2	3	4	5	BOLD
TEXTURE	TENDER	1	2	3	4	5	CRUNCHY

Let the Guide be your guide™

Introducing the NEW DOLE Salad Guide. Being the DOLE Salad Guide means I know everything about salad – and now you can too. The NEW Salad Guide from DOLE is a helpful packaging feature that will boost your culinary knowledge and help you explore the wide variety of delicious DOLE salads like a pro. With flavors that range from mild to bold and textures that take you from tender to crunchy, the new DOLE Salad Guide is all you'll need to start mixing it up and getting creative in the kitchen. I've even matched each salad blend with unique "Pairs well with..." ideas, like the perfect dressing and other tasty ingredients to help you create your next culinary masterpiece. With the DOLE Salad Guide on your side, you'll be a salad expert in no time – the possibilities are endless and the inspiration is right there on the bag.

Learn how the DOLE Salad Guide can inspire you at dole.com/salads



24

Percentage of people who ate healthy and exercised during the holidays

45

Percentage of people who said losing weight was their top goal for the New Year

21

Pounds the average American woman thinks she is from her ideal weight

22

Number of diet books that hit the shelves this month

59

Percentage increase in gym memberships between December and January

39

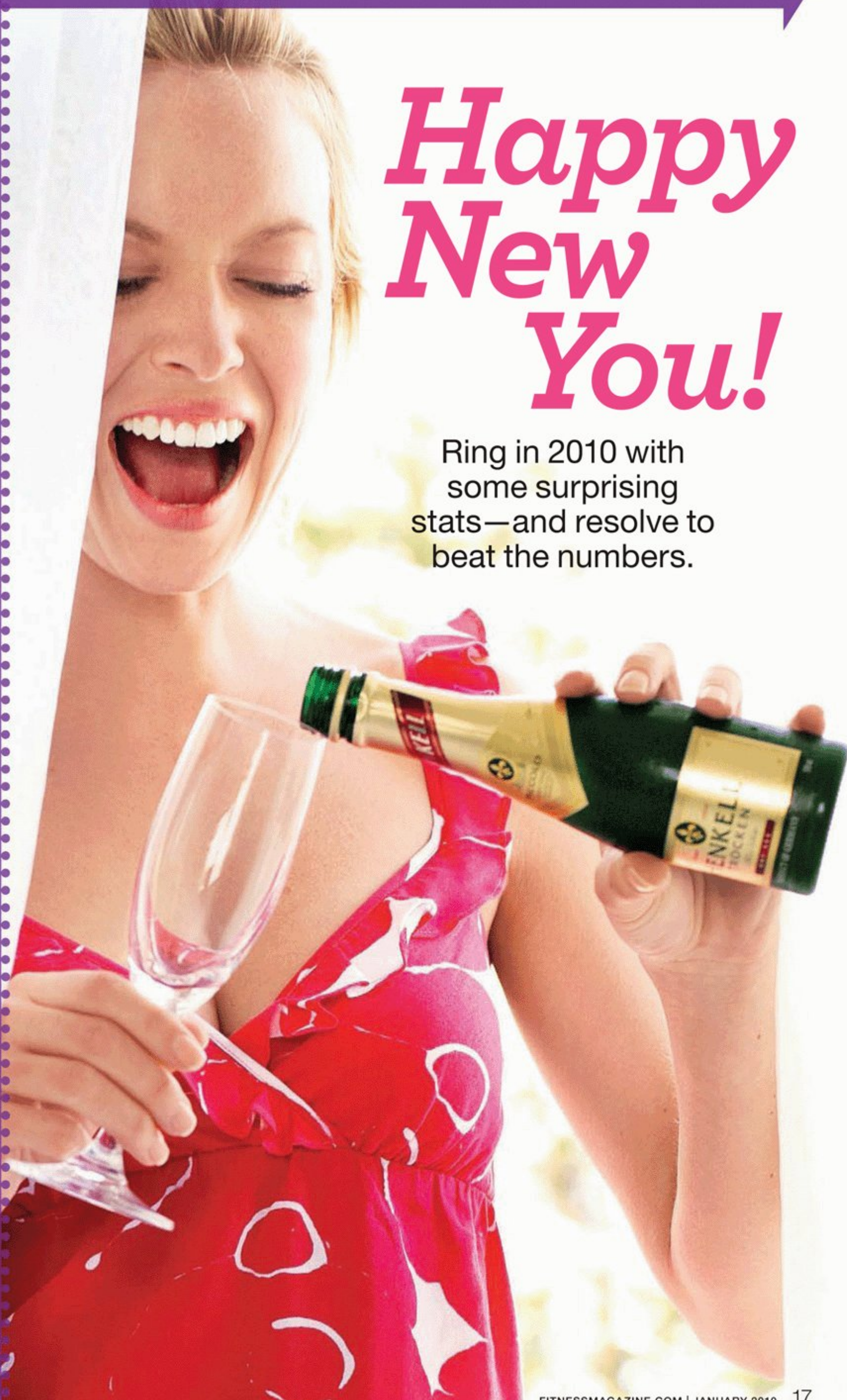
Percentage of readers who drink three-plus glasses of bubbly on New Year's Eve

30

Minutes you'd have to snowshoe to burn off three flutes of champagne

Happy New You!

Ring in 2010 with some surprising stats—and resolve to beat the numbers.



How Stars Rock the Red Carpet

Remember the gold backless, sideless and nearly belly button-baring dress Jennifer Lopez wore to last year's Golden Globe Awards? It's nearly time to ogle sculpted celebs in sequins again: The awards show is on January 17. We grilled celebrity nutritionists Christine Avanti, author of *Skinny Chicks Don't Eat Salads*, and Ashley Koff, R.D., a FITNESS advisory board member, to find out how A-listers prep for those deliciously daring dresses.



Say Pink comes to see you. What's the first thing you tell a new client?

AK: "Balance your nutrients. Every three hours, eat one serving each of carbs, protein and healthy fat for energy without adding pounds. Still hungry? Snack on veggies. They have enough bulk to send the 'I'm full' message to your brain."

What if she shows up just a few days before a big event?

AK: "To look as lean as possible,

I suggest a nutrient-rich liquid diet—smoothies made with plain coconut water, protein powder and berries; organic vegetable juice; and no-sodium soup purees with healthy fats and proteins, like flaxseed oil, hemp seeds and seaweed—so she won't keel over on the red carpet!"

How do stars beat bloat?

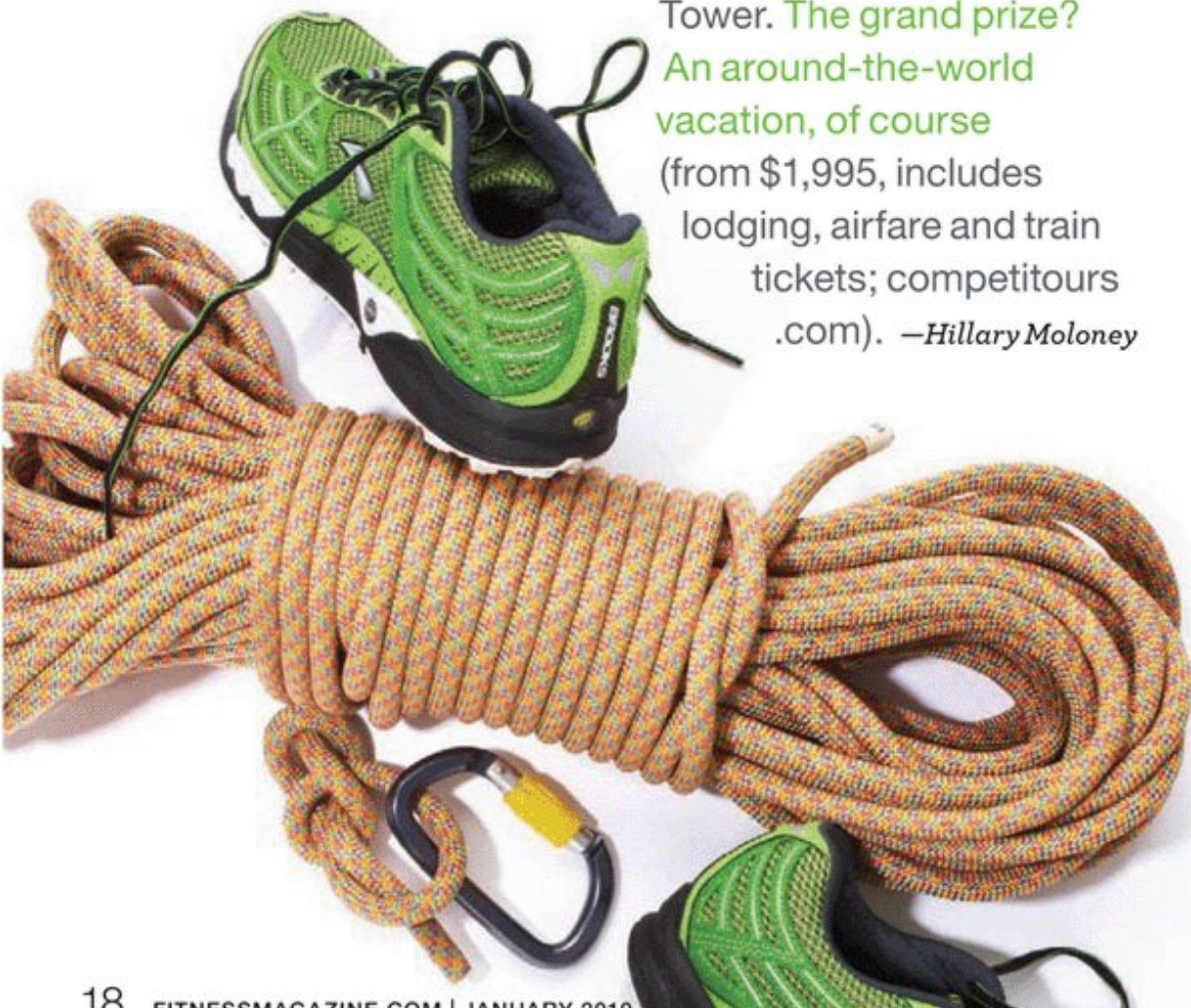
CA: "They avoid salt as much as possible. If they slip and eat some pretzels, I tell them to have half a banana or another potassium-rich food. Sodium pulls water into your cells and makes you retain it, while potassium pumps it out, which helps to deflate bloating."

What kind of exercise is best?

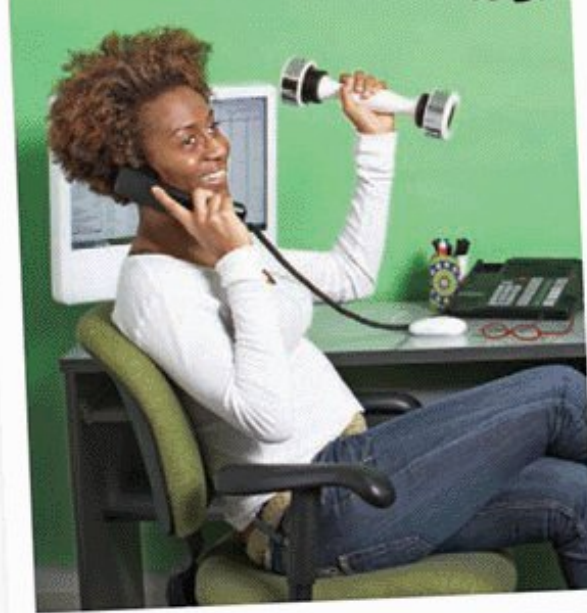
CA: "My clients do an hour of cardio, like running, plus yoga every day. The sweating, twisting and bending flush toxins that accumulate in organs and fat tissue and that can lead to weight gain or bloating."

Game On! Have you ever thought, "I could do that!" while watching *The Amazing Race*? Now's your chance. Adventure-travel company Competitours organizes nine- to 12-day European challenges for daring duos. Recent tasks included rappelling from the top of a former steel mill in Düsseldorf and videotaping 15 tourists doing the cancan on the Eiffel

Tower. **The grand prize?** An around-the-world vacation, of course (from \$1,995, includes lodging, airfare and train tickets; competitours.com). —Hillary Moloney



Chee shakes, rattles and tones.



Survival of the *Fit* Test

Shake Weight

(\$19.95, shake weight.com)

The Claim An upper-body workout in six minutes.

The Tester FITNESS Features Writer Chee Gates

The Bottom Line "I decided to try this gadget, which looks like a dumbbell with accordion-like shocks on each end, after reading that a minute of jiggling it is equivalent to 120 reps of traditional dumbbell exercises. I popped in the DVD to learn the technique; basically, pretend you're shaking a martini. I rattled through two sets of eight reps of six exercises (biceps curls, triceps extensions and more). Between the moves, I did a set of 'active rest' (lifting and lowering without the James Bond-like action). Three minutes in, the 2.5-pound weight started to feel heavy. My breath quickened, and the jiggling forced me to engage my core, arms and back. When I was finished, my upper body felt ablaze. I'm a believer—somebody shake me."

Delsym focuses on doing just one thing,
quieting coughs.
So go ahead, do your thing.



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Delsym cough liquid targets your cough and only your cough. Unlike multi-symptom cough liquids, Delsym has just one mission: to suppress your cough. And it lasts 4 to 6 hours longer than any other cough liquid†. In fact, Delsym is America's only 12 hour cough liquid*. Let Delsym focus on your cough. So you can focus on your day.

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12 hour cough liquid*



Resolution Role Models

We asked the celebrity faces of three popular diets to dish out their best tips.

—Ayren Jackson-Cannady

Since going on Nutrisystem, former Miami Dolphins quarterback **Dan Marino** is 22 pounds lighter, and he's got a real tight end.

1. To curb late-night cravings I eat six times throughout the day.
2. My dieting mantra is I control how much I eat; the plate doesn't control me.
3. My favorite food used to be my mom's lasagna. Now my favorite food is Nutrisystem lasagna.



Valerie Bertinelli takes her diet one day at a time, and she's lost 40 pounds on Jenny Craig.

1. My guilty food indulgence is gumbo, which I resist by not making it too often.
2. To curb late-night cravings I go to bed early.
3. My favorite way to burn calories is with my boyfriend Tom (wink, wink).



Atkins devotee **Courtney Thorne-Smith** played a mom with a killer bod on ABC's *According to Jim*.

1. My favorite food used to be candy. Now my favorite food is almonds.
2. After finishing a hike with my husband I refuel with a bacon cheeseburger (no bun!).
3. To burn calories I love to take walks carrying my 30-pound son, Jack.

{Sweatiquette}

Q "It's so cold in my gym that goose bumps aren't the only things popping out. How can I turn off the 'headlights'?"

A Nip this problem in the bud with the right sports bra. Seek out one with cups that are slightly padded or made of spacer fabric, a special kind of knit that has two layers with a pocket of cushioning in between. One brand that's superior in high-beam prevention is Moving Comfort (movingcomfort.com). Or get more coverage from your current bra with Boob-eez, superthin silicone disks that stick to your skin and stay put through a sweaty workout. An extra perk: They're hand washable, so you can reuse them (\$12 to \$18, boob-eez.com). —Chee Gates



Fit Families

Hot Mamas

These FITNESS readers make staying in shape look like child's play. Try their tricks.

—Sarah D'Angelo

"I tag along when the kids ride their bikes to school. Once I drop them off, I go for a 10-mile ride." —Suzanne Schindler Oehring, 42, mother of two, The Woodlands, Texas

"I always have my jogging stroller in the car, so if I have 30 minutes between errands and picking up 4-year-old Hope from preschool, 2-year-old Gabriel and I can go for a run." —Kim Schworm Acosta, 36, mother of two, Overland Park, Kansas

"When my kids were little, I did squats while I rocked them to sleep. Now we play outdoor games—whiffle ball, tag, relay races—and make active weekend plans, like apple picking in the fall." —Anita Robertson, 37, mother of three, Rocky River, Ohio

"At the playground I do push-ups and sit-ups on park benches while my daughter plays." —Holly Amarandei, 34, mother of one, Grand Rapids, Michigan





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curls every morning.
Of grapefruit juice, I mean.



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FitPoll

We asked readers on fitnessmagazine.com which singer's body part they covet. Survey says:

- 46% Gwen Stefani's abs
- 31% Carrie Underwood's legs
- 13% Beyoncé's booty
- 10% Fergie's arms

Snow Angel "As a self-professed ski bunny, I can't think of anything better than getting first tracks on fresh powder—except being toasty on the trails. Now I can be, thanks to Mountain Hardwear's Radiance jacket (\$230, mountainhardwear.com for info). You can add a rechargeable battery that powers warming wires in the lining, so it's basically an electric blanket that you wear (Ardica battery, \$145). A supercool bonus: The battery also charges any gadget—your phone, iPod or GPS. The outerwear is pricey for a day on the slopes but well worth it if you're planning a cold-weather camping trip or a hard-core ski getaway." —H.M.



A Biggest Loser's Stay-Slim Secrets

With the new *Biggest Loser* season starting this month, we checked in with the show's first female winner, Ali Vincent. She shed 112 pounds in 2008 and just penned a book, *Believe It, Be It*. Here are her must-haves for success off the ranch.

Kick-butt routine "I don't work out eight hours a day anymore, but I still need to be pushed. Exercise classes keep me going. I might think, What the hell am I doing in here? but it's too embarrassing to walk out so I stay."

Go-to foods "Spaghetti squash pasta with ground turkey and veggie marinara sauce. Snacks are almonds, hummus, watermelon, celery, baby carrots and string cheese."

Get-motivated goal "I always need something to strive for. Next up is the P.F. Chang's Rock 'n' Roll Arizona Half Marathon on January 17."

Active social life "Time with friends used to be all about food or drinks, but now we hike, bowl or go dancing. If we meet for cocktails, we walk to the bar."

Jean-ius reminder "The 27-inch-waist jeans that I wore on the show's finale keep me in check. If they start to feel tight, I know I need to get back on track."

Get Out There!

Fight Club

Mary-Ann Abida, 32, from Wayne, New Jersey, and three friends are hooked on Thai boxing.



The fantastic four "We used to gab during our kids' karate classes, but now we take our own boxing class. We even negotiated a one-month free trial by telling the owner that if we each lost a dress size, we'd join for good."

Body benefits "I've dropped weight and toned up; classes are a mix of punches, kicks, sprints, jump rope, crunches and more."

Girl power "Our behinds have shrunk, and our bond has grown. We're earning points to advance from white to yellow belts, and we can really keep up with the guys in class."

Tried a challenging activity lately? Tell us about it at fitlife@fitnessmagazine.com.

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SERENA SHUTS OUT

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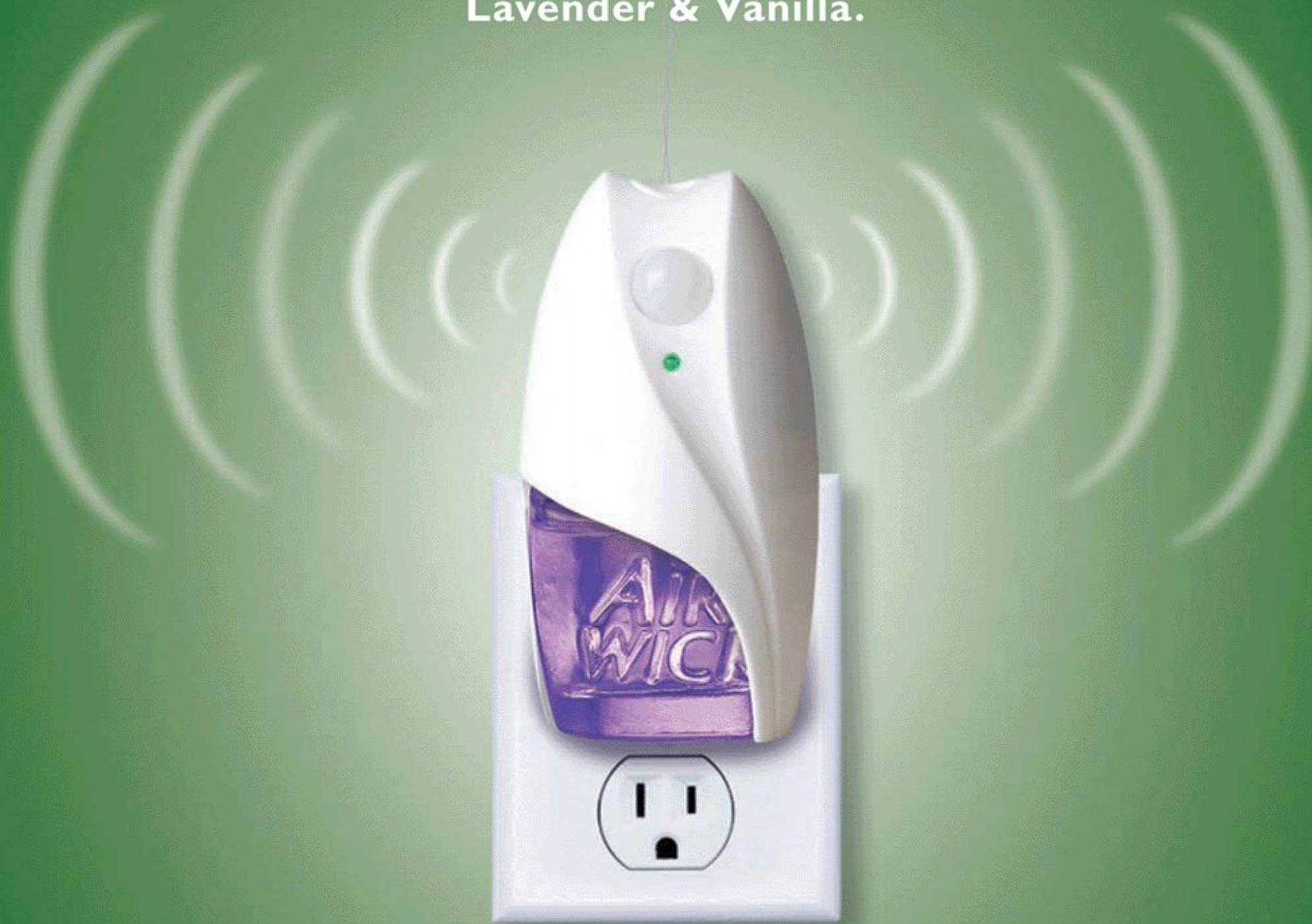
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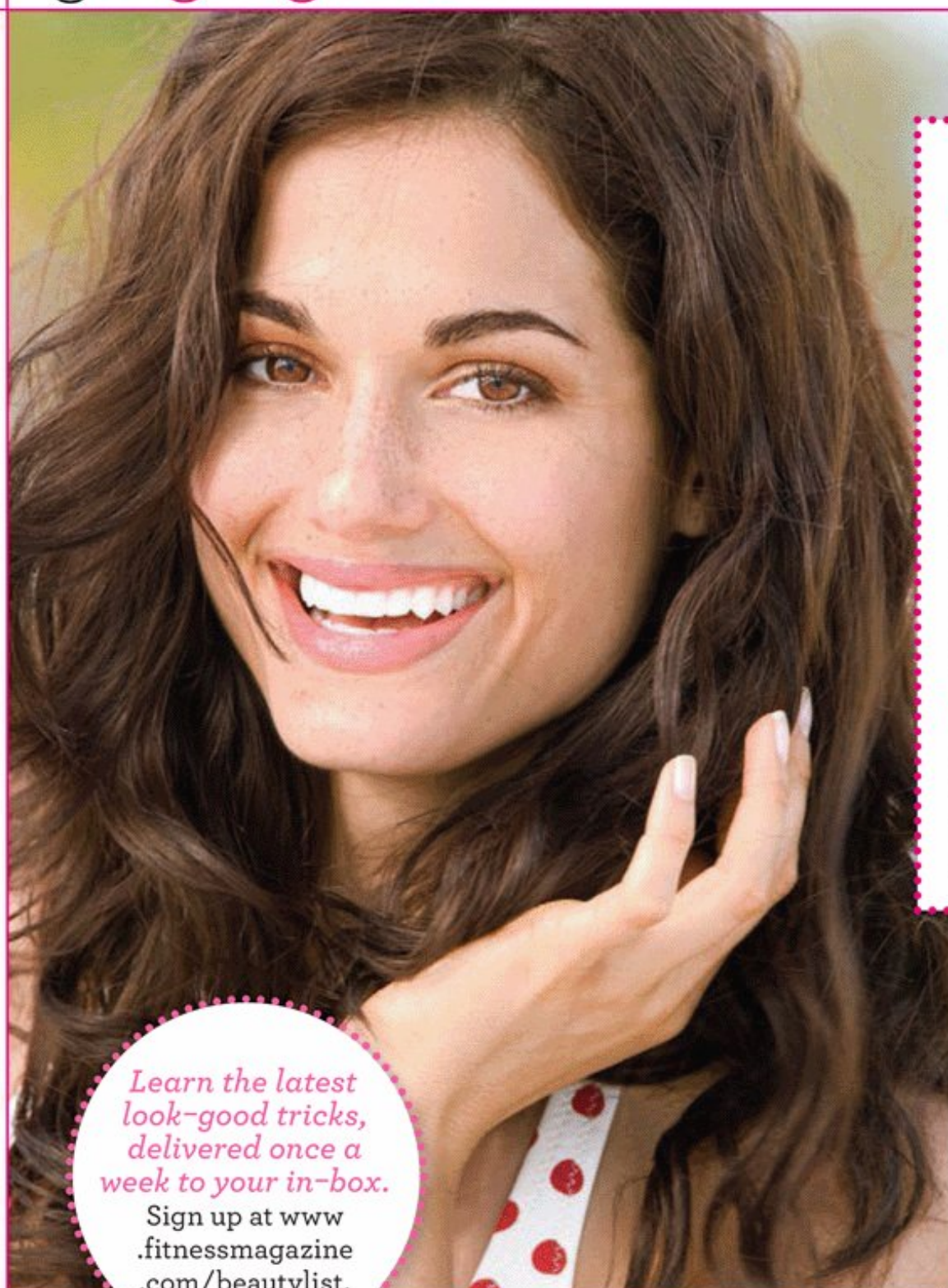


getgorgeous

Seek Cover

Sunscreen is a must, even in winter. Burning UVB rays are less of an issue this time of year than UVAs, the aging kind that also cause skin cancer, says Heidi Waldorf, M.D., director of laser and cosmetic dermatology at Mount Sinai Medical Center in New York City. That means you can get by with a lower daily SPF level—a 15 rather than a 30—as long as the formula properly shields against UVA radiation. “Check ingredients lists for avobenzone, mexoryl, titanium dioxide or zinc,” Dr. Waldorf says. But if you enjoy winter sports, stick with SPF 30. “Snow reflects 40 percent of the sun’s rays onto your skin, and altitude magnifies this effect,” she says.





Learn the latest look-good tricks, delivered once a week to your in-box.

Sign up at www.fitnessmagazine.com/beautylist.

Gym Dandy

Stack Up

Toss these genius finds into your workout bag this month.



Put an end to loose, random lip balms with **Dylan's Candy Bar Candy Lip Saver Set** (\$30, dylanscandybar.com), a pretty pile of four tasty flavors, including birthday cake batter.



Polish and topcoat pair up in **Np2 Nail Perfection** (\$22.50, np2beauty.com), letting you mend an exercise-induced chip or boost shine.



Like a puzzle, **Mark Berry Grand Super Exfoliating Beads and Calming Effect Comforting Milk Cleanser** (\$9 and \$7, meetmark.com) fit together for easy organization, then separate when it's time to buff and wash.



Style Smarts

Three strand secrets that will help you kick bad hair days.

Use color cues. In general, clear styling products such as gels beef up roots, while white or opaque products like lotions and creams smooth flyaways and frizz, says celebrity hairstylist Sally Hershberger, who is based in New York City. An exception: mousse, which actually does both.

Reach for tools. Products with a "heat activated" label contain ingredients that work only with the help of a blow-dryer, flatiron or curling iron,

explains Adrian De Berardinis, a stylist in New York City. Spritzing without heating creates icky buildup that zaps shine and flattens hair.

Be slack with suds. There's a reason pro colorists don't shampoo your mane before applying dye or bleach. "Natural oils and styling products prevent your hair from drying out, plus they help the color absorb better," De Berardinis says. Skip a wash before tinting at home or the salon.

Sunny News

In 2009, FITNESS teamed up with the Skin Cancer Foundation for the Road to Healthy Skin Tour. The event provided free skin cancer screenings to thousands of men and women in an RV-turned-derm's-office. The tour highlights:

- * The RV traveled 22,477 miles to 67 cities.
- * 146 dermatologists volunteered their services.
- * About 3,450 people were checked for skin cancer.
- * More than 1,200 suspicious marks were detected. Seventy-seven of those were suspected melanomas; 350, basal cell carcinomas; 113, squamous cell carcinomas; and 661, precancers.

Go to skincancer.org for more information about the 2010 tour.

**save
your
skin
STAT!**

If you already do a monthly skin self-exam, bravo! Just make sure to have your dermatologist take an annual peek too. A professional is five times more likely to detect early-stage cancers than a patient is, according to a recent report in *Archives of Dermatology*.

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Bebe Funnel wool trench coat, \$198, bebe.com



Moda International drop-waist wool coat, \$148, victoriassecret.com

BELT IT OUT

A chic Sherlock Holmes-style trench defines your waist and instantly slims.



Victoria's Secret Catalogue toggle wool coat, \$168, 800-888-8200



Esprit toggle wool-blend coat, \$180, esprit.com

GET PLAID

Pump up the volume on top with a double-breasted coat in plaid, the season's hottest print.



Dolce Vita Reid wool coat, \$286, shopdolce vita.com



BB Dakota by Jack Deacon polyester-blend coat, \$72, lulus.com

Via button-up wool trench coat, \$168, victoriassecret.com



Heartloom Ruby wool-blend coat, \$299, buy definition.com

TOP COAT

Look hot on even the coldest days with our flattering—and affordable—finds.

BY HILLARY MOLONEY

See the Buyer's Guide, page 127, for more details.



BB Dakota Shearer wool-blend coat, \$108, lulus.com



United Colors of Benetton belted tweed wool-blend coat, \$299, 800-535-4491

COZY UP

Balance a bigger bottom half with an oversize collar. The extra fabric draws attention to your neckline.

BCBGeneration Side Zip wool-blend coat, \$228, Macy's stores



Suzabelle Ballard wool coat, \$299, stantonjames.com

ZIP IT

A full chest can make buttoning your coat a challenge. Zipper options keep it closed.

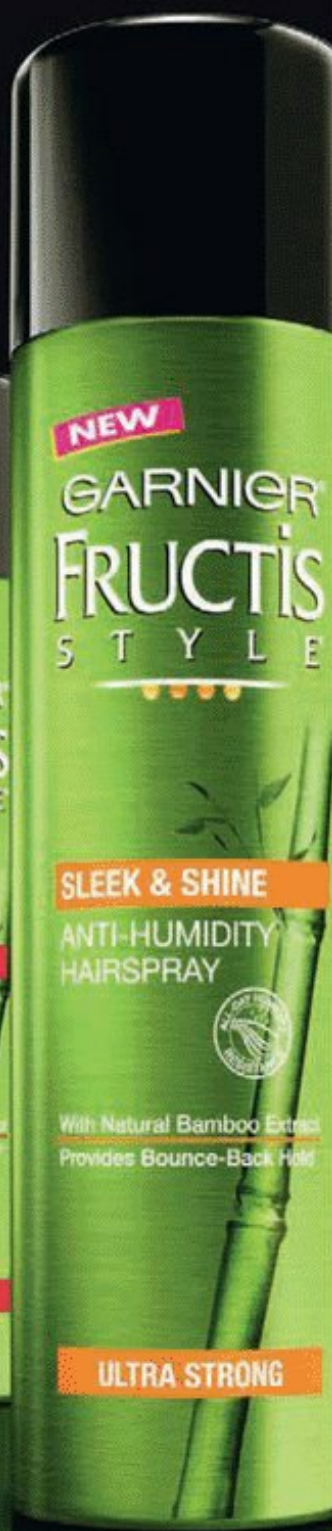
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Soft Spot
Massage Origins **Modern Friction for the Body** (\$34, origins.com) over dry zones like your legs. It's spiked with exfoliating apple enzymes. **Tester says:** "I love how it buffs rough patches without irritating sensitive skin." —Ange McLane, Alameda, California



Green Goodness
Pumped with organic apple vinegar, **L'Occitane Velvet Face Fluid** (\$35, loccitane.com) helps tighten pores. **Tester says:** "It hydrates without leaving a greasy residue." —Amy Lindholm, Westerville, Ohio

Frizz Fighter
Moisturizing apple extract in **Garnier Fructis Sleek & Shine Instant Melting Conditioner** (\$3.99, drugstores) smooths your hair on contact. **Tester says:** "I use it daily to tame my dry, brittle ends." —Ayren Jackson-Cannady, associate beauty editor

Editor's Pick

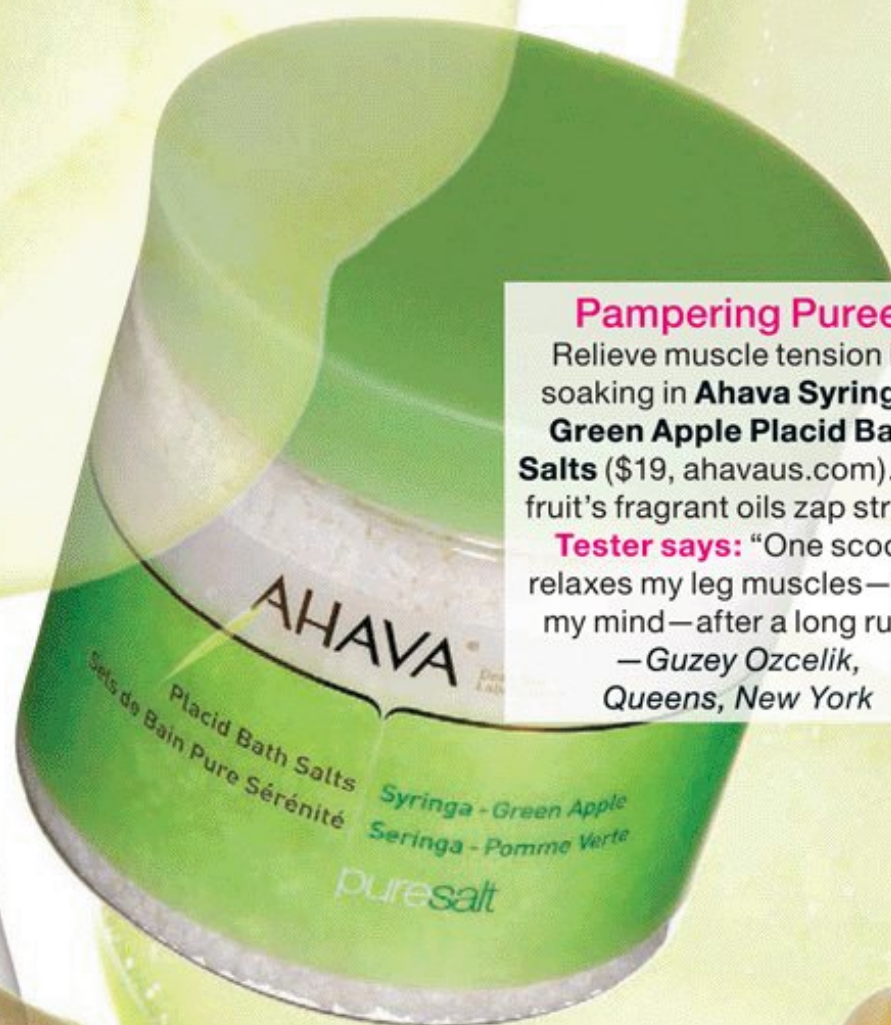


APPLE PICKING

Let the fruit's good-for-you extracts nourish your hair and skin.



Sweet Swipe
Infused with apple, raspberry and apricot extracts, **Avon Liiv Botanicals Naturally Glossy Lip Conditioner** (\$8, avon.com) nourishes a dry pucker. **Tester says:** "My lips instantly feel silky and have a glossy sheen." —Niurka Garcia, Bronx, New York



Pampering Puree
Relieve muscle tension by soaking in **Ahava Syringa-Green Apple Placid Bath Salts** (\$19, ahavaus.com). The fruit's fragrant oils zap stress. **Tester says:** "One scoop relaxes my leg muscles—and my mind—after a long run." —Guzey Ozcelik, Queens, New York

Farm Fresh
With its apple juice base, **Mercola Organic Citrus Cleanser** (\$25.20, mercolahealthyskin.com) exfoliates skin and leaves it glowing. **Tester says:** "The luxurious lather keeps my skin oil-free for hours." —Jessica Parkman, Lehigh Acres, Florida



Test next month's products. Go to fitness magazine.com and click on **Join the Beauty Club!**

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BY LEAH WYAR

PHOTOGRAPHS BY
J. RYAN ROBERTS

Soak It Up!

If your workout routine has you showering more than once a day, guard against dry skin and come clean with these moisture-boosting tricks.

YOU WANT

Happy, healthy hair

• **A.M. Shower Solution** Use a sulfate-free shampoo to avoid drying your locks, says James Corbett, a salon owner in New York City. (One we like: **Burt's Bees Super Shiny Grapefruit & Sugar Beet Shampoo**, \$8, burtsbees.com.) Once a week, wash with a shampoo made with sodium laureth, which should be listed among the first ingredients on the bottle. "It will remove product buildup without stripping moisture," Corbett says.

• **Spray It Again** Post-workout, put on a shower cap and wash from the neck down only. "Every time you shampoo, the lathering action of your fingers stimulates your scalp's oil glands into overdrive, leading to slick strands later on," Corbett says. In two or three weeks, your scalp will naturally adjust to fewer washes. After your shower, sprinkle a dry shampoo onto your scalp and brush it through your hair to sop up grease and sweat from roots to ends.

YOU WANT

A glowing complexion

• **A.M. Shower Solution** Adjust the water temperature to lukewarm before washing your face. The reason for this is season-specific: "Your face is more sensitive than your body during winter because it's constantly exposed to cold air and wind," says David Leffell, M.D., chief of dermatologic surgery at Yale School of Medicine. Use a nonsoap cleanser and focus on the T-zone, the oiliest part of your face.

• **Spray It Again** To keep skin hydrated and acne-free, tote a soap made for your complexion to the gym. "Many women lather their face with locker-room body soap, which is usually too harsh," says Elissa Lunder, M.D., a dermatologist in Wellesley, Massachusetts, and a FITNESS advisory board member. She suggests a noncomedogenic oil-based cleanser, which gently removes sweat without clogging pores.

YOU WANT

Soft skin

• **A.M. Shower Solution** It takes eight hours for skin to naturally replenish the moisture it loses from a shower, according to new research by Dove. And your arms, chest, back and torso can be left drier than your lower half because hot water hits the skin there first, Dr. Lunder explains. Use warm water instead (plus a body scrub to lift dead skin) and call it quits after 10 minutes, she says.

• **Spray It Again** After your second shower of the day, gently pat—don't rub—your skin with a towel. Then reach for a hydrating mist of essential oils, such as orange and geranium. "The dampness of the mist allows skin to better absorb a moisturizer," says Jessica Clark, head aesthetician at Equinox Spas in New York City. (Try **Aveda Chakra Balancing Body Mist**, \$30, aveda.com.) Apply all over, then lotion up.

YOU WANT

Silky legs

• **A.M. Shower Solution** Many women shave their legs with regular bar soap. But soap plus the calcium in hard water, found in 89 percent of U.S. homes, forms a gummy coating and makes skin drier than soap alone, according to Dove research. Use a body wash made with sodium lauroyl isethionate, a soap alternative. (A good one: **Dove Deep Moisture Body Wash with NutriumMoisture**, \$5.84, drugstores.)

• **Spray It Again** Shave every day, but not after every shower. "A razor removes the protective top layers of your skin, along with hair," says Howard Sobel, M.D., a dermatologist at Beth Israel Medical Center in New York City. When you do de-fuzz, choose a four-blade razor—it offers the closest shave, allowing you to use a gentle hand, which preserves natural moisture—and opt for a hydrating shaving cream, not gel.

DIRTY SURPRISE Your shower could be dumping more than 15 kinds of bacteria onto your body every day, according to researchers at the University of Colorado at Boulder. Microbes build up in showerheads, which spray the bacteria into the air, says Norman Pace, the study's lead microbiologist. Except for one particular strain, *Mycobacterium avium*, which can cause chest congestion in some people when breathed in, the germs aren't hazardous to your health. Erase the gross-out factor by running the shower for 30 seconds before stepping in, or take a bath.

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Patent Pending



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ABDOMINAL
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- Dr. Steve Gautreau, California

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Lose 10, 15, 20 Pounds



Whether you want to trim a few inches or a dress size or two, our biggest-ever You Can Do It! plan will help you budge the pudge in as little as 30 days. It's all here: super-shapers that de-dimple, cardio for any level and a fat-fighting diet—plus easy tweaks that will take you all the way to your dream weight. Bonus: Get success tips from some of the 876,000 women (and counting) who've tried our You Can Do It! programs. Flip the page to get this skinny started!



Peel-off-the-pounds routine

How it works: Follow this workout plan (plus the “Power Up, Slim Down” diet, page 46) to drop 10 pounds this month; stick with it to keep on slimming. We’ve made it easy to achieve even long-range weight-loss goals by including two extra months of progress-boosting adjustments. “The secret is switching things up,” says Joe Masiello, co-owner of Focus Integrated Fitness in New York City, who created the plan for FITNESS. “You’ll alternate quickly among upper-body, core and lower-body sculpting exercises to keep your heart rate revved so you burn more calories. You’ll also go back and forth from steady cardio workouts to speedier ones.” Do this toning circuit nonstop (up to three times) twice a week and three weekly cardio sessions (see page 44).

What you’ll need: A set of 3- to 8-pound dumbbells, a chair, a stability ball

trainer’s tip

Having trouble balancing? Focus on an object or a point in front of you.

Reach and Press

Targets shoulders, arms, abs, legs

- Holding a dumbbell in left hand, stand with feet hip-width apart, then raise left leg behind you. **MAKE IT EASIER:** Raise right leg instead; this helps you balance better.
- Bending right knee 90 degrees, reach left hand in front of right shin as if trying to touch dumbbell to floor.
- ▶ Return to single-leg standing position, bringing left hand to left shoulder, then press weight overhead, palm facing forward.
- Lower weight to shoulder and repeat leg extension and arm reach.
- Do 12 reps. Switch sides; repeat.

Month 2 Do 15 reps per leg.

Month 3 From reach position, row dumbbell by driving elbow directly behind you, then lower back to reach position and continue to overhead press.

BY MARY CHRIST ANDERSON
PHOTOGRAPHS BY JAY SULLIVAN

See these moves on video at www.fitnessmagazine.com/loseit.



Chair Bird Dog

Targets abs

- Sit on edge of chair and place hands next to hips, palms flat on seat, fingers pointing forward.
- Inch forward off seat so that you are squatting just in front of chair with palms flat on seat behind you for support.
- ▶ Remaining in supported squat position throughout, extend right leg and left arm directly forward so that they are parallel to floor. **MAKE IT EASIER:** Keep right knee bent as you raise right leg.
- Hold for 1 to 3 counts, then return to supported squat.
- Do 8 to 10 reps. Switch sides; repeat.

Month 2 Lift heel of grounded leg for more calf and hamstring toning.

Month 3 As you extend arm and leg, fan them out to side while maintaining heel lift.

trainer's tip
Don't slouch; keep your chest up and eyes focused straight ahead to maximize ab toning.



Bridge Press Plus

Targets chest, arms, abs, butt

- Holding a dumbbell in each hand, lie faceup on floor with knees bent and feet flat, and bend elbows 90 degrees so that forearms are perpendicular to floor with palms facing each other.
- Lift hips off floor, forming a straight line from knees to shoulders, and maintain bridge position throughout.
- Press dumbbells directly above chest, palms facing each other.
- ▼ Keeping upper arms still, bend elbows 90 degrees to lower dumbbells toward floor.
- Extend arms up toward ceiling, then lower elbows to floor to return to start.
- Do 12 reps.

Month 2 Lift toes off floor so that you're pressing through heels when in bridge position to really target butt.

Month 3 Lift toes off floor and add a flye after pressing dumbbells up: Lower arms directly out to sides, palms up, then bring them back over chest before completing rep with triceps extension.

trainer's tip

Imagine a tennis ball on your belly button; if your hips are high enough, it will roll down to your chin.



Click-start your resolution here

Go to www.fitnessmagazine.com/loseit to follow the "Lose 10 Pounds" diet and exercise plan online with all the free perks and prizes below.

Calorie Crunchers

Plug your meals and workouts into our trackers to see how many calories you've eaten and how many you've burned. Bonus: Get our tools on the go with our new iPhone app (www.fitnessmagazine.com/iphone).

Lean-Body Recipes

Sample four extra weeks' worth of diet-friendly meals.

Expert 411

Send us your questions, and FITNESS advisory board member Michelle Olson, Ph.D., will answer 10 each weekday until February 1.

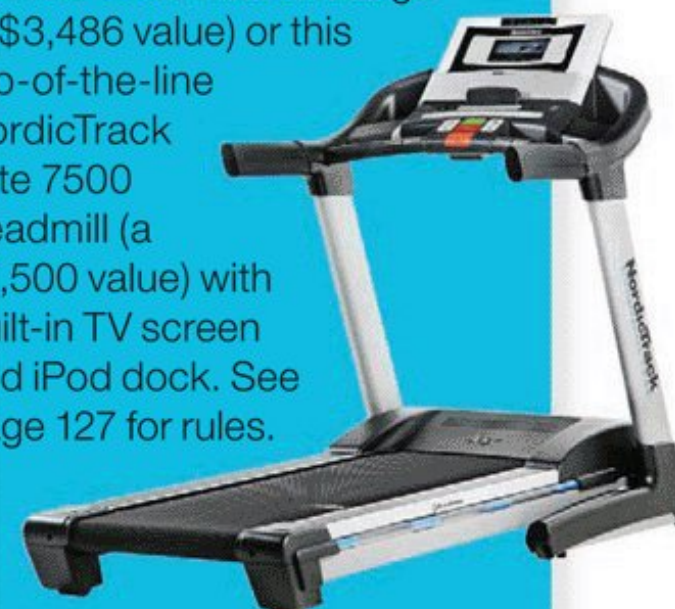
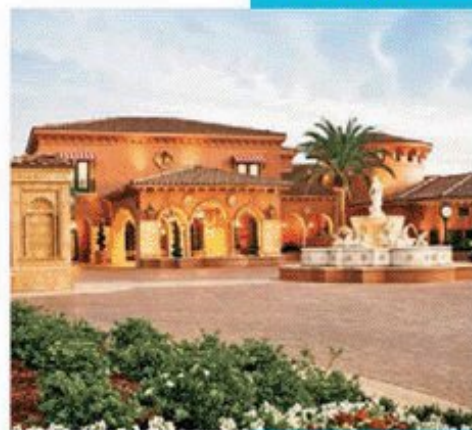
Cheerleaders

For nonstop motivation, link up with workout buddies—or invite your own.

\$4,986 in Freebies!

When you sign up at www.fitnessmagazine.com/loseit, you're automatically eligible to win an expenses-paid three-day escape for two at the luxury Grand

Del Mar resort in San Diego (a \$3,486 value) or this top-of-the-line NordicTrack Elite 7500 treadmill (a \$1,500 value) with built-in TV screen and iPod dock. See page 127 for rules.



Dead Bug With Ball

Targets abs

- Lie faceup on floor with knees bent, feet flat, holding a stability ball in front of chest.
- Lift legs, knees bent 90 degrees, so that shins are parallel to floor, and suspend ball by pressing into it with hands (arms extended) and knees.
- ▶ Simultaneously lower right arm directly behind head and extend left leg forward so that both hover a few inches off floor.
- Bring right arm and left knee to touch ball again.
- Do 10 reps. Switch sides; repeat.

Month 2 Lower left arm and leg simultaneously. Switch sides; repeat.

Month 3 Hold a single light dumbbell in left hand as you press into ball, lowering dumbbell so that palm faces ear (to protect shoulder) as you lower left leg. Switch sides, holding dumbbell in right hand, and repeat.



trainer's tip

Really press into the ball to make ab muscles work.

Ball Wall Hold

Targets upper back, shoulders, abs

- Holding stability ball with both hands, stand with back to wall, feet hip-width apart.
- ◀ Position ball against wall a few feet above right shoulder and, with right arm extended overhead, press back of right hand into center of ball to hold it steady. (Stand far enough in front of wall so that spine is flush with edge of ball.)
- Lift right foot off floor a few inches and hold ball in position for 30 to 45 seconds.
- Switch sides; repeat.

Month 2 Bend knees slightly and maintain a half-squat position as you press ball into wall.

Month 3 Maintain a full squat as you press ball.

trainer's tip

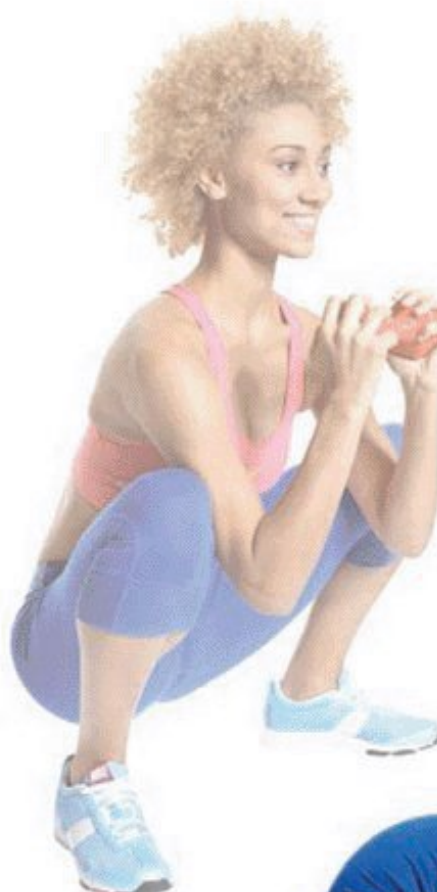
The bigger the stability ball, the more intense the move.



Frog Squat

Targets chest, butt, legs

- Stand with feet shoulder-width apart, holding a single dumbbell in front of chest with both hands, elbows bent and palms pressing into ends of dumbbell.
- Lower into a squat as close to floor as you comfortably can, pressing elbows against inside of knees.
- MAKE IT EASIER:** Squat with knees bent 90 degrees—no lower.
- ▼ Raise hips so that legs are nearly fully extended, bending forward at waist so that elbows stay glued to knees and upper body remains in tucked position.
- Return to low squat.
- Do 20 reps.



Month 2 Do 25 reps; after every 5 reps, hold in a low-squat position for 5 seconds.

Month 3 Perform the move without a dumbbell: After every 5 reps, hold in a low squat for 5 seconds, then walk hands out to full push-up position and back to return to squat.



Write Your Name Plank

Targets abs, obliques

- Kneel on floor in front of stability ball and place elbows on its center, clasping hands together.
- Walk feet backward until legs are fully extended and body forms a straight line from head to heels.
- ▶ Keeping abs tight and hips level, use elbows to trace letters of your first and last name, allowing ball to move slightly from side to side (aim to hold for approximately 30 to 45 seconds).

Month 2 Stir the pot: Trace 20 volleyball-size circles clockwise, then 20 more counterclockwise.

Month 3 Write the alphabet.

trainer's tip

To increase the ab challenge, unclasp your hands and keep your fists a few inches apart.



trainer's tip

Don't shrug; maintain a grapefruit-size space between your ears and shoulders throughout.

Gimme a Y! Gimme a T!

Targets shoulders, upper back, abs, butt, legs

- With a dumbbell in each hand, stand with feet shoulder-width apart.
- Bend knees slightly to lower into a half squat, hinging forward at hips so that back is nearly parallel to floor.
- Extend arms toward floor, palms facing each other, so that dumbbells hover near knees; this is start position.
- Raise arms up and diagonally overhead to form a Y shape, palms facing up.
- Lower arms to start; do 8 to 10 reps.
- ◀ From start position (dumbbells toward floor), raise arms directly out to sides at shoulder level, palms facing up to form a T shape. **MAKE IT EASIER:** Do the T without dumbbells.
- Lower arms to start; do 8 to 10 reps.

Month 2 Maintain a half-squat position standing on just one leg; switch legs for T reps.

Month 3 Add 10 reps of an I shape: From start position, raise dumbbells with arms extended directly overhead, then lower.

Fat melters for any level

Your goal: Get in three cardio workouts per week, alternating between a steady 30-minute session (do your fave class, a clear-your-head jog—you name it) and any of the speed-it-up routines below. “As with a car, you don’t always want to gun the engine,” says Masiello, who picked his most crowd-pleasing interval options for you. “Intervals are great for burning tons of calories, but your body also needs a dose of less-intense aerobics.” The best part? The interval sequences are simple to remember, even without these cheat sheets.

The Quickie

Total time: 16 (advanced) to 29 (beginner) minutes

It’s easy: Speed up for the number of seconds listed for your level, then go at an easy pace for a minute or two to recover. Repeat 8 times for a complete cardio session.

Warm up for 5 minutes:

- 3 minutes light walk or jog ● 30 seconds at half effort ● 30 seconds light walk or jog ● 30 seconds at 75 percent of maximum effort ● 30 seconds light walk or jog

CHOOSE ONE OF THE LEVELS BELOW AND REPEAT 8 TIMES TO COMPLETE YOUR SESSION

LEVEL	SPRINT	RECOVERY
Beginner	▶ 60-second jog	120-second walk
Intermediate	▶ 30-second sprint	60- to 90-second walk
Advanced	▶ 20-second all-out	60-second walk

Month 2 Repeat cycle 10 times.

Month 3 Repeat cycle 10 times and cut recovery 10 to 20 seconds.

trainer’s tip

If you’re using a treadmill, there’s a lag of 5 to 10 seconds that it takes the belt to reach your target speed. So the sprint time starts when the belt actually hits your selected mph, and the recovery starts once the belt returns to a walk speed.

The Countdown

Total time: 35 minutes

Do the speed bursts here at the fastest pace you can safely maintain (power walking, running, cycling, using the elliptical or stairclimber) for the given duration. Then blast off with short, all-out sprints.

Warm up for 5 minutes.

SPEED BURST	EASY-PACE RECOVERY
4 minutes	▶ 4 minutes
3 minutes	▶ 3 minutes
2 minutes	▶ 2 minutes
1 minute	▶ 1 minute

Blast off!

30 seconds	▶ 1 minute
30 seconds	▶ 1 minute
30 seconds	▶ 1 minute
30 seconds	▶ 1 minute

Cool down for 4 minutes.

Month 2 Make your speed bursts a little faster than they were in month 1.

Month 3 Make your speed bursts a little faster than they were in month 2.

trainer’s tip

Because the highest-intensity intervals are toward the end of the workout, if you run out of energy, do not attempt your max sprint in the “Blast off!” portion. Instead, replace those sprints with a peppy pace.

The Reverse

Total time: 34 minutes

Start out faster than normal (power walk, run, cycle, use the elliptical or stairclimber at a challenging level) and slow down every 3 minutes until you hit an easy pace. The intensity levels listed are on a scale of 1 to 10, where 1 is lounging and 10 is an all-out sprint; an 8.5, for example, is 85 percent of your maximum effort. The key is to find your starting speed. If you start out too fast and get fatigued, slow down to recover, then pick up where you left off when ready.

Warm up for 5 minutes.

INTENSITY LEVEL (on a scale of 1 to 10)	TIME
8.5	▶ 3 minutes
8	▶ 3 minutes
7.5	▶ 3 minutes
7	▶ 3 minutes
6.5	▶ 3 minutes
6	▶ 3 minutes
5.5	▶ 3 minutes
5	▶ 3 minutes

Cool down for 5 minutes.

Month 2 Increase your starting speed from month 1.

Month 3 Increase your starting speed from month 2.

DOWNLOAD “LOSE 10 POUNDS” PODCASTS—FREE!

Get the audio instructions for these cardio sessions, with beat-per-minute music matched to your pace, when you sign up at www.fitnessmagazine.com/loseit. Find the link on the cardio webpage.



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BONUS!

Get more delicious fat-fighting meals and snacks when you sign up at www.fitnessmagazine.com/loseit.

Multigrain Waffles With Warm Strawberry Sauce

Toast 2 multigrain waffles. Toss 1 cup sliced strawberries with 1 teaspoon sugar; microwave for 45 seconds and spoon over waffles. Top with 2 tablespoons sliced almonds.

YOU CAN DO IT!

Power Up, Slim Down

Kick off the New Year with this energizing eating plan that will melt fat, shrink your waist and still let you enjoy waffles, tacos and pasta. Simply choose from the meals and snacks on these pages for a total of 1,500 calories a day. Combine the diet with our workout and you'll drop 10 pounds in just one month. Follow the plan longer and you'll lose even more—and never feel deprived. BY KAREN ANSEL, R.D. PHOTOGRAPHS BY PETER ARDITO



Chicken and Spinach Salad

Whisk together 1 tablespoon olive oil, 2 teaspoons red wine vinegar, 1 teaspoon Dijon mustard and a pinch of salt and pepper. Arrange 1 cup baby spinach; 3 ounces diced, skinless rotisserie chicken breast; 1 tablespoon chopped pecans; and 1 tablespoon dried tart cherries on a plate; drizzle with dressing. Serve with a small whole-wheat roll.

A Sample Day on Our Plan

Chocolate Pretzels

Microwave 1 tablespoon chocolate chips for 30 seconds. Drizzle chocolate over 7 small pretzel twists. Let cool for 15 minutes.



Salmon With Mango Salsa

Cube 1 medium potato and toss with 1 tablespoon olive oil. Season potatoes and 4 ounces salmon with salt and pepper to taste. Preheat broiler. Place potatoes on a baking sheet and broil for 10 minutes. Remove from broiler and add salmon. Return to broiler for 10 minutes or until fish is opaque. Combine $\frac{1}{2}$ mango, cubed; 1 tablespoon lime juice; 1 tablespoon chopped fresh cilantro; and diced jalapeño to taste. Spoon salsa over salmon and serve alongside potatoes.



Breakfast

(About 300 calories each)

Maple-Pear French Toast

Melt 1 teaspoon butter in a skillet. In a bowl, whisk together 1 egg and 1 egg white. Dip 2 slices whole-wheat cinnamon bread in egg; add bread to pan. Cook 2 minutes per side. Toss $\frac{1}{2}$ pear, sliced, with 1 tablespoon light pancake syrup and spoon over toast.

Tomato and Goat Cheese Frittata

Mist a skillet with nonstick cooking spray. Whisk together 1 egg and 2 egg whites. Add a pinch of salt and pepper; pour into pan. When eggs are halfway set, add 5 halved grape tomatoes and $\frac{1}{2}$ ounce crumbled goat cheese. Cook until fully set, about 5 minutes. Serve with 1 slice whole-grain toast.

Banana-Oatmeal Brûlée

Cook $\frac{1}{2}$ cup old-fashioned oats in $\frac{3}{4}$ cup skim milk and $\frac{1}{4}$ cup water according to package directions. Slice $\frac{1}{2}$ banana into rounds and sprinkle with 2 teaspoons brown sugar and $\frac{1}{8}$ teaspoon cinnamon. Microwave for 30 seconds and stir into oatmeal.

Bacon, Tomato and Cheddar Muffin

Top one 100-calorie English muffin with 2 slices tomato, 2 slices reduced-fat cheddar cheese and 2 slices cooked turkey bacon. Warm in a toaster oven for 5 minutes.

Apple-Cinnamon Breakfast Sundae

In a bowl, combine 1 diced apple, 2 teaspoons lemon juice, 2 teaspoons brown sugar and $\frac{1}{4}$ teaspoon cinnamon. Microwave 2 minutes; let cool slightly. Ladle over 1 cup light vanilla yogurt. Sprinkle with 1 tablespoon chopped walnuts.

Southwestern Breakfast Wrap

Mist a frying pan with nonstick cooking spray. Whisk together 1 egg, 2 egg whites, 2 tablespoons salsa and a pinch of salt and pepper. Pour into pan and scramble. Spoon onto 1 whole-wheat tortilla. Top with 1 tablespoon shredded reduced-fat cheddar cheese, $\frac{1}{4}$ cup chopped tomato, 1 tablespoon chopped cilantro and 2 more tablespoons salsa; roll up.

Snacks

(About 150 calories each; eat two a day.)

- 100-calorie pack Cranberry Raisinets mixed with 1 tablespoon chopped walnuts
- 1 Dark Chocolate Pomegranate VitaBrownie with a small nonfat cappuccino
- 16-ounce Jamba Juice Strawberry Nirvana smoothie
- 1 hard-boiled egg, sprinkled with curry powder, and 7 five-grain crackers
- 100-calorie mini bagel with 2 tablespoons hummus and a slice of tomato
- 1 cup sliced strawberries over $\frac{1}{2}$ cup vanilla frozen yogurt
- 3 cinnamon graham cracker squares with 2 teaspoons almond butter

- 3 Dunkin' Donuts Glazed Munchkins
- 1 sliced banana with 2 tablespoons nondairy whipped topping and 1 teaspoon chocolate sprinkles
- 1 Starbucks dark chocolate-covered graham cracker (from a pack of 2) and a tall coffee
- 7 pita chips with 1 tablespoon baba ghanoush
- 1 six-inch corn tortilla with 3 tablespoons shredded Monterey Jack cheese microwaved for 20 seconds and served with 1 tablespoon salsa
- 100-calorie bag of kettle corn tossed with 1 tablespoon peanuts



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YOU CAN DO IT!



Blue Cheese Veggie Burger

Prepare 1 veggie burger according to package directions. Place cooked burger on 1 toasted whole-wheat hamburger bun, and top with 1 slice red onion, 2 slices tomato, 1 tablespoon blue cheese crumbles and 1 tablespoon barbecue sauce. Serve veggie burger with 10 baby carrots and 10 cherry tomatoes with 1 tablespoon light ranch dressing for dipping.

Prosciutto and Tomato Sandwich

Whisk together 2 teaspoons canola-oil mayonnaise and 1 teaspoon chopped fresh basil. Spread mixture on a 6-inch whole-wheat baguette. Top with 4 slices prosciutto, 3 slices tomato and 2 romaine lettuce leaves.

Mezze Platter

In a bowl, mix together 1 teaspoon olive oil, 2 teaspoons lemon juice, ½ teaspoon minced garlic and 1 teaspoon chopped fresh parsley; add 10 precooked shrimp and toss to coat. Serve alongside 5 Kalamata olives, ¼ cup hummus and 1 toasted whole-wheat pita.

Roast Turkey Wrap With Olive Tapenade

Spread 1 tablespoon olive tapenade on a whole-wheat tortilla. Layer with 3 ounces sliced roast turkey breast, ¼ cup arugula and 3 slices tomato; roll up. Serve with 1 cup grapes.

Spicy Veggie Sausage Pasta

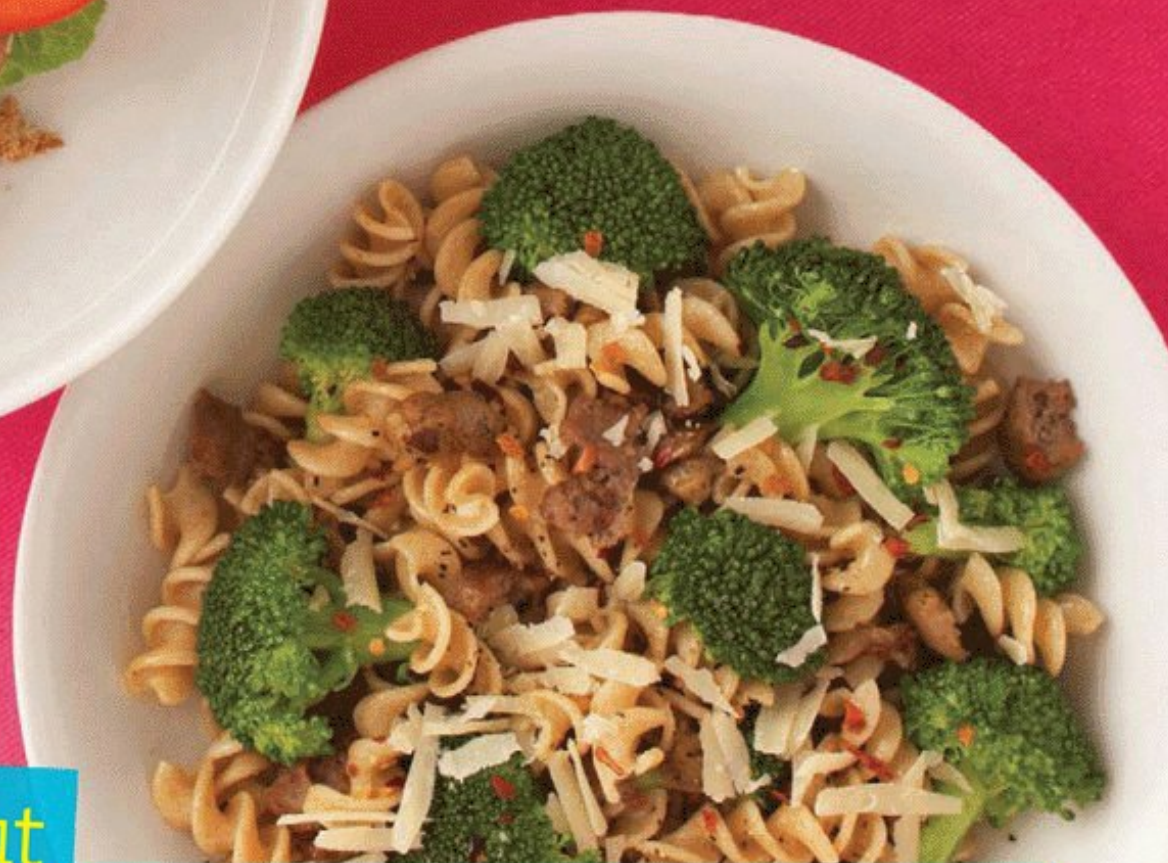
Cook ¾ cup rotelle pasta according to package directions. Sauté ⅔ cup vegetarian sausage crumbles (such as Morningstar Farms Meal Starters Sausage-Style Recipe Crumbles) in 1 tablespoon olive oil for 5 minutes. Add 1 teaspoon minced garlic and stir well. Add 3 tablespoons chicken or vegetable broth and a pinch of red pepper flakes; sauté 2 more minutes. Toss with cooked pasta and ½ cup microwaved frozen broccoli florets. Sprinkle with 1 tablespoon grated Parmesan cheese.

Black Bean Chipotle Quesadilla

Mix together ¼ cup canned black beans, rinsed and drained; ¼ cup chopped tomato; 1 sliced scallion; 2 tablespoons crumbled feta cheese; ¼ teaspoon cumin; and hot sauce to taste. Spoon mixture onto 1 whole-wheat tortilla; top with another tortilla. Bake in a 375° oven for 5 minutes. Serve with ¼ cup salsa on the side.

Lunch

(About 400 calories each)



Healthy Takeout

Too busy to DIY? With these slimming selections, you don't have to.

For Lunch

Cosi Small Moroccan Lentil soup and half a Buffalo Blue Sandwich (402 calories)

Baja Fresh Savory Pork Carnitas Baja Ensalada with fat-free Salsa Verde (385 calories)

Panera Bread Mediterranean Veggie half sandwich and half Classic Cafe Salad (380 calories)

Quiznos Small Turkey Ranch & Swiss Sub

(400 calories) or Roadhouse Steak Sammie and a bag of Baked Lay's (370 calories)

For Dinner

Domino's Two slices of a 12-inch medium Vegi Feast pizza and a Garden Fresh salad with light Italian dressing (521 calories)

Chili's Guiltless Carne Asada Steak with a side of Seasonal Veggies (440 calories)

Kentucky Fried Chicken

One grilled chicken breast with a corn bread muffin and small corn on the cob (460 calories)

P.F. Chang's Almond & Cashew Chicken (one serving), small Sichuan-Style Asparagus and ½ cup steamed brown rice (496 calories) or Salmon Steamed with Ginger, a cup of Wonton Soup and ½ cup steamed brown rice (509 calories)

Pasta With Pesto and Roast Zucchini

Cook $\frac{1}{2}$ cup multigrain pasta according to package directions. Cut 1 zucchini into 1-inch cubes, coat with nonstick cooking spray, and season with salt and pepper to taste. Roast in a 450° oven for 10 minutes. Toss pasta and zucchini with 2 tablespoons pesto, 2 diced sun-dried tomatoes and 1 tablespoon toasted pine nuts. Top with 2 tablespoons grated Parmesan cheese.

Smoky Veggie Chili

Combine $\frac{1}{2}$ cup canned pinto beans, rinsed and drained; $\frac{1}{2}$ cup canned black beans, rinsed and drained; $\frac{2}{3}$ cup corn; $\frac{1}{2}$ cup fire-roasted diced tomatoes with green chilies; $\frac{1}{2}$ cup tomato sauce; 1 tablespoon barbecue sauce; $\frac{1}{4}$ teaspoon garlic powder; and $\frac{1}{4}$ teaspoon chili powder. Bring to a boil. Reduce heat; simmer for 15 minutes. Serve over $\frac{1}{2}$ cup cooked brown rice; top with 2 tablespoons chopped onion and 2 tablespoons shredded low-fat cheddar cheese.

Polenta Bolognese

Prepare $\frac{1}{3}$ cup dry polenta according to package directions. Sauté 3 ounces lean ground beef in 1 teaspoon olive oil until browned. Add $\frac{1}{2}$ cup marinara sauce, $\frac{1}{4}$ teaspoon dried oregano, and salt and pepper to taste; cook 5 minutes. Spoon sauce over polenta. Serve with 1 cup lettuce with 1 tablespoon light Caesar dressing.

Greek Couscous With Chicken

Cook $\frac{1}{2}$ cup whole-wheat couscous in $\frac{3}{4}$ cup chicken broth according to package directions. Toss cooked couscous with $\frac{1}{2}$ cup diced tomatoes, 5 chopped Kalamata olives, 4 ounces diced skinless rotisserie chicken breast, $\frac{1}{2}$ teaspoon lemon zest and 1 tablespoon crumbled feta cheese.

Chicken Satay With Peanut Sauce

Cut a 6-ounce chicken breast into strips; season with salt and pepper. Mist a pan with nonstick cooking spray; sauté chicken 6 to 8 minutes, turning once. In a bowl, combine 2 tablespoons peanut butter, 2 tablespoons chicken broth, 2 teaspoons soy sauce, 2 teaspoons lime juice and 2 teaspoons brown sugar. Microwave 5 to 10 seconds and whisk well. In a separate bowl, toss 1 small cucumber, thinly sliced; 2 tablespoons rice wine vinegar; $\frac{1}{8}$ teaspoon sugar; and 1 teaspoon chopped mint. Serve alongside chicken and dipping sauce.

Chili-Rubbed-Shrimp Tacos

Season 10 large raw shrimps with $\frac{1}{4}$ teaspoon chili powder and a pinch of salt and pepper. Sauté in 1 teaspoon extra-virgin olive oil for 5 to 6 minutes until opaque, turning once. Divide shrimp between 2 whole-wheat tortillas; top with $\frac{1}{4}$ cup diced avocado, $\frac{1}{4}$ cup diced tomato, $\frac{1}{4}$ cup shredded romaine, 2 tablespoons chopped onion and 1 tablespoon chopped fresh cilantro. Serve with $\frac{1}{4}$ cup tomatillo salsa.



Dinner

(About 500 calories each)

NASONEX®
(mometasone furoate monohydrate)
Nasal Spray, 50 mcg*
FOR INTRANASAL USE ONLY

*calculated on the anhydrous basis

BRIEF SUMMARY (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE NASONEX Nasal Spray, 50 mcg is indicated for the treatment of the nasal symptoms of seasonal allergic and perennial allergic rhinitis, in adults and pediatric patients 2 years of age and older. NASONEX Nasal Spray, 50 mcg is indicated for the prophylaxis of the nasal symptoms of seasonal allergic rhinitis in adult and adolescent patients 12 years and older. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, initiation of prophylaxis with NASONEX Nasal Spray, 50 mcg is recommended 2 to 4 weeks prior to the anticipated start of the pollen season. Safety and effectiveness of NASONEX Nasal Spray, 50 mcg in pediatric patients less than 2 years of age have not been established.

NASONEX Nasal Spray, 50 mcg, is indicated for the treatment of nasal polyps in patients 18 years of age and older. Safety and effectiveness of NASONEX Nasal Spray, 50 mcg, for the treatment of nasal polyps in pediatric patients less than 18 years of age have not been established.

CONTRAINDICATIONS Hypersensitivity to any of the ingredients of this preparation contraindicates its use.



WARNINGS The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; ie, joint and/or muscular pain, lassitude, and depression. Careful attention must be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with careful monitoring for acute adrenal insufficiency in response to stress. This is particularly important in those patients who have associated asthma or other clinical conditions where too rapid a decrease in systemic corticosteroid dosing may cause a severe exacerbation of their symptoms.

If recommended doses of intranasal corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypercorticism may occur, including very rare cases of menstrual irregularities, acneiform lesions, and cushingoid features. If such changes occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in nonimmune children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS General: Intranasal corticosteroids may cause a reduction in growth velocity when administered to pediatric patients (see **PRECAUTIONS, Pediatric Use** section). In clinical studies with NASONEX Nasal Spray, 50 mcg, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, use of NASONEX Nasal Spray, 50 mcg should be discontinued and appropriate local or systemic therapy instituted, if needed.

Nasal corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract, or in untreated fungal, bacterial, systemic viral infections, or ocular herpes simplex.

Rarely, immediate hypersensitivity reactions may occur after the intranasal administration of mometasone furoate monohydrate. Extremely rare instances of wheezing have been reported.

Rare instances of nasal septum perforation and increased intraocular pressure have also been reported following the intranasal application of aerosolized corticosteroids. As with any long-term topical treatment of the nasal cavity, patients using NASONEX Nasal Spray, 50 mcg over several months or longer should be examined periodically for possible changes in the nasal mucosa.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septum ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Glaucoma and cataract formation was evaluated in one controlled study of 12 weeks' duration and one uncontrolled study of 12 months' duration in patients treated with NASONEX Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX-treated patients in the 12-week study, as compared with 141 placebo-treated patients. No individual NASONEX-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study. Likewise, no significant change from baseline was noted in the mean intraocular pressure measurements for the 139 NASONEX-treated patients in the 12-month study and again, no cataracts were detected in these patients. Nonetheless, nasal and inhaled corticosteroids have been associated with the development of glaucoma and/or cataracts. Therefore, close follow-up is warranted in patients with a change in vision and with a history of glaucoma and/or cataracts.

When nasal corticosteroids are used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, NASONEX Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with NASONEX Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should use NASONEX Nasal Spray, 50 mcg at regular intervals (see **DOSAGE AND ADMINISTRATION**) since its effectiveness depends on regular use. Improvement in nasal symptoms of allergic rhinitis has been shown to occur within 11 hours after the first dose based on one single-dose, parallel-group study of patients in an outdoor "park" setting (park study) and one environmental exposure unit (EEU) study and within 2 days after the first dose in two randomized, double-blind, placebo-controlled, parallel-group seasonal allergic rhinitis studies. Maximum benefit is usually achieved within 1 to 2 weeks after initiation of dosing. Patients should take the medication as directed and should not increase the prescribed dosage in an attempt to increase its effectiveness. Patients should contact their physician if symptoms do not improve, or if the condition worsens. To assure proper use of this nasal spray, and to attain maximum benefit, patients should read and follow the accompanying Patient's Instructions for Use carefully. Administration to young children should be aided by an adult.

Patients should be cautioned not to spray NASONEX Nasal Spray, 50 mcg into the eyes or directly onto the nasal septum.

Persons who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles, and patients should also be advised that if they are exposed, medical advice should be sought without delay.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In a 2-year carcinogenicity study in Sprague Dawley rats, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 67 mcg/kg (approximately 1 and 2 times the maximum recommended daily intranasal dose [MRDID] in adults [400 mcg] and children [100 mcg], respectively, on a mcg/m² basis). In a 19-month carcinogenicity study in Swiss CD-1 mice, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 160 mcg/kg (approximately 2 times the MRDID in adults and children, respectively, on a mcg/m² basis).

Mometasone furoate increased chromosomal aberrations in an *in vitro* Chinese hamster ovary-cell assay, but did not increase chromosomal aberrations in an *in vitro* Chinese hamster lung cell assay. Mometasone furoate was not mutagenic in the Ames test or mouse-lymphoma assay, and was not clastogenic in an *in vivo* mouse micronucleus assay and a rat bone marrow chromosomal aberration assay or a mouse male germ-cell chromosomal aberration assay. Mometasone furoate also did not induce unscheduled DNA synthesis *in vivo* in rat hepatocytes.

In reproductive studies in rats, impairment of fertility was not produced by subcutaneous doses up to 15 mcg/kg (less than the MRDID in adults on a mcg/m² basis).

Pregnancy: Teratogenic Effects: Pregnancy Category C: When administered to pregnant mice, rats, and rabbits, mometasone furoate increased fetal malformations. The doses that produced malformations also decreased fetal growth, as measured by lower fetal weights and/or delayed ossification. Mometasone furoate also caused dystocia and related complications when administered to rats during the end of pregnancy.

In mice, mometasone furoate caused cleft palate at subcutaneous doses of 60 mcg/kg and above (less than the MRDID in adults on a mcg/m² basis). Fetal survival was reduced at 180 mcg/kg (approximately 2 times the MRDID in adults on a mcg/m² basis). No toxicity was observed at 20 mcg/kg (less than the MRDID in adults on a mcg/m² basis).

In rats, mometasone furoate produced umbilical hernia at topical dermal doses of 600 mcg/kg and above (approximately 10 times the MRDID in adults on a mcg/m² basis). A dose of 300 mcg/kg (approximately 6 times the MRDID in adults on a mcg/m² basis) produced delays in ossification, but no malformations.

In rabbits, mometasone furoate caused multiple malformations (eg, flexed front paws, gallbladder agenesis, umbilical hernia, hydrocephaly) at topical dermal doses of 150 mcg/kg and above (approximately 6 times the MRDID in adults on a mcg/m² basis). In an oral study, mometasone furoate increased resorptions and caused cleft palate and/or head malformations (hydrocephaly or domed head) at 700 mcg/kg (approximately 30 times the MRDID in adults on a mcg/m² basis). At 2800 mcg/kg (approximately 110 times the MRDID in adults on a mcg/m² basis),

PRODUCT INFORMATION

most litters were aborted or resorbed. No toxicity was observed at 140 mcg/kg (approximately 6 times the MRDID in adults on a mcg/m² basis).

When rats received subcutaneous doses of mometasone furoate throughout pregnancy or during the later stages of pregnancy, 15 mcg/kg (less than the MRDID in adults on a mcg/m² basis) caused prolonged and difficult labor and reduced the number of live births, birth weight, and early pup survival. Similar effects were not observed at 7.5 mcg/kg (less than the MRDID in adults on a mcg/m² basis).

There are no adequate and well-controlled studies in pregnant women. NASONEX Nasal Spray, 50 mcg, like other corticosteroids, should be used during pregnancy only if the potential benefits justify the potential risk to the fetus. Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored.

Nursing Mothers: It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be used when NASONEX Nasal Spray, 50 mcg is administered to nursing women.

Pediatric Use: Controlled clinical studies have shown intranasal corticosteroids may cause a reduction in growth velocity in pediatric patients. This effect has been observed in the absence of laboratory evidence of hypothalamic-pituitary-adrenal (HPA) axis suppression, suggesting that growth velocity is a more sensitive indicator of systemic corticosteroid exposure in pediatric patients than some commonly used tests of HPA axis function. The long-term effects of this reduction in growth velocity associated with intranasal corticosteroids, including the impact on final adult height, are unknown. The potential for "catch up" growth following discontinuation of treatment with intranasal corticosteroids has not been adequately studied. The growth of pediatric patients receiving intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, should be monitored routinely (eg, via stadiometry). The potential growth effects of prolonged treatment should be weighed against clinical benefits obtained and the availability of safe and effective noncorticosteroid treatment alternatives. To minimize the systemic effects of intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, each patient should be titrated to his/her lowest effective dose.

Seven hundred and twenty (720) patients 3 to 11 years of age with allergic rhinitis were treated with mometasone furoate nasal spray, 50 mcg (100 mcg total daily dose) in controlled clinical trials (see **CLINICAL PHARMACOLOGY, Clinical Studies** section). Twenty-eight (28) patients 2 to 5 years of age with allergic rhinitis were treated with mometasone furoate nasal spray, 50 mcg (100 mcg total daily dose) in a controlled trial to evaluate safety (see **CLINICAL PHARMACOLOGY, Pharmacokinetics** section). Safety and effectiveness in children less than 2 years of age with allergic rhinitis and in children less than 18 years of age with nasal polyps have not been established.

A clinical study has been conducted for 1 year in pediatric patients with allergic rhinitis (ages 3 to 9 years) to assess the effect of NASONEX Nasal Spray, 50 mcg (100 mcg total daily dose) on growth velocity. No statistically significant effect on growth velocity was observed for NASONEX Nasal Spray, 50 mcg compared to placebo. No evidence of clinically relevant HPA axis suppression was observed following a 30-minute cosyntropin infusion.

The potential of NASONEX Nasal Spray, 50 mcg to cause growth suppression in susceptible patients or when given at higher doses cannot be ruled out.

Geriatric Use: A total of 280 patients above 64 years of age with allergic rhinitis or nasal polyps (age range 64 to 86 years) have been treated with NASONEX Nasal Spray, 50 mcg for up to 3 or 4 months, respectively. The adverse reactions reported in this population were similar in type and incidence to those reported by younger patients.

ADVERSE REACTIONS Allergic Rhinitis. In controlled US and international clinical studies, a total of 3210 adult and adolescent patients ages 12 years and older with allergic rhinitis received treatment with NASONEX Nasal Spray, 50 mcg at doses of 50 to 800 mcg/day. The majority of patients (n = 2103) were treated with 200 mcg/day. In controlled US and international studies, a total of 990 pediatric patients (ages 3 to 11 years) with allergic rhinitis received treatment with NASONEX Nasal Spray, 50 mcg, at doses of 25 to 200 mcg/day. The majority of pediatric patients (720) were treated with 100 mcg/day. A total of 513 adult, adolescent, and pediatric patients have been treated for 1 year or longer. The overall incidence of adverse events for patients treated with NASONEX Nasal Spray, 50 mcg was comparable to patients treated with the vehicle placebo. Also, adverse events did not differ significantly based on age, sex, or race. Three percent or less of patients in clinical trials discontinued treatment because of adverse events; this rate was similar for the vehicle and active comparators.

All adverse events (regardless of relationship to treatment) reported by 5% or more of adult and adolescent patients ages 12 years and older who received NASONEX Nasal Spray, 50 mcg, 200 mcg/day and by pediatric patients ages 3 to 11 years who received NASONEX Nasal Spray, 50 mcg, 100 mcg/day in clinical trials vs placebo and that were more common with NASONEX Nasal Spray, 50 mcg than placebo, are displayed in the table below.

ADVERSE EVENTS FROM CONTROLLED CLINICAL TRIALS IN SEASONAL ALLERGIC AND PERENNIAL ALLERGIC RHINITIS (PERCENT OF PATIENTS REPORTING)

	Adult and Adolescent Patients 12 years and older		Pediatric Patients Ages 3 to 11 years	
	NASONEX 200 mcg (n = 2103)	VEHICLE PLACEBO (n = 1671)	NASONEX 100 mcg (n = 374)	VEHICLE PLACEBO (n = 376)
Headache	26	22	17	18
Viral Infection	14	11	8	9
Pharyngitis	12	10	10	10
Epistaxis/Blood-Tinged Mucus	11	6	8	9
Coughing	7	6	13	15
Upper Respiratory Tract Infection	6	2	5	4
Dysmenorrhea	5	3	1	0
Musculoskeletal Pain	5	3	1	1
Sinusitis	5	3	4	4
Vomiting	1	1	5	4

Other adverse events which occurred in less than 5% but greater than or equal to 2% of mometasone furoate adult and adolescent patients (ages 12 years and older) treated with 200-mcg doses (regardless of relationship to treatment), and more frequently than in the placebo group included: arthralgia, asthma, bronchitis, chest pain, conjunctivitis, diarrhea, dyspepsia, earache, flu-like symptoms, myalgia, nausea, and rhinitis.

Other adverse events which occurred in less than 5% but greater than or equal to 2% of mometasone furoate pediatric patients ages 3 to 11 years treated with 100-mcg doses vs placebo (regardless of relationship to treatment) and more frequently than in the placebo group included: diarrhea, nasal irritation, otitis media, and wheezing.

The adverse event (regardless of relationship to treatment) reported by 5% of pediatric patients ages 2 to 5 years who received NASONEX Nasal Spray, 50 mcg, 100 mcg/day in a clinical trial vs placebo including 56 subjects (28 each NASONEX Nasal Spray, 50 mcg and placebo) and that was more common with NASONEX Nasal Spray, 50 mcg than placebo, included: upper respiratory tract infection (7% vs 0%, respectively). The other adverse event which occurred in less than 5% but greater than or equal to 2% of mometasone furoate pediatric patients ages 2 to 5 years treated with 100-mcg doses vs placebo (regardless of relationship to treatment) and more frequently than in the placebo group included: skin trauma.

Nasal Polyps. In controlled clinical studies, the types of adverse events observed in patients with nasal polyps were similar to those observed for patients with allergic rhinitis. A total of 594 adult patients (ages 18 to 86 years) received NASONEX Nasal Spray, 50 mcg, at doses of 200 mcg once or twice daily for up to 4 months for treatment of nasal polyps. The overall incidence of adverse events for patients treated with NASONEX Nasal Spray, 50 mcg was comparable to patients treated with the placebo except for epistaxis, which was 9% for 200 mcg once daily, 13% for 200 mcg twice daily, and 5% for placebo.

Rare cases of nasal ulcers and nasal and oral candidiasis were also reported in patients treated with NASONEX Nasal Spray, 50 mcg, primarily in patients treated for longer than 4 weeks.

In postmarketing surveillance of this product, cases of nasal burning and irritation, anaphylaxis and angioedema, and rare cases of nasal septal perforation have been reported. Disturbances of taste and smell have been reported very rarely.

OVERDOSAGE There are no data available on the effects of acute or chronic overdosage with NASONEX Nasal Spray, 50 mcg. Because of low systemic bioavailability, and an absence of acute drug-related systemic findings in clinical studies, overdose is unlikely to require any therapy other than observation. Intranasal administration of 1600 mcg (4 times the recommended dose of NASONEX Nasal Spray, 50 mcg) daily for 29 days, to healthy human volunteers, was well tolerated with no increased incidence of adverse events. Single intranasal doses up to 4000 mcg have been studied in human volunteers with no adverse effects reported. Single oral doses up to 8000 mcg have been studied in human volunteers with no adverse effects reported. Chronic overdosage with any corticosteroid may result in signs or symptoms of hypercorticism (see **PRECAUTIONS**). Acute overdosage with this dosage form is unlikely since one bottle of NASONEX Nasal Spray, 50 mcg contains approximately 8500 mcg of mometasone furoate.

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Grain Foods Foundation spokesperson Bob Harper leads a stretch session before the women's race



Runners and spectators enjoyed ice cold samples of Fruit2day and Silk Soymilk during the event



Event attendees sample whole grain snacks at the Grain Foods Foundation tent



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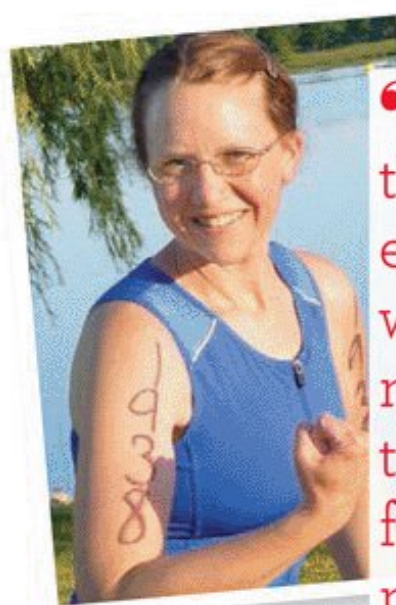
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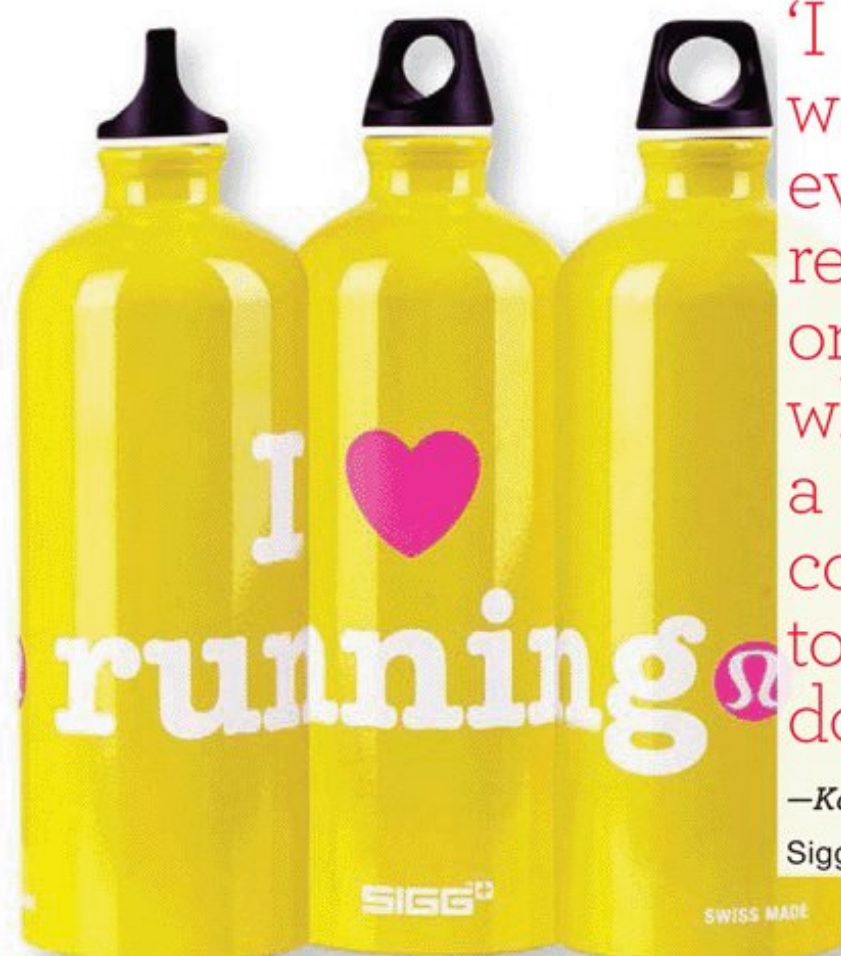
Speedo Aqua barbells add sculpting power in the water, \$19.99, speedousa.com.



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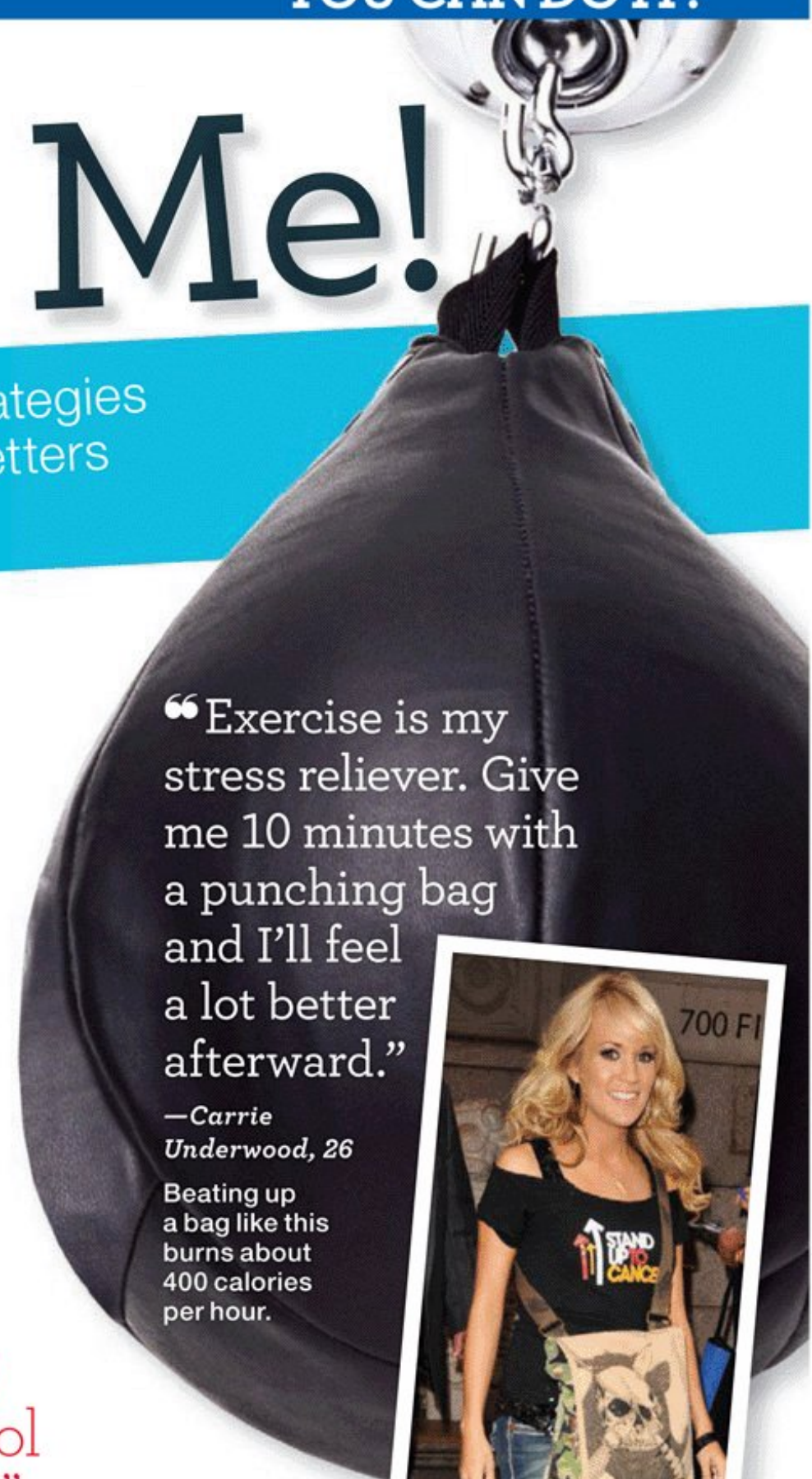
—Annette Stoffel, 32, West Bend, Wisconsin

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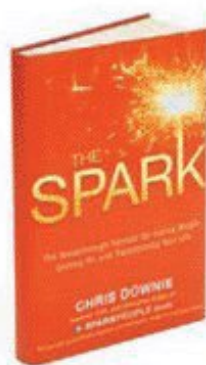
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Leesia Wolfe, 53, Humble, Texas

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“I’m back in my skinny jeans after baby number two. My secret: Biking everywhere—preschool, the grocery store, the park—with my boys, Tyler, 4, and Buddy, 2.”

—Heather Smith, 32, Boulder, Colorado

The Chariot Cougar 2 Bike Trailer fits two tykes, \$665, chariotcarriers.com for info.



“To me, cardio is the brussels sprouts of exercise: It’s good for you, but I don’t love it. So to hold myself to my goal, I announced on my blog that I would run a marathon.”

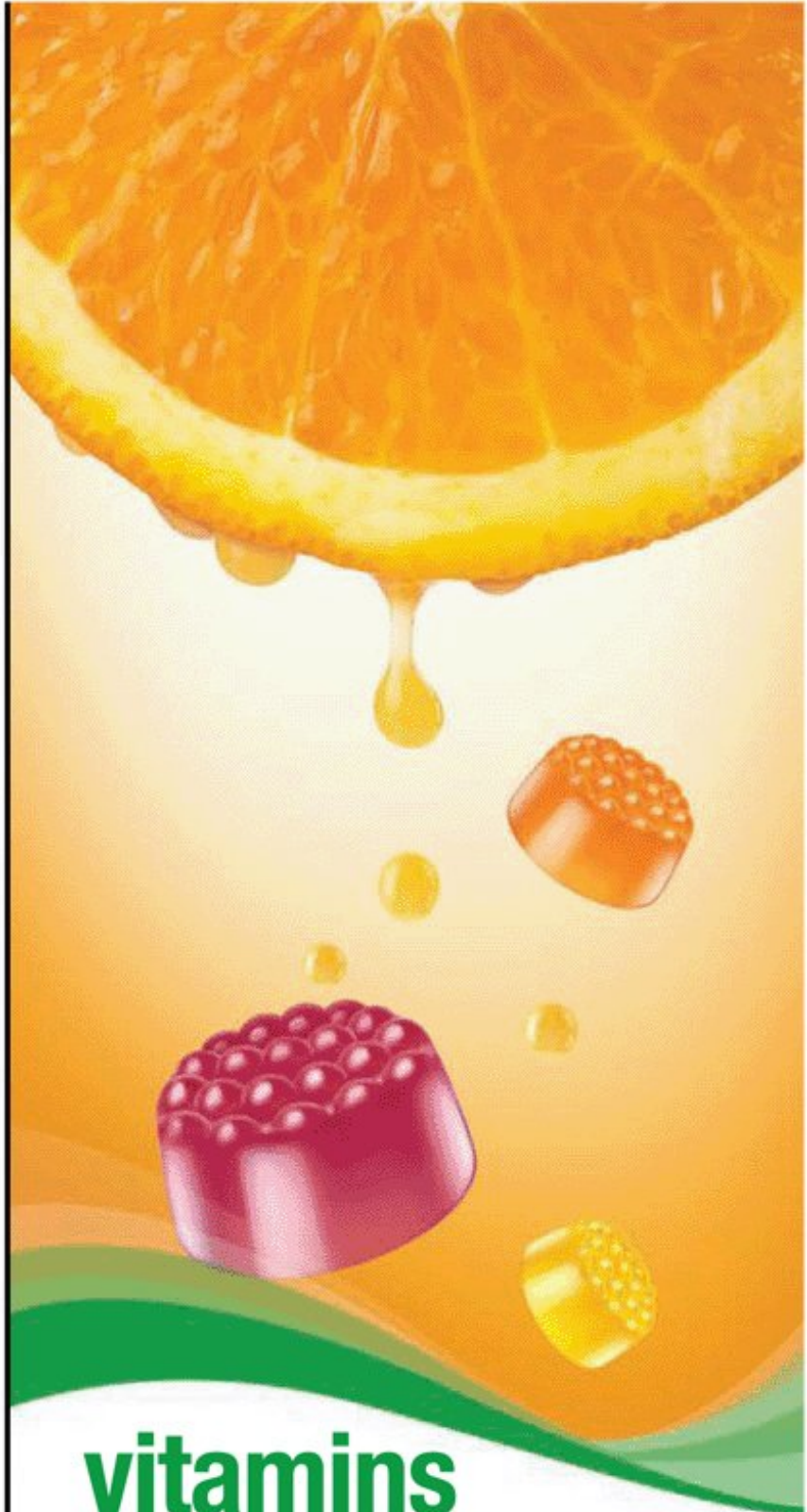
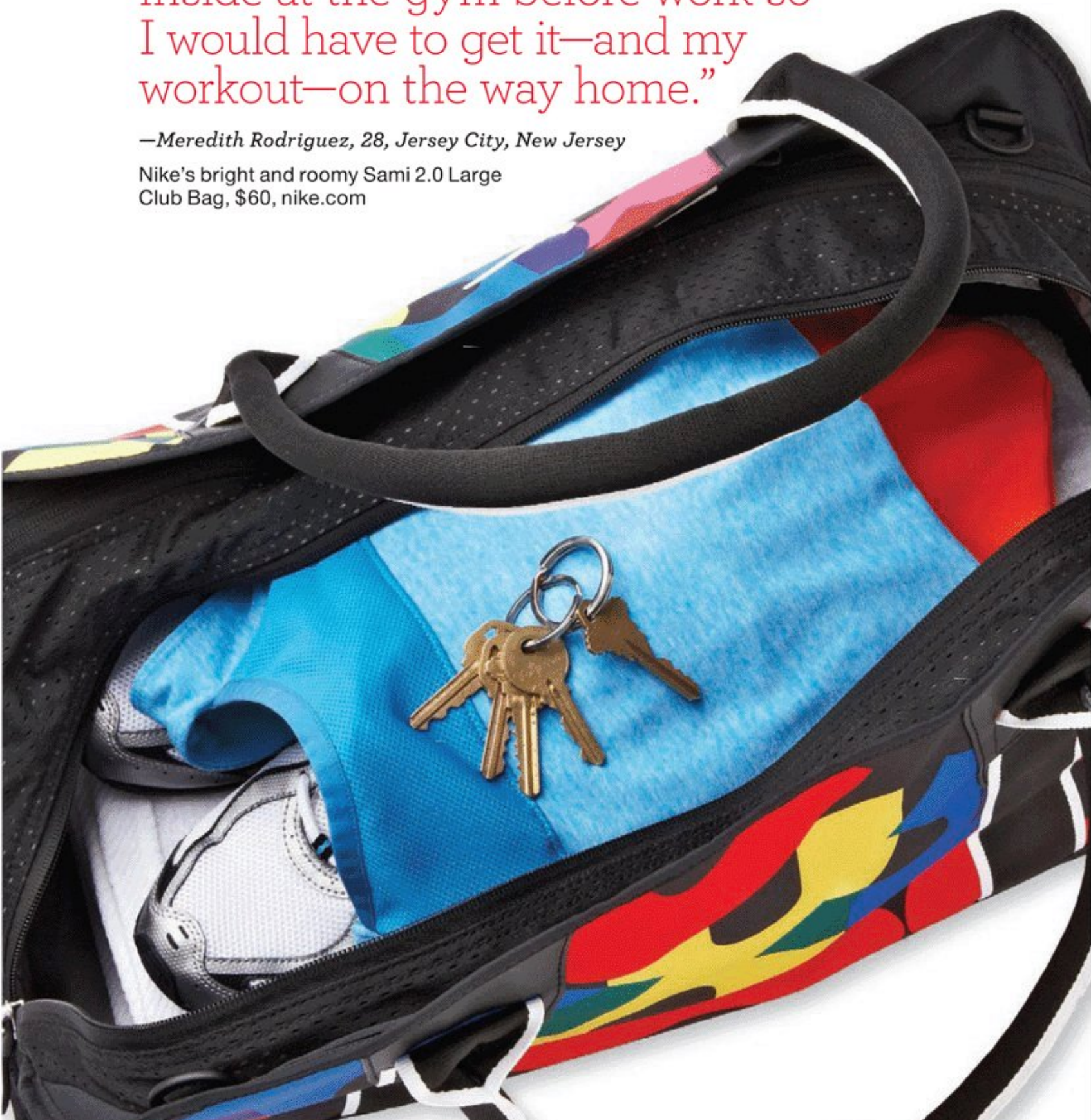
—Carla Birnberg, 40, Austin, Texas

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—Sarah Spillman, 35, Raleigh, North Carolina

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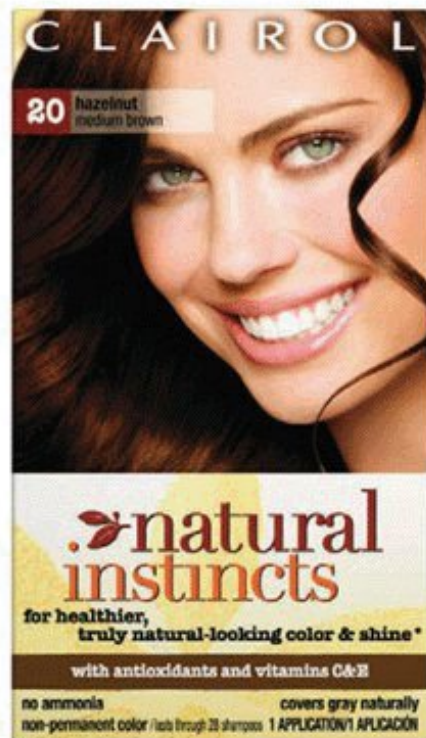
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The first 250 readers to send in an original receipt for a Clairol Natural Instincts product purchased 12/14/2009-1/26/2010 will receive one (1) FITNESS umbrella (ARV: \$15.00). Include your name, address, daytime phone number and send to: Fitness Magazine, Clairol Natural Instincts GWP attn: Kimberly Berry, 125 Park Avenue, NY NY 10017. Must be U.S. resident, 18 yrs or older. One (1) umbrella per household. Offer begins December 14th, 2009 and good while supply lasts or until January 26th, 2010, whichever comes first. Date/time of request determines who receives Umbrella. Meredith Corporation d/b/a FITNESS® ("Sponsor") not responsible for lost, late, damaged, misdirected, incomplete, incorrect, illegible, postage due requests/mail. No post office boxes allowed. Allow 6-8 wks for shipping. Void where prohibited, taxed, and restricted. Sponsor reserves the right to verify identification. In all matters relating to interpretation/application of this offer, decision of Sponsor is final/binding.

feature OF THE MONTH



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Are you over diets that don't work for you? Well, then it's time for Jenny Craig because our program is different.

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Our fresh fruit arrangements are perfect for any occasion, and you can make them even sweeter by dipping our premium fruit in gourmet chocolate! Call **1-877-DO-FRUIT (1-877-363-7848)** or visit us online at EdibleArrangements.com to order today.



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It's Snow Time

Why wait for flakes to fall in your backyard when you can get your winter on right now?

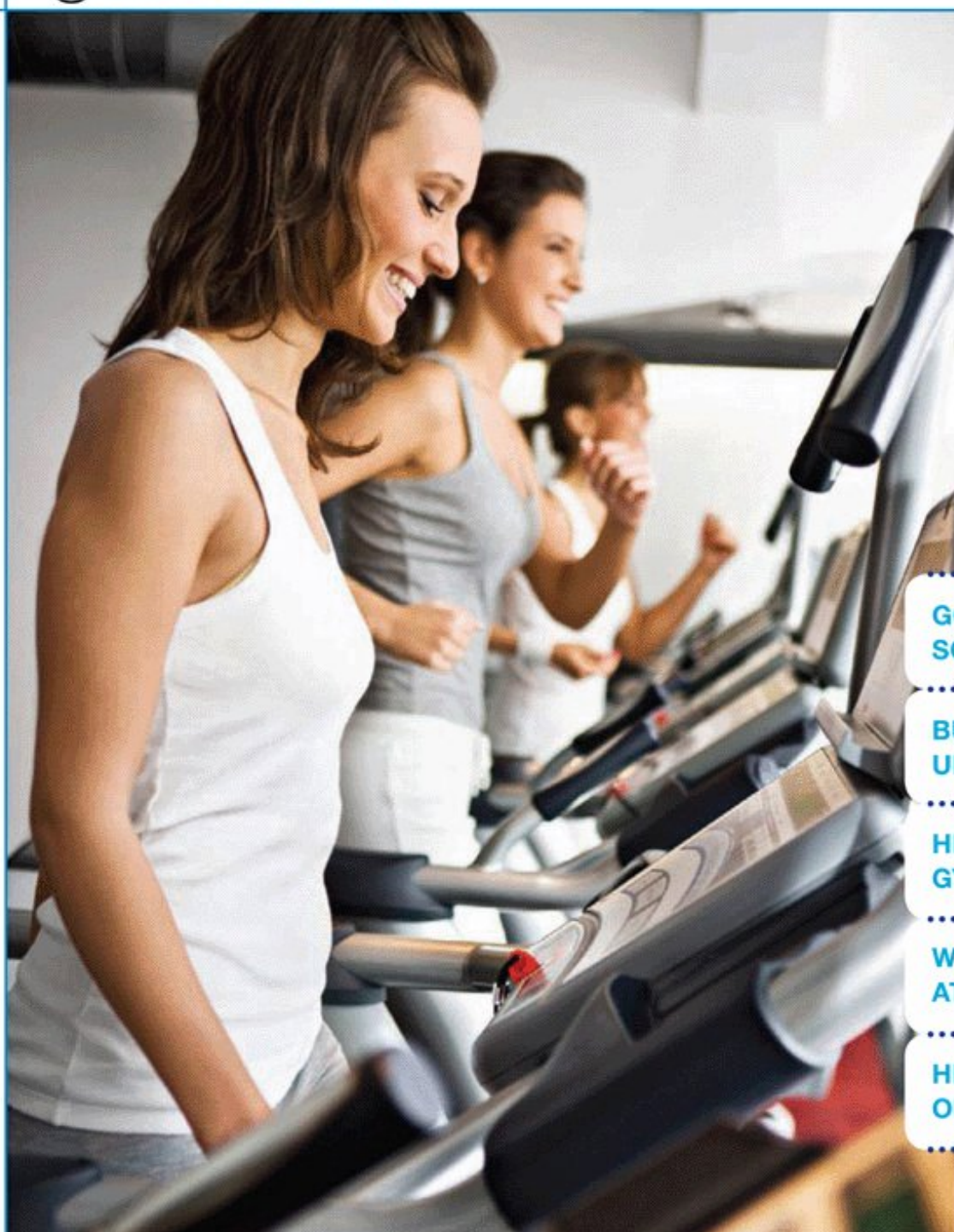
SKI ON THE CHEAP.

Find a resort with ideal weather conditions at snocountry.com. Then go to liftopia.com for lift tickets that cost an average 33 percent less than usual. Or plot a cross-country skiing trek at trails.com.

HIT THE ICE. Lace your skates to sculpt dancer-like legs and melt up to 450 calories an hour. Locate a class or a rink near you at www.usfigureskating.org (click on Learn to Skate).

BE A KID AGAIN. Believe it or not, sledding burns as many calories as ice-skating, especially if you hike uphill after every run. Discover local sled-worthy slopes at sledriding.com.

MAKE TRACKS. Snowshoeing blasts more than 500 calories an hour. Sign up at select Eastern Mountain Sports (emsclimb.com) or REI stores (rei.com/outdoorschool); outings start at \$25.



Maximize Your Every Move

New research shows that something as simple as swapping scenery or ditching your training partner can help you squeeze bonus benefits out of the same old workouts. See how you can reap more rewards below.

	<i>Exercise harder</i>	<i>Last longer</i>	<i>Enjoy it more</i>	<i>Stress less</i>
GO SOLO	X			
BUDDY UP		X	X	X
HIT THE GYM	X			
WORK OUT AT HOME	X			
HEAD OUTSIDE		X	X	X

Sources: Santa Clara University in California; the National Cancer Institute in Bethesda, Maryland

Q Can I really lose weight the day before an event?

A Sure. It's likely to be a few pounds of water weight, but it will help you look lighter, says Michele Olson, Ph.D., a FITNESS advisory board member. "Do a workout that makes you sweat a lot the day before," she says. A good 45-minute routine: "Alternate 60 seconds of vigorous cardio with 60 seconds of total-body strength moves," says FITNESS advisory board member Jeanette Jenkins, who puts her clients through similar pre-red-carpet sweatfests. And don't skimp on H₂O. "Start drinking eight cups of water per day two days before and up until your event, cutting back to six the day of," Olson suggests. "It dilutes sodium in your blood, preventing water retention."

Temperature Control

Master the art of layering (you know—staying warm, but not overheating) in three easy steps.

1. START WITH A FORM-FITTING BASE LAYER.

The buttery-soft Nike Long-Sleeve Seamless Top wicks moisture away from skin and won't chafe (\$50, nike.com).

3. FINISH WITH A WEATHERPROOF OUTER LAYER.

The Zoot Sports Women's Ultra Softshell Jacket is water resistant and thermally lined (\$180, zootsports.com).

2. ADD A COZY MID-LAYER.

Keep the cold out and the heat in with the Lolë Sumptuous Hoody: It has a comfy interior and thumbholes (\$80, lollewomen.com).



Worth the Weight Simplify at-home toning sessions with the 10-pound Harley Bar (\$40, qvc.com), created by celeb trainer Harley Pasternak. It transforms into two 2-pound hand weights and two 3-pound bars, all of which screw into 2.5-pound plates for 2- to 20-pound options. Barrilliant!

Tired of your old birth control routine?

Break free from the pack with NuvaRing®



Some women find day-to-day birth control okay.

But if that pack mentality doesn't work for you, try NuvaRing®. NuvaRing® is not a daily pill. It's a small, comfortable vaginal ring. NuvaRing® delivers a continuous low dose of hormones.

When used as directed, it's as effective as the pill, but you don't have to take it every day. In a clinical trial, nine out of ten women who used NuvaRing® would recommend it to others. So say goodbye to the old song and dance, and say hello to NuvaRing®.

Ask your doctor if prescription NuvaRing® is right for you, or for more information visit www.nuvaring.com.

NuvaRing® is approved for the prevention of pregnancy in women.

Important Safety Information

The use of combination oral contraceptives is associated with increased risks of several serious side effects, including blood clots, which may lead to stroke or heart attack. NuvaRing® is not for women with a history of these conditions. The risk of getting blood clots may be greater with the type of progestin in NuvaRing® than with some other progestins in certain low-dose birth control pills. It is unknown if the risk of blood clots is different with NuvaRing® use than with the use of certain birth control pills. Cigarette smoking increases the risk of serious cardiovascular side effects, especially in women over 35; women who use combination hormonal contraceptives are strongly advised not to smoke. NuvaRing® is not for women with certain cancers or those who may be pregnant. NuvaRing® does not protect against HIV infection and other sexually transmitted diseases. The most common side effects reported by NuvaRing® users are: vaginal infections and irritation, vaginal secretion, headache, weight gain, and nausea.

Please see next page for additional important patient information.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



NUVARING®
(etonogestrel/ethinyl estradiol vaginal ring)
delivers 0.120 mg/0.015 mg per day

NUVARING[®]

(etonogestrel/ethinyl estradiol vaginal ring)

delivers 0.120 mg/0.015 mg per day

PATIENT INFORMATION SUMMARY

Rx only

This summary of the Patient Information gives you information about the possible serious side effects of NuvaRing[®]. This summary does not include all of the important information about NuvaRing[®] and does not take the place of talking with your healthcare provider.

What is NuvaRing[®]?

NuvaRing[®] (NEW-vah-ring) is a flexible combined contraceptive vaginal ring. It is used to prevent pregnancy. **It does not protect against HIV infection (AIDS) and other sexually transmitted diseases (STD's) such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.**

NuvaRing[®] contains a combination of a progestin and estrogen, two kinds of female hormones. You insert the ring in your vagina and leave it there for three weeks. After the ring is inserted, it releases a continuous low dose of hormones into your body. You then remove it for a one-week ring-free period.

Contraceptives that contain both an estrogen and a progestin are called combination hormonal contraceptives. Most studies on combination contraceptives have used oral (taken by mouth) contraceptives. NuvaRing[®] may have the same risks that have been found for combination oral contraceptives. This leaflet will tell you about risks of taking combination oral contraceptives that may also apply to NuvaRing[®] users. In addition, it will tell you how to use NuvaRing[®] properly so that it will give you the best possible protection against pregnancy.

Who should not use NuvaRing[®]?

Cigarette smoking increases the risk of serious cardiovascular side effects when you use combination oral contraceptives. This risk increases even more if you are over age 35 and if you smoke 15 or more cigarettes a day. Women who use combination hormonal contraceptives, including NuvaRing[®], are strongly advised not to smoke.

Do not use NuvaRing[®] if you have any of the following conditions: a history of heart attack or stroke; a history of blood clots in your legs (thrombophlebitis), lungs (pulmonary embolism), or eyes; a history of blood clots in the deep veins of your legs; chest pain (angina pectoris); severe high blood pressure; diabetes with complications of the kidneys, eyes, nerves, or blood vessels; headaches with neurological symptoms; known or suspected breast cancer or cancer of the lining of the uterus, cervix, or vagina (now or in the past); unexplained vaginal bleeding (until a diagnosis is reached by your healthcare provider); yellowing of the whites of the eyes or of the skin (jaundice) during pregnancy or during previous use of hormonal birth control of any kind (the pill, patch, vaginal ring, injection, or implant); liver tumor (benign or cancerous); heart valve or heart rhythm disorders that may be associated with formation of blood clots; need for a long period of bed rest following major surgery; known or suspected pregnancy; active liver disease with abnormal liver function tests; an allergy or hypersensitivity to any of the components of NuvaRing[®].

Tell your healthcare provider if you have ever had any of the conditions just listed. Your healthcare provider can suggest another method of birth control. Talk with your healthcare provider about using NuvaRing[®] if you: smoke; recently had a baby; recently had a miscarriage or abortion; are breast-feeding; are taking other medications.

In addition, talk to your healthcare provider about using NuvaRing[®] if you have any of the following conditions. Women with any of these conditions should be checked often by their doctor or healthcare provider if they choose to use NuvaRing[®]: a family history of breast cancer; breast nodules, fibrocystic disease, an abnormal breast x-ray, or abnormal mammogram; diabetes; elevated cholesterol or triglycerides; high blood pressure; migraine or other headaches or epilepsy; depression; gallbladder, liver, heart, or kidney disease; scanty or irregular menstrual periods; plan to have major surgery (You may need to stop using NuvaRing[®] for a while to reduce your chance of getting blood clots.); any condition that makes the vagina get irritated easily; prolapsed (dropped) uterus, dropped bladder (cystocele), or rectal prolapse (rectocele); severe constipation; history of toxic shock syndrome.

Overdose

NuvaRing[®] is unlikely to cause an overdose because the ring holding the med-

icine releases a steady amount of contraceptive hormones. Do not use more than one ring at a time. Overdose of combination hormonal contraceptives may cause nausea, vomiting, or vaginal bleeding.

What should I avoid while using NuvaRing[®]?

Cigarette smoking increases the risk of serious cardiovascular side effects when you use combination oral contraceptives, including NuvaRing[®]. This risk increases even more if you are over age 35 and if you smoke 15 or more cigarettes a day. Women who use combination hormonal contraceptives, like NuvaRing[®], are strongly advised not to smoke.

Do not breast-feed while using NuvaRing[®]. Some of the medicine may pass through the milk to the baby and could cause yellowing of the skin (jaundice) and breast enlargement in your baby. NuvaRing[®] could also decrease the amount and quality of your breast milk.

The hormones in NuvaRing[®] can interact with many other medicines and herbal supplements. Tell your healthcare provider about any medicines you are taking, including prescription medicines, over-the-counter medicines, herbal remedies, and vitamins.

The blood levels of the hormones released by NuvaRing[®] were increased when women used a vaginal medication (miconazole nitrate) for a yeast infection while NuvaRing[®] was in place. The pregnancy protection of NuvaRing[®] is not likely to be changed by use of these products. The blood levels of these hormones were not changed when women used vaginal, water-based spermicides (nonoxynol or N-9 products) along with NuvaRing[®].

Certain drugs and herbal supplements may interact with combined hormonal contraceptives to make them less effective in preventing pregnancy or cause an increase in breakthrough bleeding. Such drugs include rifampin, drugs used for epilepsy such as barbiturates (for example, phenobarbital), carbamazepine, and phenytoin, primidone, topiramate, phenylbutazone, modafinil, and some drugs used for HIV such as ritonavir. Pregnancies and breakthrough bleeding have been reported by users of combined hormonal contraceptives who also used the herbal supplement St. John's Wort. You may need to use a non-hormonal method of contraception during any cycle in which you take drugs that can make oral contraceptives less effective. Be sure to tell your healthcare provider if you are taking or start taking any other medications, including non-prescription products or herbal products while using NuvaRing[®].

While using NuvaRing[®], you should not rely upon a diaphragm when you need a back-up method of birth control because NuvaRing[®] may interfere with the correct placement and position of a diaphragm. If you are scheduled for any laboratory tests, tell your doctor or healthcare provider you are using NuvaRing[®]. Contraceptive hormones may change certain blood tests results.

What are the possible risks and side effects of NuvaRing[®]?

- **Blood clots:** The hormones in NuvaRing[®] may cause changes in your blood clotting system which may allow your blood to clot more easily. If blood clots form in your legs, they can travel to the lungs and cause a sudden blockage of a vessel carrying blood to the lungs. Rarely, clots occur in the blood vessels of the eye and may cause blindness, double vision, or other vision problems. The risk of getting blood clots may be greater with the type of progestin in NuvaRing[®] than with some other progestins in certain low-dose birth control pills. It is unknown if the risk of blood clots is different with NuvaRing[®] use than with the use of certain birth control pills.

If you take hormonal contraceptives and need elective surgery, need to stay in bed for a prolonged illness or have recently delivered a baby, you may be at risk of developing blood clots. You should consult your doctor or healthcare provider about stopping hormonal contraceptives three to four weeks before surgery and not taking hormonal contraceptives for two weeks after surgery or during bed rest. You should also not take hormonal contraceptives soon after delivery of a baby. It is advisable to wait for at least four weeks after delivery if you are not breast-feeding. If you are breast-feeding, you should wait until you have weaned your child before using the pill (see PRECAUTIONS, NURSING MOTHERS).

- **Strokes and heart attacks:** Hormonal contraceptives may increase your risk of strokes (blockage of blood flow to the brain) or heart attacks (blockage of blood flow to the heart). Any of these conditions can cause death or serious disability. Smoking greatly increases the risk of having strokes and heart attacks. Furthermore, smoking and the use of combination hormonal contra-

ceptives, like NuvaRing®, greatly increases the chances of developing and dying of heart disease. If you use combination hormonal contraceptives, including NuvaRing®, you should not smoke.

• **High blood pressure and heart disease:** Combination hormonal contraceptives, including NuvaRing®, can worsen conditions like high blood pressure, diabetes, and problems with cholesterol and triglycerides.

• **Cancer of the reproductive organs and breast:** Breast cancer has been diagnosed slightly more often in women who use the pill than in women of the same age who do not use the pill. This small increase in the number of breast cancer diagnoses gradually disappears during the 10 years after stopping use of the pill. It is not known whether the difference is caused by the pill. It may be that women taking the pill are examined more often, so that breast cancer is more likely to be detected. You should have regular breast examinations by a healthcare provider and examine your own breasts monthly. Tell your healthcare provider if you have a family history of breast cancer or if you have had breast nodules or an abnormal mammogram.

Women who currently have or have had breast cancer should not use hormonal contraceptives, including NuvaRing®, because breast cancer is usually a hormone-sensitive tumor.

Some studies have found an increase in the incidence of cancer of the cervix in women who use oral contraceptives. However, this finding may be related to factors other than the use of oral contraceptives. There is insufficient evidence to rule out the possibility that pills may cause such cancers.

• **Gallbladder disease:** Combination hormonal contraceptive users may have a higher chance of having gallbladder disease.

• **Liver tumors:** In rare cases, combination hormonal contraceptives, like NuvaRing®, can cause non-cancerous (benign) but dangerous liver tumors. These benign liver tumors can break and cause fatal internal bleeding. In addition, it is possible that women who use combination hormonal contraceptives, like NuvaRing®, have a higher chance of getting liver cancer. However, liver cancers are extremely rare.

• **Lipid metabolism and inflammation of the pancreas:** In women with inherited defects of lipid metabolism, there have been reports of significant elevations of plasma triglycerides during estrogen therapy. This has led to pancreatitis in some cases.

The common side effects reported by NuvaRing® users are: vaginal infections and irritation; vaginal secretion; headache; weight gain; nausea.

In addition to the risks and side effects listed above, users of combination hor-

monal contraceptives have reported the following side effects: vomiting; change in appetite; abdominal cramps and bloating; breast tenderness or enlargement; irregular vaginal bleeding or spotting; changes in menstrual cycle; temporary infertility after treatment; fluid retention (edema); spotty darkening of the skin, particularly on the face; rash; weight changes; depression; intolerance to contact lenses; nervousness; dizziness; loss of scalp hair.

Call your healthcare provider right away if you get any of the symptoms listed below. They may be signs of a serious problem: sharp chest pain, coughing blood, or sudden shortness of breath (possible clot in the lung); pain in the calf (back of lower leg; possible clot in the leg); crushing chest pain or heaviness in the chest (possible heart attack); sudden severe headache or vomiting, dizziness or fainting, problems with vision or speech, weakness, or numbness in an arm or leg (possible stroke); sudden partial or complete loss of vision (possible clot in the eye); yellowing of the skin or whites of the eyes (jaundice), especially with fever, tiredness, loss of appetite, dark colored urine, or light colored bowel movements (possible liver problems); severe pain, swelling, or tenderness in the abdomen (gallbladder or liver problems); sudden fever (usually 102°F or more), vomiting, diarrhea, dizziness, fainting, or a sunburn-like rash on the face or body (very rarely, toxic shock syndrome); breast lumps (possible breast cancer or benign breast disease); irregular vaginal bleeding or spotting that happens in more than one menstrual cycle or lasts for more than a few days; urgent, frequent, burning and/or painful urination, and cannot locate the ring in the vagina (rarely, accidental placement of NuvaRing® into the urinary bladder); swelling (edema) of your fingers or ankles; difficulty in sleeping, weakness, lack of energy, fatigue, or a change in mood (possible severe depression).

To report SUSPECTED ADVERSE REACTIONS, contact Schering-Plough at 1-800-526-4099 or FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

1-877-NUVARING



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1 Star Squat

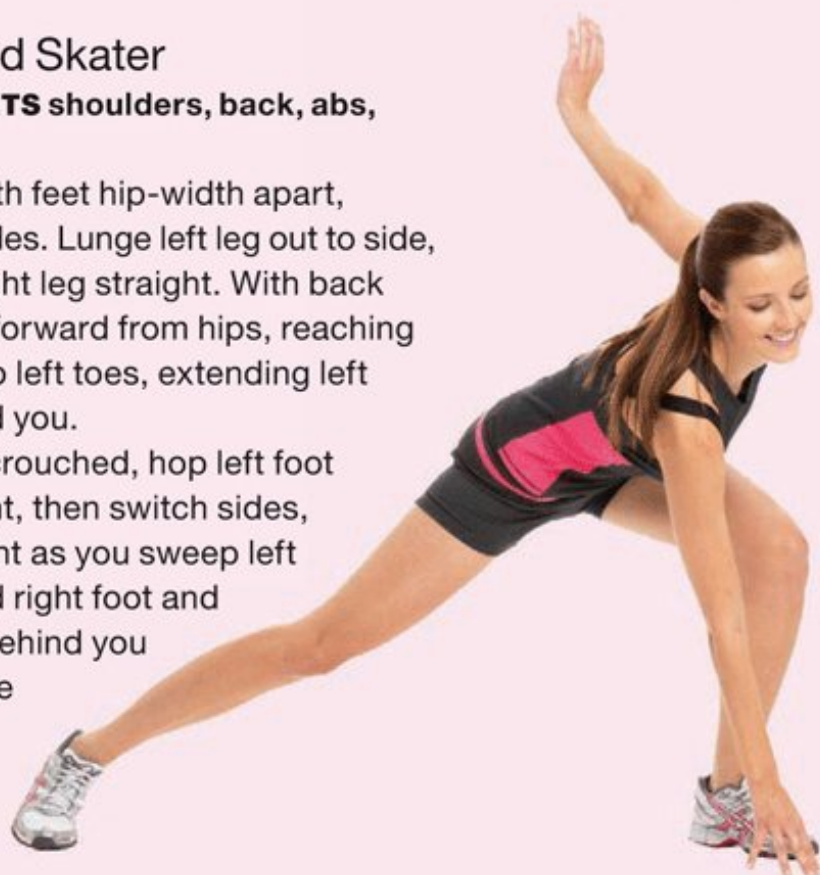
TARGETS arms, abs, legs

- Stand with feet together, arms by sides. Squat low, placing palms on floor in front of feet, directly under shoulders.
- **a.** Kick feet straight behind you, landing in push-up position (balancing on palms and toes, back flat, abs engaged).
- **b.** Jump feet forward to squat.
- **c.** Immediately jump straight up, bringing arms and legs up and out to sides (like a star). Land in starting position.
- Do 10 reps.

2 Speed Skater

TARGETS shoulders, back, abs, butt, legs

- Stand with feet hip-width apart, arms by sides. Lunge left leg out to side, keeping right leg straight. With back flat, hinge forward from hips, reaching right arm to left toes, extending left arm behind you.
- Staying crouched, hop left foot next to right, then switch sides, lunging right as you sweep left arm toward right foot and right arm behind you to complete one rep.
- Do 20 reps.



3 Lunge Kick

TARGETS abs, butt, legs

- Stand with feet hip-width apart, arms by sides, elbows bent. **a.** Lunge forward with left leg while swinging right arm forward and left arm back.
- **b.** As you rise, kick right leg straight up and swing arms in opposite directions.
- Lunge forward with right leg as foot lands on floor.
- Continue lunge kicking forward 10 steps, alternating legs. Turn around and lunge kick back to start.



4 Knee-Up Jump Lunge

TARGETS abs, butt, legs

- Stand with feet hip-width apart, arms by sides, elbows bent. **a.** Lunge back with right leg while swinging right arm forward and left arm back (like a runner).
- **b.** Press off left foot and jump straight up (as high as possible), bringing bent right knee toward chest and swinging arms in opposite directions.
- Return to lunge as you land.
- Do 10 reps, then switch legs and repeat.

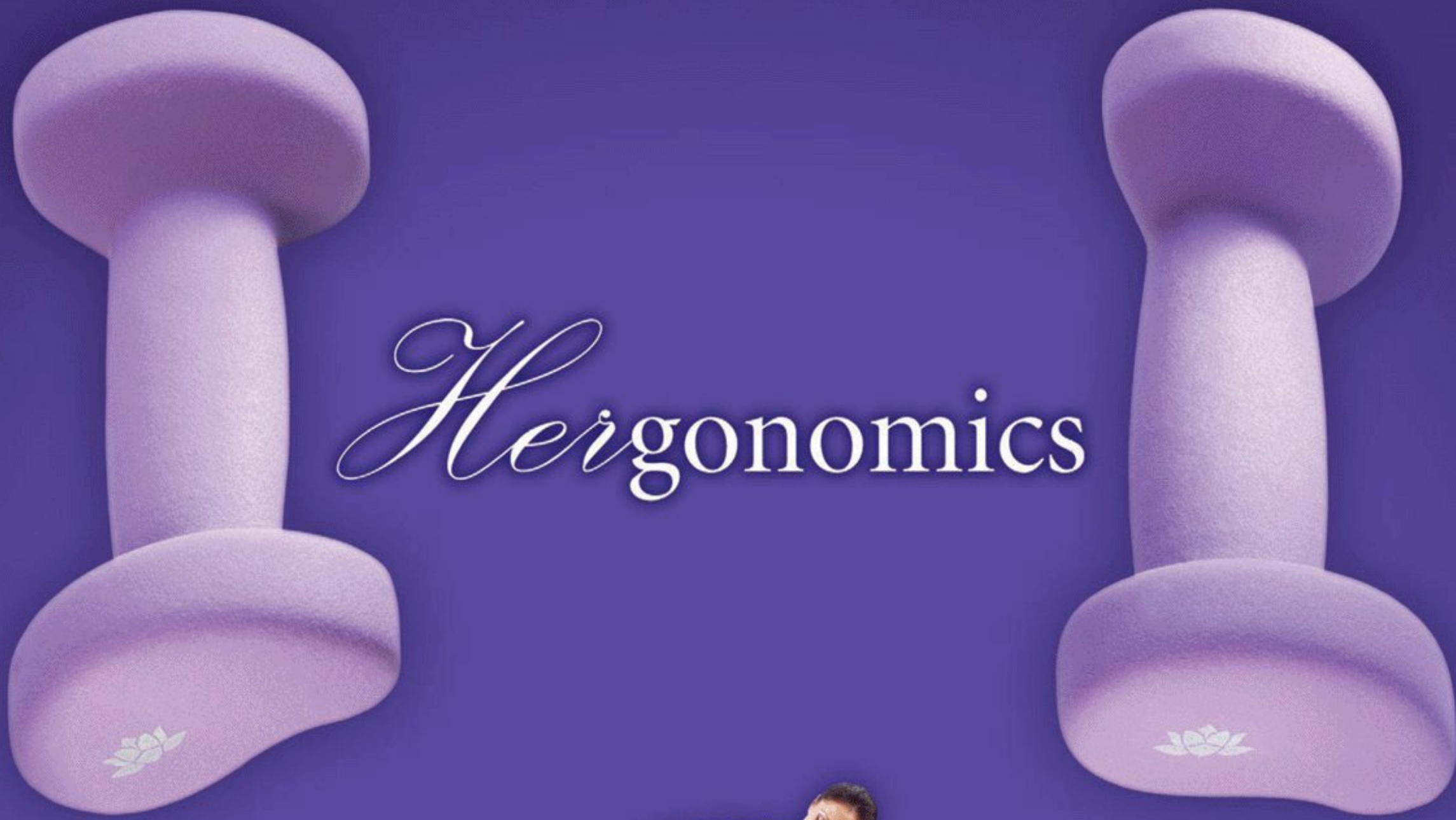


5 Sumo Kick

TARGETS abs, butt, legs

- Stand with feet hip-width apart, toes turned out slightly and elbows bent by sides, fists in front of chest. **a.** Take a large step out to left with left foot and sink into a wide squat.
- **b.** Stand up, placing weight on left leg, leaning slightly to left, and kick right leg out to side with foot flexed.
- Lower right leg, bringing right foot beside left.
- Do 10 sumo kicks across floor; switch directions, kicking with left leg back to start.





*Her*gonomics



Perhaps you've noticed: our bodies are different than a man's body. With that in mind, Savasa developed a line of fitness products based on a design philosophy called *hergonomics*. Far more than pretty colors, Savasa cardio, yoga and strength training gear—plus our workouts—are custom fit for a woman's body and hectic lifestyle. See the difference at www.savasafit.com




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Walk Your Butt Off

Reap extra calorie burn from each stride with these no-need-for-speed techniques.

Go against the grain. Swinging your left arm and leg in sync—rather than left arm and right leg (shown)—burns 26 percent more calories, according to a new study from the University of Michigan in Ann Arbor. Translation: A 3-mph walk goes from torching 211 calories per hour to 266. Totally worth the stares!

Move it on up. Add a 5.0 incline, and that 3-mph walk blasts 346 calories, a 64 percent boost. “Your butt and legs work harder against gravity,” explains exercise physiologist Julia Valentour of the American Council on Exercise.

Trade pavement for path. Taking your stride to an uneven trail adds a balance challenge that helps you melt 82 percent more calories (384 per hour at a 3-mph pace).

Beauty Regimen

Dressing room mirror got you down? Lace up. Research published in the *Journal of Health Psychology* found that any aerobic exercise—no matter its intensity—will **boost your body image**. Even a 20-minute stroll will make you forget about those fluorescent lights.

Ask the Expert

Q I cough when I run in the cold. Is it bad for my lungs?

A Good news. Those uncomfortable coughing spells are usually not serious, says Oscar Suman, Ph.D., exercise physiologist at the University of Texas Medical Branch in Galveston. “When exercising outside in winter, you’re breathing in a lot of cold, dry air,” he says. “The lack of moisture dries out your lungs and airways, triggering a coughing reflex.” Wrap a scarf over your nose or wear a face mask (\$25, outdoorresearch.com) to keep humidity levels up and hacking down. If your cough gets worse, you wheeze or your lungs feel tight, see your doc to make sure everything is okay.

Bootleg Editions

Skip the tight tights and stay warm on wintry walks or runs with these less-clingy styles.

WEEKEND WARRIOR

Columbia’s stretchy Set the Tone pants make your booty look better (\$65, columbia.com).

EASY STRIDER

Craft’s wind-resistant AR Straight pants hug all the right places as you run (\$90, craft-usa.com).

PRETTY PACER

Nike’s Dri-Fit Be Strong Polyester pants have a wide, tummy-trimming waistband (\$60, nike.com).

SPEED WALKER

Athleta’s stylish Low Rise Printed Tech Stretch pants stop cold with a fleecelike lining (\$79, athleta.com).

HEALTH & NUTRITION



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Did you know that drinking green tea like Lipton® throughout the day may help maintain healthy circulation?* Yes, simple as that. Good for you and delicious, Lipton® Green Tea is available in a variety of tasty flavors including Citrus, and Orange, Passionfruit & Jasmine. So next time you're poring over a book, why not pour some hot water over a Lipton Green Tea bag?

*Based on at least 2-3 cups per day.

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Stella Apostolidis, 31, and her older sisters Kelly and Sofia had tried every fad diet over the years.

FITNESS gave them a plan they could finally slim—and stick—with.

The Goal Growing up in Queens, New York, my sisters and I loved mom's Greek cooking. I was the pudgiest (I'm the shortest), but we've all been on lots of diets in our lives. I tried the "three days on, four days off" diet and even took diet pills (they're now banned!). I'd drop 10 or 15 pounds, only to gain them back. Within four months of my wedding last June, I put on 16 pounds. Meanwhile Kelly, 38, had flunked Weight Watchers and still had last year's baby weight, and working mom Sofia, 41, vowed to trim down—tomorrow. We swore to do it together.

The Game Plan First step: We all signed up for the **FITNESS** Personal Trainer at www.fitnessmagazine.com/mytrainer to get a diet and exercise plan that we would follow and track online. We agreed to meet at the gym Monday nights for group workouts, and we were on our way!

TOP TIPS FROM OUR EXPERTS

Samuel Perez, trainer at New York Sports Clubs in Whitestone, N.Y.

"Take a cue from the **FITNESS** Personal Trainer: As the sisters got fitter, the program dynamically bumped up the reps or weights."

Dawn Jackson Blatner, R.D., **FITNESS** advisory board member

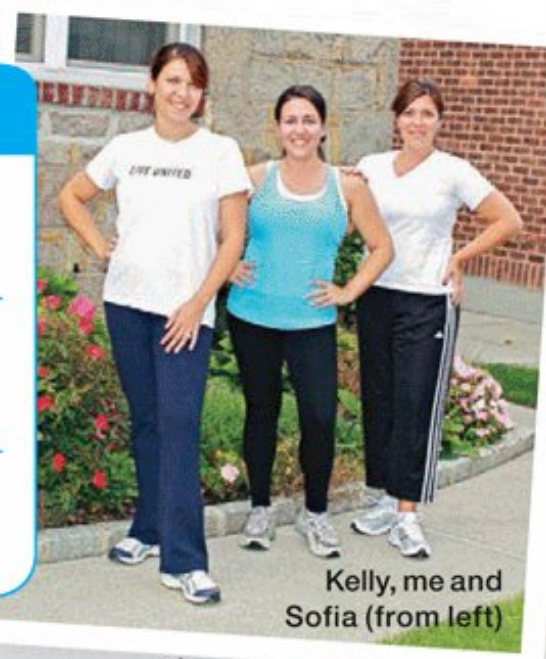
"Record what you eat daily to see what your weaknesses are. Stella was a carbaholic, Kelly was an emotional eater, and Sofia struggled with portions."

Argy Koutsothanasis, **FITNESS** fashion director "If you're self-conscious about your upper arms, as Stella is, don't pile on layers. You can show some skin with a three-quarter-length sleeve; it hits the arm's tiniest area for a flattering effect."

AS TOLD TO CHEE GATES

Us, by the Numbers

Stella, 5'2"	Start	Now	Inches Lost
Weight	141 lb	129 lb	8½"
Kelly, 5'5½"	Start	Now	Inches Lost
Weight	148 lb	139 lb	9½"
Sofia, 5'4"	Start	Now	Inches Lost
Weight	168 lb	157 lb	6¾"



Kelly, me and Sofia (from left)

Our New To-Do List

Get a Gym Recipe

Armed with rep-by-rep instructions from the **FITNESS** Personal Trainer, we enlisted a real-life trainer, Sam, to put us through the program's Monday gym-machine session so we wouldn't slack. Then Sam tapped into my online account to see that I'd done my weekly toning and cardio routines. The instructions got me in and out of the gym fast.

Put Your Meals Where Your Mouse Is

I found myself faithfully sticking to the **FITNESS** Personal Trainer's 1,300-calorie-a-day diet because it held me accountable for logging every morsel I ate into my online food diary and added up my calories.

That, and the fact that I knew that my sisters would be checking in on me every day to compare totals. I didn't want to let them down.

Feel Full, Not Fat

After a three-day weekend filled with pasta that seemed to create an instant muffin top, I learned from **FITNESS** nutrition advisor Dawn how not to slip up again: Eat veggies or salad first, protein next and carbs last, when I'm almost stuffed. Another trick: Fashion director Argy switched me to mid-rise jeans that erased my middle.

Status Check

Ten weeks later I'm back to my wedding-day size 4, Kelly is in a pre-baby suit she thought she'd never wear again, and Sofia is the slimmest she's been in years. And we're not stopping there!

Go for your goal—10 plans to choose from—at www.fitnessmagazine.com/mytrainer. Sign up now (\$39.99 for three months, \$8.99 per month after that) or sample it with our free 10-day trial.



I shed 3½ inches from my hips.

Sofia went from a size 12 to a size 8.

Kelly lost 4 inches from her waist.



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Top 100 Songs of the Year

Meet Our Mix Masters

• Deekron, the Fitness DJ, producer of the free music podcast motiontraxx.com • Derek Beres, DJ and yoga instructor at Equinox Fitness Clubs in New York City • Jay Blahnik, fitness expert for msnbc.com • Patrick Goudeau, Nike Elite Fitness trainer • Mark Jenkins, celebrity trainer • Harley Pasternak, celebrity trainer • Lacey Stone, founder of Lacey Stone Fitness in New York City

Reach your resolution—and start building your playlist—with our exclusive roundup of 2009's best rev-you-up tunes.

By Chee Gates Illustration by Stina Persson

Bring It

(160-plus beats per minute)

Best for Running (5 mph or faster), cycling (a moderate 80 rpm and above), jumping rope, cardio dance

"Best I Ever Had" Drake
"Run This Town" Jay-Z featuring Rihanna and Kanye West
"Obsessed" Mariah Carey
"21 Guns" Green Day
"Heard 'Em All" Amerie
"Backwards Down the Number Line" Phish
"Relator" Pete Yorn and Scarlett Johansson
"I'm in Love with a Ripper" YACHT
"End Transmission" AFI
"American Ride" Toby Keith
"I Need a Girl" Trey Songz
"Boombbox" Bassnectar
"Say Hey (I Love You)" Michael Franti and Spearhead, featuring Cherine Anderson
"Jumpin'" Jeremih
"Show Off" Ginuwine
"Maybe This Time" The Derek Trucks Band
"Kinda Like a Big Deal" The Clipse, featuring Kanye West
"Champion" Ace Hood, Jazmine Sullivan and Rick Ross
"Right Here (Departed)" Brandy
"Fireflies" Owl City

In the Zone

(140 to 160 beats per minute)

Best for Jogging (4.5 to 5 mph), elliptical, stairclimbing

"The Trouble With Flying" Orba Squara
"Battlefield" Jordin Sparks
"I Do Not Hook Up" Kelly Clarkson

"Paragraphs of Love"

Ghostface Killah, Vaughn Anthony and Estelle

"Blue Jeans" Jessie James

"Last to Know" Three Days Grace

"Knock You Down" Keri Hilson, Kanye West and Ne-Yo

"Love Drunk" Boys Like Girls

"Solo" Demi Lovato

"Break Up" Mario, featuring Gucci Mane and Sean Garrett

"One Time" Justin Bieber

"Welcome to the Future" Brad Paisley

"Something Is Squeezing My Skull" Morrissey

"Pitkin County Turnaround" Steve Martin

"Testimony" The Phenomenal Handclap Band, featuring Aurelio Vale and Jaleel Buntun

"Get On Your Boots" U2

"IM Da Man of My City" Popov

"Anywhere but Here" Mayday Parade

"Break Your Little Heart" All Time Low

"Permanent Heartbreak" The Friday Night Boys

Steady and Sweaty

(125 to 140 beats per minute)

Best for Brisk walking (3.5 to 4.5 mph), light elliptical or stairclimbing workout

"I Gotta Feeling" The Black Eyed Peas

"Big Green Tractor" Jason Aldean

"Smile" Uncle Kracker

"Uprising" Muse

"Lakeside" BLK JKS

"Down" Jay Sean, featuring Lil Wayne

"Fitz and the Dizzyspells" Andrew Bird

"When Love Takes Over" David Guetta, featuring Kelly Rowland

"Celebration" Madonna

"3" Britney Spears

"I Know You Want Me (Calle Ocho)" (More English Extended Mix) Pitbull

"Leave the World Behind" (Radio Edit) Axwell, Ingrosso, Angello and Laidback Luke

"Jai Ho! (You Are My Destiny)" A.R. Rahman and the Pussycat Dolls, featuring Nicole Scherzinger

"Fire Burning" Sean Kingston

"Last Forever" (Original Dub Mix) Norman Doray and Tristan Garner, featuring Errol Reid

"Beggin'" Madcon

"Hundred Mile Stare" Queensrÿche

"Make Me" Janet Jackson

"I Get Lifted" Eric Morillo

"Dangerous Animals" Arctic Monkeys

Easy Does It

(105 to 125 beats per minute)

Best for Walking (3 to 3.5 mph), strength-training

"Cowboy Casanova" Carrie Underwood

"Play My Cards for Me" John Forté

"Straight Through My Heart" Backstreet Boys

"Honky Tonk Stomp" Brooks & Dunn, featuring Billy Gibbons

"Flashback" Del the Funky Homosapien and Tame One

"Gettin' You Home" Chris Young

"Good Girls Go Bad" Cobra Starship, featuring Leighton Meester

"She Wolf" Shakira

"Fallin' for You" Colbie Caillat

"The One" Mary J. Blige, featuring Drake

"Border Reiver" Mark Knopfler

"I Ain't Hiding" The Black Crowes

"Calloway" (Instrumental Version) Ricky Skaggs

"The Whale Song" Modest Mouse

"1348" Umphrey's McGee

"Quiet Dog" Mos Def

"Check My Brain" Alice in Chains

"The Only Child of Aergia" Owen

"Universal Mind Control (UMC)" Common

"Dance Like Michael Jackson" Far East Movement FM

Zen Out

(60 to 115 beats per minute)

Best for Yoga, Pilates, warm-up, cooldown, stretches

"Lei Lei Ha" (Transglobal Underground Remix) Watcha Clan

"Silencio" Nelly Furtado and Josh Groban

"I Look to You" Whitney Houston

"Pretty Wings (Uncut)" Maxwell

"Slow Light" Moby

"Only You Can Love Me This Way" Keith Urban

"Pagan Poetry" Björk

"By Two's" Yo La Tengo

"The End" Pearl Jam

"Call Your Name" Daughtry

"Just Ain't Gonna Work Out" Mayer Hawthorne

"Release" Tom Sinclair

"Another World" Antony and the Johnsons

"Oblivion" Joshua Bell and Carel Kraayenhof

"Stalemate" Joss Stone with Jamie Hartman

"African Velvet" AIR

"Who Says" John Mayer

"Rama" Earthrise Sound System

"All Things Must Pass" Yim Yames

"Closer to the Bone" Kris Kristofferson



These mini mental and muscle tweaks will take a load off your body, not your calorie burn, for bigger exercise bliss.

BY HOLLY ST. LIFER PHOTOGRAPHS BY LAURA DOSS

love your work

Psst! You over there leaning on the treadmill grips—want to get that giddy, in-the-zone feeling from exercise again? Follow these simple tactics to instantly perk up your mind and body and make every stride, stroke or sit-up feel easier.

Get a New Sweat-itude

“Preconceived notions about your routine can make it feel either less difficult or harder,” says Shaun Goodsell, a sports performance coach in Elk River, Minnesota. So that your next session falls into the former category, give yourself Goodsell’s 30-second attitude adjustment: When an “I can’t face the elliptical” thought bubbles up, immediately replace it with a

payoff-focused statement like, “Working out makes me feel healthier, more accomplished and energetic.” When she’s dreading a workout, Jillian Mastroianni, 28, a law student in Nashville, hits a virtual fast-forward button. “I remind myself of all the ways I feel so much better afterward—my head is clearer, my body feels stronger—and those thoughts always get me going,” Jillian says.

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Forget Workout Monogamy

Turns out, playing the fitness field a little could change your “Oh no, not again” outlook on your regular routine. Think of your motivation level as you do your muscles, suggest scientists: Mixing up the types of workouts you do can ensure that you don't hit a plateau with either one. In fact, when exercisers in an Arizona State University study were divided up based on whether they worked out alone, in a group or using a combination of both, those who went for the combo reported feeling the most energized, and only 7 percent of them felt that exercise was hard work. “We're more apt to want to exercise and to stick with it over time if it satisfies a variety of physical and emotional needs rather than just one or two,” explains Kate Hays, Ph.D., a sports psychologist in Toronto. Loners can link up with group walks (ava.org), runs (rrca.org), yoga (yogaclasssearch.com) or bike rides (specializedridersclub.com) a few times a week. If you usually burn cals with pals, try a solo stroll or run (mapmyrun.com) or an at-home sculpting session (www.fitnessmagazine.com/video).

Go to Pieces

During the toughest part of your workout, think small. Rather than wallow in how hard Spinning is, admire how your legs move like pistons. “Called chunking, this distraction strategy shifts your attention to just one chunk of your body so the rest of you doesn't feel as tired,” Goodsell says. On long runs, Allyson Lee, 25, a retail manager in New York City, focuses on proper arm form to ignore aches: “I think about driving my elbows forward and backward, as if I'm jabbing an invisible person behind me.” Breaking your loop into mental bits also helps, says Chris Carmichael, Lance Armstrong's coach. “When the idea of maintaining your effort level for the next two miles is too daunting,” he says, “focus on getting to the next telephone pole and so on.”

Throw In the Towel

Surprise—mopping up your sweat will only make your body feel as though it's working harder. “As you perspire, the evaporation process is what cools your body down, lowering your perceived exertion,” explains John Porcari, Ph.D., professor of exercise and sports science at the University of Wisconsin-LaCrosse and a FITNESS advisory board member. Unless the sweat is running into your eyes, don't wipe, Porcari adds. Another drip tip: Switch to breathable, synthetic workout wear, because water-absorbing fabrics can hinder the evaporation process too. Upgrade your sweats to the moisture-wicking Saucony Women's Hydrator Long Sleeve shirt (\$38; saucony.com) and New Balance NBx Thermal Capri (\$60; newbalance.com for stores).





You'll get more of a mental kick from exercise if you mix some group sessions in with your solo routine.

Rock On

If you're trying to maximize the take-my-mind-off-my-muscles effect at the gym, listen to tunes. Music can lower exercisers' perceived exertion by about 10 percent when they go at a moderate pace, according to a study at Brunel University in London. Plus, the researchers found that matching music tempo with your stride rate can boost treadmill endurance by up to 15 percent. (Get a by-the-beat playlist for your preferred workout on page 74.) But skip those other favorite cardio-machine time killers. "If you're talking on your cell phone or reading a book, it's likely you're not getting your heart rate up high enough for an effective aerobic workout," Porcari says.

Don't Go Full Tilt

Tackling hills can be a slog, but if you resist the temptation to take them on headfirst, you'll have an easier time getting over the hump. "It's a natural

instinct to want to lean forward when we run uphill, but that posture actually places stress on the back and neck," says Jeff Galloway, a former U.S. Olympic athlete who has coached thousands of runners. "Instead, keep an upright stance by imagining you're a puppet on a string that runs straight down from the top of your head through your shoulders, hips and feet." Reducing your stride length will further lessen fatigue and ease tight muscles on inclines, Galloway says.

Stay Chest Deep

If you get whipped quick doing laps in the pool, you may be making the common swimming mistake of letting your hips and legs float lower in the water than your torso, thereby creating drag. "When you feel your hips sink, drop your head and look down at the bottom of the pool," says Olympic swimming star Dara Torres. Or imagine you have a giant T on your chest, suggests

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An après-sweat stretch can give you a whole new simple-as-pie memory of your workout.

Mike Monroe, a trainer and endurance athlete in New York City: “Visualize pushing the T down toward the bottom about half an inch, and that subtle movement will give your hips a lift.”

Just Cool It

If the memory of your last workout is more exhausting than exhilarating, you may not be taking enough time to wind down afterward. In a study at the University of South Florida in Tampa, treadmillers who walked or ran at various speeds for 30 minutes straight discounted how they felt during the routine and associated the toughness of the workout only with how they felt in the last minutes. “Forming a memory of an experience based primarily on its end is a common phenomenon called the recency effect,” says lead study author Marcus Kilpatrick, Ph.D., director of the university’s health and exercise science laboratory. “These findings suggest that taking an easy five- to 10-minute cooldown—stretches or a light walk—may leave you with a more positive impression of your workout.” The payoff: If you remember today’s sweatfest as feeling like a breeze, you’ll be more motivated to get up and do it again tomorrow. ■

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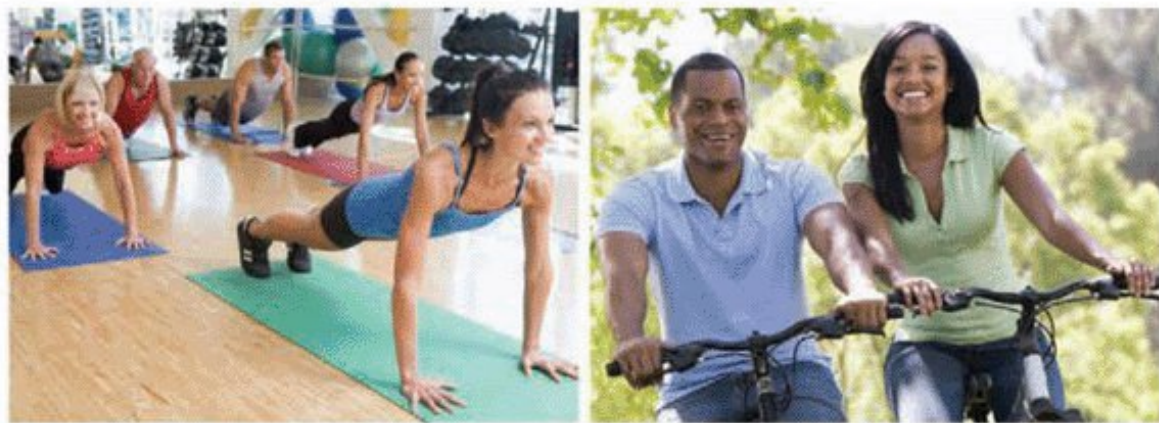
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In the past, you could get enough CLA simply by consuming lots of cheese, milk, cream, steak and hamburgers. But now that healthy diets trend toward low-fat food choices, it's difficult to get the CLA your body needs from food alone. In fact, in order to obtain the recommended 3.0 grams of dietary CLA required to achieve its body composition benefits, you would have to eat more than 4 gallons of ice cream, 7 pounds of beef or 4 gallons of milk...every day. Not especially good for a low-fat diet!

The good news is: you can easily get the CLA your body needs today from dietary supplements and, in the very near future, from functional foods. It is recommended that you combine Tonalin® CLA with a healthy diet and exercise program.

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Tough as Knees

Worried your intense workouts could set you up for a sports injury? Take a look at your legs: Women with bigger knee ligaments risk fewer injuries, say researchers at Ohio State University, who found that the anterior cruciate ligament (ACL) in injured exercisers was 11 percent smaller than in those with healthy knees. "The ACL helps stabilize the knee and keep the shin from moving too far forward," explains researcher Ajit Chaudhari, Ph.D. Fortunately you can build knee strength before injury strikes. "Load-bearing exercises strengthen surrounding muscles such as the quadriceps and hamstrings," says Riann Palmieri-Smith, Ph.D., a certified athletic trainer and assistant professor of kinesiology at the University of Michigan in Ann Arbor. Her top moves: lateral lunges with a resistance band and walking lunges.

Bigger knees, better health!



Wise Up

As your waist expands, your brain contracts. Obese people have 8 percent less brain tissue than those with a normal BMI, new research reveals. "Once your brain volume decreases by 10 percent, you begin to show symptoms of Alzheimer's," says researcher Paul Thompson, Ph.D., professor of neurology at the UCLA School of Medicine. Protect and reenergize gray matter with vigorous exercise for 30 to 60 minutes several times a week. Take your pick of these wintry workouts.

Cross-country skiing

512

Calories burned per hour

Sledding

448

Calories burned per hour

Shoveling snow

384

Calories burned per hour

Snowshoeing

512

Calories burned per hour

Calories burned are based on a 140-pound woman.



The Fat Trap

Reaching for a third helping? Palmitic acid, a type of saturated fat in butter, cheese and red meat, blocks satiety hormones and increases appetite, new research shows. "After three days of eating this type of fat, your brain pays less attention to the signals to stop eating," says Deborah J. Clegg, R.D., Ph.D., assistant professor of internal medicine at the University of Texas Southwestern Medical Center in Dallas. The fix? Choose nonfat cheese and swap butter for olive oil, which contains oleic acid and won't impair your fullness switch.

There's a good reason you can't eat just one slice.



Online Rx Risks

A new study in the *Annals of Family Medicine* found that more than 138 websites sell antibiotics online without a prescription. Less hassle, less money—it's a win-win, right? Not so fast . . .

● **You may misdiagnose your condition,** order the wrong drug and develop an allergic reaction after taking it. "What you may think is a yeast infection, for instance, may really be trichomoniasis, an STD that requires a different treatment," explains study author Arch G. Mainous, Ph.D.

● **You increase your risk for getting a worse bug later.** "Even if your symptoms disappear, using these drugs inappropriately may help increase antibiotic resistance," Mainous says.

● **It's against the law to sell prescription medications online without an Rx.**

You can report such sales by calling the U.S. Drug Enforcement Administration hotline, 877-RxAbuse. Bottom line? Self-treating will backfire. If you feel sick, see your doc.

Ovarian Cancer Breakthrough A newly approved blood test measures five different markers that can detect ovarian cancer in preexisting pelvic masses. The test, OVA1, is available now.

Source: Thomas J. Herzog, M.D., director of the division of gynecologic oncology at the Columbia University Herbert Irving Comprehensive Cancer Center at New York-Presbyterian Hospital

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Q “An old skiing injury is acting up. Will sports creams ease the ache?”

A They might make you feel warm and tingly, but most rubs won't take the pain away. A recent review of studies found that topical pain relievers containing salicylate, an ingredient related to aspirin and found in products such as Bengay, are no better than placebos as pain-killers. Creams that have anti-inflammatories like ibuprofen may be more effective, but physical therapy is a better Rx for nagging aches, says Angela Smith, M.D., former president of the American College of Sports Medicine in Indianapolis. “When pain resurfaces, it often means the injury never completely healed,” Dr. Smith says. “Even old injuries frequently respond well to PT.”



Q “I just quit smoking and I’m worried: Am I bound to gain weight?”

A The general rule of thumb is that around a quarter of quitters put on five pounds or less, half add between five and 15, and the rest gain more, says nicotine researcher Cynthia S. Pomerleau, Ph.D., author of the new book *Life After Cigarettes*. The reason: Nicotine, which suppresses appetite and increases metabolism, is out of your system. To keep pounds in check, don't quit right before your period, when you're prone to bloating; this can be discouraging, Pomerleau says. Another trick: Skip the alcohol. Full of empty calories, it chips away at your resolve to stay smoke-free. Ask your doc about nicotine replacement products or the drug Zyban to help you kick the habit. “Both methods curb weight gain,” Pomerleau says, “and they help you get past the initial period of intense craving for a cigarette.”

Q “Can taking a daily walk really help lower my blood pressure?”

A Absolutely. And we're not even talking power walk. “A daily 30-minute brisk stroll for two months can lower blood pressure by five to seven points, especially in people with mildly elevated BP,” says Barry A. Franklin, Ph.D., director of cardiac rehabilitation and exercise laboratories at William Beaumont Hospital in Royal Oak, Michigan. Your goal: a reading of 120/80 or lower.

If your blood pressure is considered high (edging past 140/90), however, be sure to get your physician's okay before trekking in the great outdoors this winter. “Cold weather causes tiny blood vessels throughout the body to constrict, which, in turn, can raise blood pressure and increase demands on the heart,” Franklin explains. For those people, hitting the treadmill for exercise may be a better bet.



Confused about the latest health news? E-mail your questions to us at health@fitnessmagazine.com.

in short

“How do I know if my periods are too heavy?”

If menstruation lasts a week-plus, if you need to double up on protection overnight or if you have to change your tampon more often than every two hours, you're losing too much blood. This may be a sign of fibroids or uterine polyps. Ask your gyno about meds, including certain types of birth control, that can slow the flow.

JUST A COUGH OR WHOOPIING COUGH?

(ALSO KNOWN AS PERTUSSIS)



The **CDC*** states that whooping cough can be very serious in adults and potentially fatal in infants.

What you should know:

- Whooping cough is a highly contagious disease caused by bacteria that can become airborne when an infected person coughs or sneezes
- Whooping cough can cause a persistent hacking cough that can last up to 3 months or more
- Because whooping cough immunity can fade over time, the CDC recommends a single dose of Tdap** vaccine for people ages 11 to 64

What you can do:

- Talk to your doctor about a Tdap vaccination, which can help protect against 3 diseases – tetanus, diphtheria, AND whooping cough

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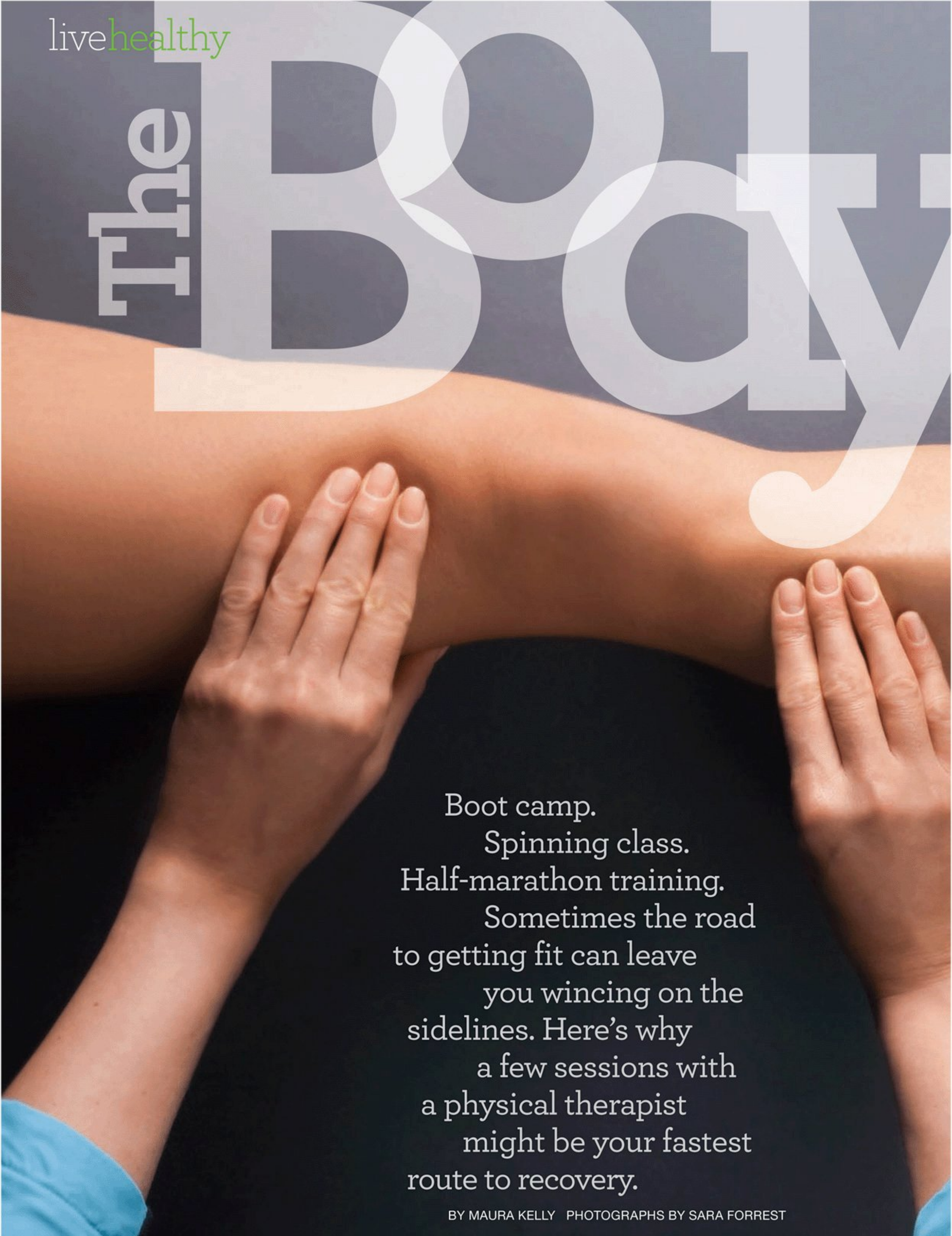
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Body



Boot camp.
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Sometimes the road
to getting fit can leave
you wincing on the
sidelines. Here's why
a few sessions with
a physical therapist
might be your fastest
route to recovery.



It all started with a pothole. I was almost at the end of a four-mile run, focused on finishing and getting on with my day, when suddenly I was tripped up by a large crack in the asphalt and landed hard, smack on my right knee. Even though the knee throbbed for days afterward, I pushed through my usual workout routine, figuring it would get better on its own. Only, it didn't. When I finally made my way to an orthopedic surgeon for an exam, it turned out that one of the tendons holding my kneecap in place was seriously swollen. The Rx: physical therapy.

I was skeptical. Wasn't PT reserved for hard-core athletes and the elderly recovering from hip replacement surgery? To my surprise, the rehab center my doctor recommended was full of women just like me—young, fit and trying to get back to the activity they loved. “Judging from the increase in physical therapists, it's estimated that the number of people receiving PT services has grown from about 1.2 million per day in 2000 to 1.6 million per day in 2008. This is a jump of almost 40 percent in less than a decade,” says Andrea Avruskin, D.P.T., a spokesperson for the Nevada Physical Therapy Association. The U.S. Bureau of Labor Statistics predicts the that industry will grow by nearly a third by 2016—about three times the national average—outpacing similar professions, like nursing and emergency medical services.

Part of the reason for the increase is that sports injuries themselves are on the rise: Close to 20 percent of us got one in 2008, up from 14 percent in 2000. At the same time, there's been a shift away from the idea that plain rest is best for recovery. “We used to treat these injuries with the RICE method—rest, ice, compression and elevation. There's still some of that, but studies show that the best way to speed up recovery is to get you moving as soon as possible,” says FITNESS advisory board member Vonda Wright, M.D., an orthopedic surgeon at the University of Pittsburgh Medical Center. “Say you sprain

your ankle. You still have two good arms and one leg to work with. If you sit at home doing nothing until it's healed, your ankle will be stiff and weak, and the rest of your body will also be out of shape." For this reason, doctors now prescribe physical therapy to keep you active and prevent the injured area from atrophying.

MOVE IT TO IMPROVE IT

This active rehab approach is backed by a host of new research. "Recent studies comparing surgery to physical therapy for the treatment of problems like knee and back pain indicate that seeing a therapist can often result in a better outcome—with less medication and reduced cost—than seeing a surgeon," Avruskin says.

While men still account for a higher number of athletic injuries than women, the type of exercise-related problems we get makes us ideal candidates for PT. "Women are predisposed to hurting their hips, knees and backs, in part because of alignment issues; our hips are much wider than our lower body, and that can put excessive strain on the joints and ligaments," says Wendy Katzman, Ph.D., assistant clinical professor of physical therapy at the University of California, San Francisco.

Muscle strength also plays a role. One study found that female athletes suffered tears to their ACL, one of the major ligaments in the knee, at a rate up to six times higher than their male counterparts. "If the hip muscles don't have sufficient strength to stabilize the knee, injuries happen," says Pete McCall, an exercise physiologist with the American Council on Exercise.

Tabatha Thompson, 35, of Louisville, Kentucky, discovered this the hard way after persistent knee pain kept her from competing in a series of races that she'd trained for. A friend suggested she see a physical therapist. "My therapist found that my right hip was so weak that I'd been leaning on my stronger left side to compensate," Tabatha says. A routine that focused on strengthening her glutes and hips so her knee wouldn't have to do so much work allowed the joint to heal. A few months later Tabatha was back to her regular six-mile runs, but now she was pain-free.

WORK IT OUT

So, could you benefit from a few sessions? If you have a pain that lingers after a week's rest, get a consultation, says FITNESS advisory board member Marty Jaramillo, a founder and CEO of I.C.E. Sports Therapy in New York City. Even though you may not need a doctor's referral to get an appointment, Dr. Wright says it's best to see your M.D. first for a diagnosis, then follow up with a physical therapist.

In some cases, physical therapy can treat injuries that would otherwise require surgery.



“The best way to speed up the recovery process is to get you moving as soon as possible.”

If you've never been to physical therapy, picture a facility not unlike your local health club. Most clinics are housed in gyms, hospitals or private offices and contain equipment such as treadmills, exercise balls, weights and foam rollers. For your first appointment, ask what you should wear; comfortable, loose clothing and sneakers are usually best, says Susan Chalcraft, president of the Washington State chapter of the American Physical Therapy Association.

Once you've checked in, you'll meet your therapist, who will "test your strength, range of motion, joint stability and flexibility to determine what underlying issues may have contributed to your injury," Jaramillo explains. After the evaluation, your therapist will come up with a treatment plan to rehab the injured area, strengthen the surrounding muscles and prevent you from getting hurt in the future.

On subsequent visits you'll perform a series of stretching and strengthening exercises. Your treatment may also call for ice or heat, massage, ultrasound (to reduce inflammation and pain) and/or electrical stimulation (a painless electrical current directed at the injured muscle to improve blood flow, increase strength and relieve discomfort). You'll be asked to do the exercises a few times a week on your own. "There's only so much we can accomplish during an hour," Chalcraft notes. "That's why we ask you to work out at home too."

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Nutrisystem and
lost 50 pounds*,
and I never
looked back."
-Marie Osmond

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MARIE OSMOND
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after

*Results not typical.

Exercises to strengthen the injured area and surrounding muscles will get you back in the game stronger than before.

Minor injuries should feel much better within five visits; more serious issues may require about 12 sessions.

Minor injuries—a strained glute or an ankle twist—should feel significantly better within five visits (two per week), each of which lasts from 30 to 60 minutes depending on the clinic, Chalcraft says. More involved conditions, including tendonitis and plantar fasciitis, usually require about 12 visits over the course of four to six weeks.

AN OUNCE OF PREVENTION

But PT isn't just for the wounded. Many clinics offer preventive evaluations to determine muscle weaknesses or other imbalances that could lead to injury. If a problem is identified, the therapist will provide exercises to keep an issue like tight hamstrings from turning into something more serious, such as a hamstring tear. "Most injuries are the result of long-standing weaknesses," says Kim Wallace, vice president of clinical operations for Excel Physical Therapy and Fitness in Philadelphia. "Correcting those problems now can save you a lot of stress and money later." Indeed, in one study, PT reduced ACL injuries by 41 percent.

If you can't touch your toes or complete a deep squat without pain, you should definitely consider making an appointment, says Kyle Kiesel, Ph.D., associate professor of physical therapy at the University of Indiana at Evansville. These are often signs of an underlying problem, such as tight hamstrings or underdeveloped glutes.

How much will you have to shell out for all of this rehab? According to the therapists we spoke to, an initial visit can run from \$75 to \$250, depending on the clinic and where you live; follow-up visits average \$85 to \$110. What you'll actually pay depends on insurance. "Physical therapy is a basic benefit of almost all plans; most companies cover from 50 to 80 percent of the visit after the patient copay, which is usually \$5 to \$40 per session," says

Richard S. Katz, chairperson of the payment policy committee of the California Physical Therapy Association. Insurers can also cap the number of visits allowed, sometimes paying for as few as four for a minor injury.

Part of the discrepancy in coverage is that many insurance companies underestimate the effectiveness of PT. Slowly the perception is changing. A bill recently introduced in Congress increases access to therapy services for Medicare beneficiaries by removing the need for a physician's referral, something that many state laws have already allowed. The physical therapy community is also lobbying insurers to expand coverage, reduce out-of-pocket patient costs and pay for treatment without a doctor's referral.

Theresa Barnes, 34, an avid runner in Indianapolis, needed a referral to physical therapy after pain in her right hip made her daily workout impossible. By the time she called her doctor, "the pain was so bad that just going to the supermarket was difficult," Theresa says. During her evaluation the therapist discovered that her hip muscles were significantly underdeveloped. Enter: Three months of squats, ball taps and leg lifts. Today, Theresa is strong and healthy. "I'm enjoying running a lot more now," she says. "Had I known how quickly physical therapy would get me back on my feet, I would never have waited so long to go." ■

Healing Starts Here

Find help with these tips from Susan Sigward, Ph.D., of the University of Southern California.

GET SPORTY Pick a clinic that's geared to athletes, even if you consider yourself an average exerciser. This will ensure that your therapist understands your fitness goals.

LOOK AT THE LETTERS Does the clinic have a sports certified specialist (SCS) or an orthopedic clinical specialist (OCS)? These certifications require extra training in the treatment of sports injuries.

DO A BACKGROUND CHECK Ask how frequently your therapist deals with injuries like yours. If the answer is rarely, request someone with more experience.

—Sarah D'Angelo

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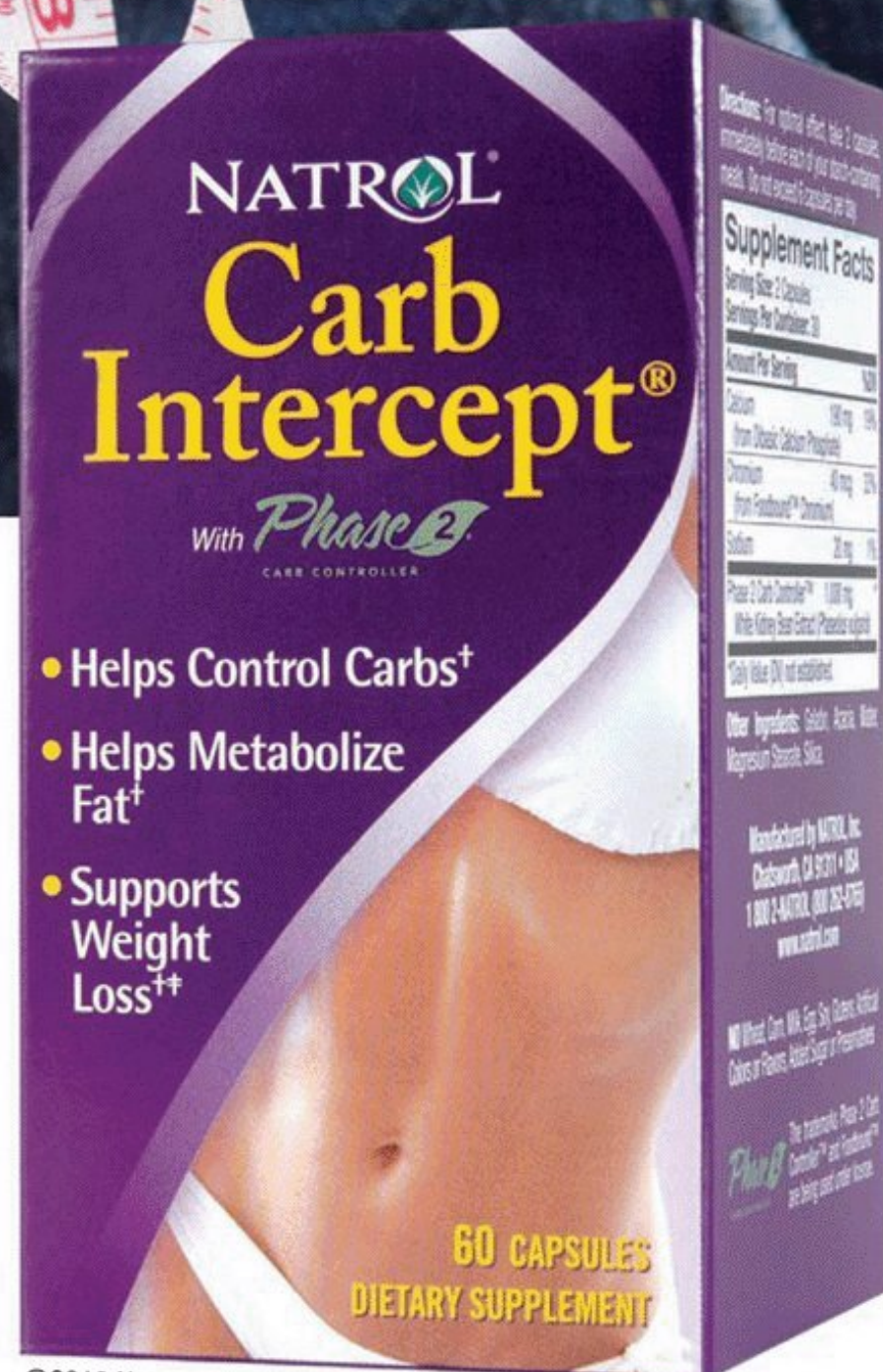
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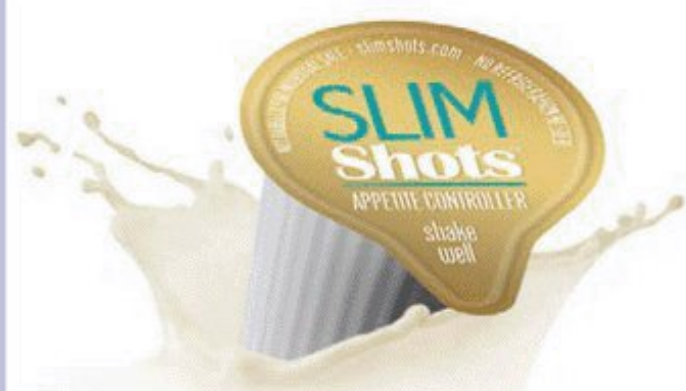
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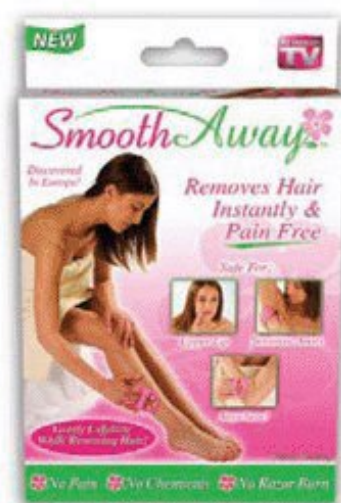
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Hey, you in the running shoes! You can thank those sneaks for keeping you snuffle-free while your less sporty friends are sneezing themselves silly. According to a study from the University of South Carolina in Columbia, people who routinely worked up a sweat had a 23 percent lower risk of catching a cold than those who didn't. Why? Regular exercise bolsters the immune system. But even though you're a lean, mean cardio machine, viruses and bacteria lurking on treadmills, locker-room benches and who knows where else can still sideline you. Here's how to dodge the season's germiest situations—and bounce back fast if you do get sick.

“The guy on the treadmill next to me is doing more sneezing than sweating.”

WAGE GERM WARFARE All those get-in-shape New Year's resolutions mean your gym is packed with

people—and their germs. To better your chances of staying cold-free, stick 10 percent bleach wipes in your bag to swipe machines with before working out, says Philip M. Tierno Jr., Ph.D., director of clinical microbiology and immunology at New York University Langone Medical Center. Beware the disinfectant spray that your gym supplies: The mystery solution may not be strong enough to kill germs, and, even worse, the bottle's exterior could be crawling with them. As for the sneezing jogger, consider offering him a tissue or a concerned “Are you okay?” Then cross your fingers that he takes your hint and cuts his workout short.

“I can't hear the in-flight movie over the sniffling and hacking of the woman across the aisle.”

WAGE GERM WARFARE Yuck! Next time you're stuck in the snuffle zone on a flight, position your air

Test Your Flu IQ

Learn the truth behind three common myths.

HOT AIR If a cold lasts more than a week, it must be a bacterial infection, requiring antibiotics.

COLD TRUTH The symptoms of a cold can last three weeks, and antibiotics have no effect on the 200-plus viruses that cause them, says Ralph Gonzalez, M.D., professor of medicine at the University of California, San Francisco.

HOT AIR When it comes to colds, C is the supervitamin.

COLD TRUTH Research on C is not convincing; it's D that keeps the bugs at bay. University of Colorado scientists found that people with the highest levels of D had fewer colds, possibly because the vitamin stimulates the production of infection-fighting chemicals.

HOT AIR There's nothing you can do once the flu strikes.

COLD TRUTH If you've been sick less than 48 hours, ask your doc for an antiviral drug like Tamiflu or Relenza. It can shorten your misery by a few days, says William Schaffner, M.D., vice president of the National Foundation for Infectious Diseases in Bethesda, Maryland.

vent strategically, suggests Martin B. Hocking, Ph.D., professor emeritus in the department of chemistry at the University of Victoria in British Columbia, who has researched viruses on planes. "If I notice that people around me are coughing or sneezing, I adjust the air vent so it is directed in front of my face to blow away any droplets that could hold a virus," he says.

Pack a saline nasal mist in your carry-on bag and take several deep sniffs every half hour to keep your nasal passages moist. Low humidity makes you up to 20 percent more likely to catch a cold on a plane than during your travels by car, train or bus, according to Hocking's studies. The reason: Think of your body as an exclusive club. The bouncers at the door are cilia, tiny hairlike structures on the surface of cells that stop nasty germs from entering your nose but that don't work if the surrounding air is dry.

"I love using the sauna at the gym, but my friends say that I could catch something. Are they right?"

WAGE GERM WARFARE Not likely. In fact, getting your sweat on could actually protect you: A study in Germany found that using a sauna twice a week reduced the frequency of colds by about half. The researchers aren't sure why, but



they suspect that the exposure to alternating heat and cold boosts the immune system. Of course, you still need to be wary of things people touch in the sauna and locker room (think handles, switches and hair dryers), where cold and



Jessica never would have guessed popcorn this good could be 94% fat free.

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Oh yum!

flu germs can live for 24 to 48 hours, explains Elizabeth Scott, Ph.D., codirector of the Simmons College Center for Hygiene & Health in Home & Community in Boston. Wash your hands with soap and hot water for 15 to 20 seconds or use a hand sanitizer after touching common surfaces and before touching your nose, eyes or mouth. Those are the gateways that allow infectious microbes to get a foothold in your system in the first place, Scott says.

“The cashier at the supermarket sneezes on my change, then hands it to me.”

WAGE GERM WARFARE First thought: *Ewww!* Second thought: Please pass the soap, stat. When researchers at

Wright-Patterson Air Force Base near Dayton, Ohio, collected dollar bills from around their community, they found that a whopping 94 percent were contaminated with potentially harmful microbes. Whenever you handle paper money, wash your hands or use a sanitizer containing at least 62 percent alcohol immediately afterward, Tierno advises. Coins are less risky because the metals they contain inhibit the growth of viruses and bacteria. If it's winter, slip your gloves on before taking your change; you're headed outside anyway. Paying with a credit card? Don't pick up that communal pen. It is covered not only with the cashier's germs but also with those of every customer who has used it before you. “I carry my own pen with me at all times,” Tierno says.

What's Up, Docs?

Try these tricks experts use to steer clear of vexing viruses.

“Instead of shaking hands as a greeting, I pat people's shoulder or clasp their upper arm to keep them at a healthy distance.”

—Donnica L. Moore, M.D., founder of women's health website drdonnica.com

“I wear a long-sleeve cotton shirt under my scrubs. If I have to scratch my nose, I cover my hand with the shirt.”

—Ross Cohen, D.P.M., podiatrist, Baltimore Washington Medical Center, Glen Burnie, Maryland

“I use my knuckles to press elevator buttons, to touch screens and even to push open

doors. That way, if I rub my eye or nose, I'm less likely to introduce a virus into my system.”

—Parminder Bolina, M.D., internist, Baptist Hospital, Nashville

“I hold my breath when someone coughs or sneezes near me.”

—Len Horovitz, M.D., pulmonary expert, Lenox Hill Hospital, New York City

“Handbags pick up all kinds of viruses and bacteria. When guests come over, I ask that they leave them on a shelf in the hall.”

—Sue G. DeCotiis, M.D., internist, Beth Israel Medical Center, New York City



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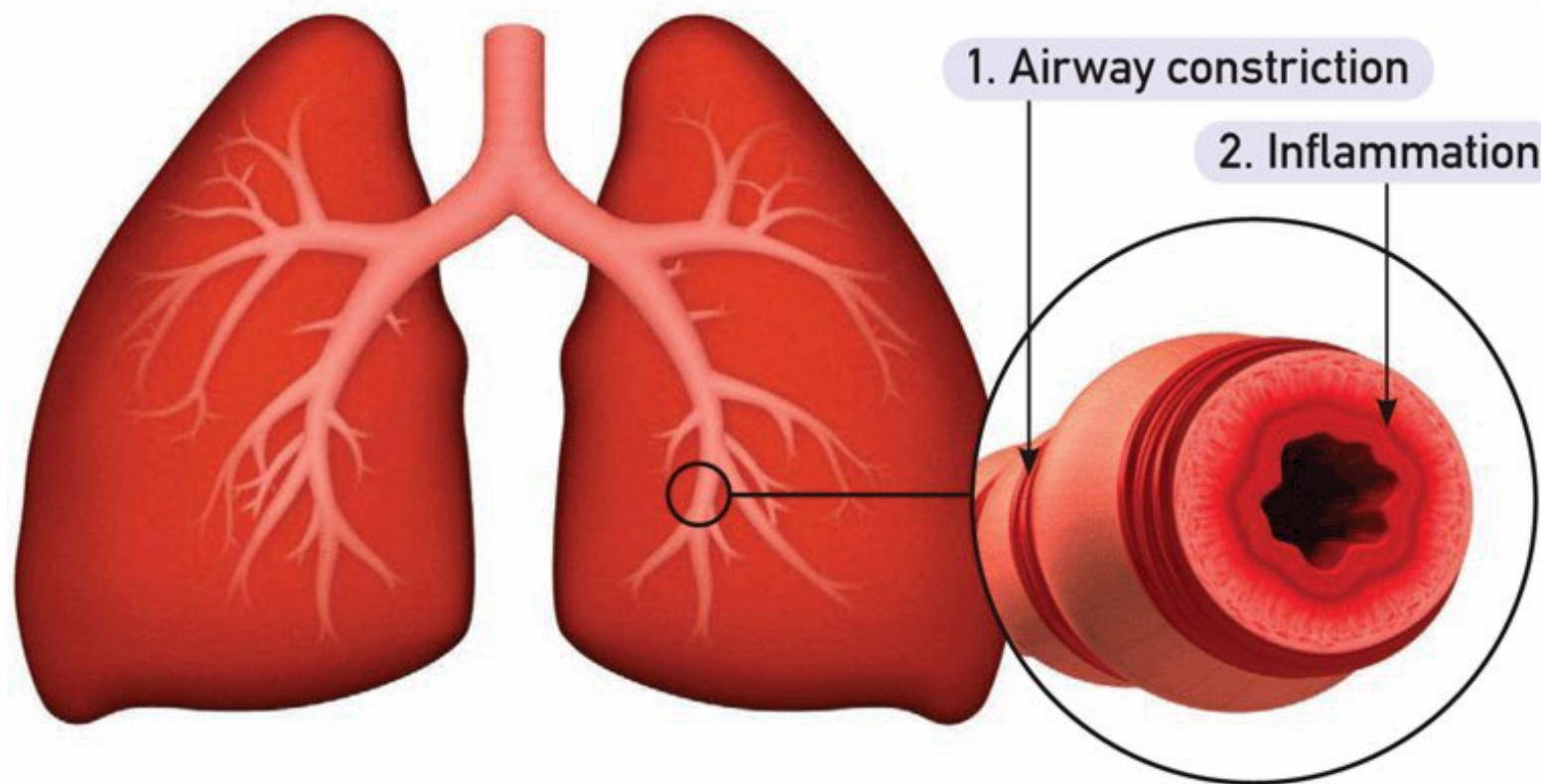
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Prescription ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. ADVAIR is for people who still have symptoms on another asthma controller, or who need two controllers. ADVAIR contains salmeterol. In patients with asthma, medicines like salmeterol may increase the chance of asthma-related death. So ADVAIR is not for people whose asthma is well controlled on another controller medicine.

Talk to your doctor about the risks and benefits of treating your asthma with ADVAIR. Do not use ADVAIR with long-acting beta₂-agonists for any reason. If you are taking ADVAIR, see your doctor if your asthma does not improve or gets worse. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.

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*Subject to eligibility. Restrictions apply.

[†]ADVAIR contains 2 medicines; other products may contain just 1.

Please see accompanying Important Safety Information about ADVAIR DISKUS on next page.

What is the most important information I should know about ADVAIR DISKUS?

- In patients with asthma, long-acting beta₂-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta₂-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.
- Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.
- ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
 - breathing problems worsen quickly, and
 - you use your fast-acting inhaler, but it does not relieve your breathing problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS contains 2 medicines:
 - fluticasone propionate (the same medicine found in FLOVENT[®]), an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
 - salmeterol (the same medicine found in SEREVENT[®]), a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir[®] (ritonavir capsules) Soft Gelatin, Norvir[®] (ritonavir oral solution), and Kaletra[®] (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See "What is the most important information I should know about ADVAIR DISKUS?"
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
 - increase in mucus (sputum) production
 - change in mucus color
 - increased breathing problems
 - fever
 - increased cough
 - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
 - rash
 - swelling of the face, mouth, and tongue
 - hives
 - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advaair.com.

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Drugstore Cheat Sheet

HONK

Symptom

NASAL
CONGESTION

OTC Options

DAYTIME Nondrowsy pseudoephedrine (*Sudafed*) or phenylephrine (*Sudafed PE*) shrinks blood vessels in your nose.

NIGHTTIME Take sedating antihistamine diphenhydramine (*Benadryl*) alone to block the inflammatory effects of histamine, or add congestion-clearing nasal spray oxymetazoline (*Afrin*).

SNEEZING

DAYTIME Antihistamine loratadine (*Alavert*, *Claritin*, *Claritin Reditabs*) blocks histamine but keeps you alert.

NIGHTTIME Antihistamine diphenhydramine (*Benadryl*) will help you nod off.

SORE
THROAT

LOZENGES with benzocaine (*Cepacol*), hexylresorcinol (*Sucrets*) or hexylresorcinol and benzalkonium chloride (*Beechams Max Strength*) contain numbing medication to reduce pain.

COUGH

LOOSE COUGH Guaifenesin (*Robitussin Cough & Cold CF*) is an expectorant that brings up phlegm to clear airways.

DRY COUGH Suppressant dextromethorphan (*Robitussin Cough & Chest Congestion DM*) weakens the cough reflex.

FEVER/
HEADACHE

IBUPROFEN (*Advil*, *Motrin*) blocks prostaglandins, substances that promote pain, fever and inflammation.

ACETAMINOPHEN (*Tylenol*) elevates your pain threshold.

Source: Keith T. Veltri, Pharm.D., assistant professor at Touro College of Pharmacy in New York City

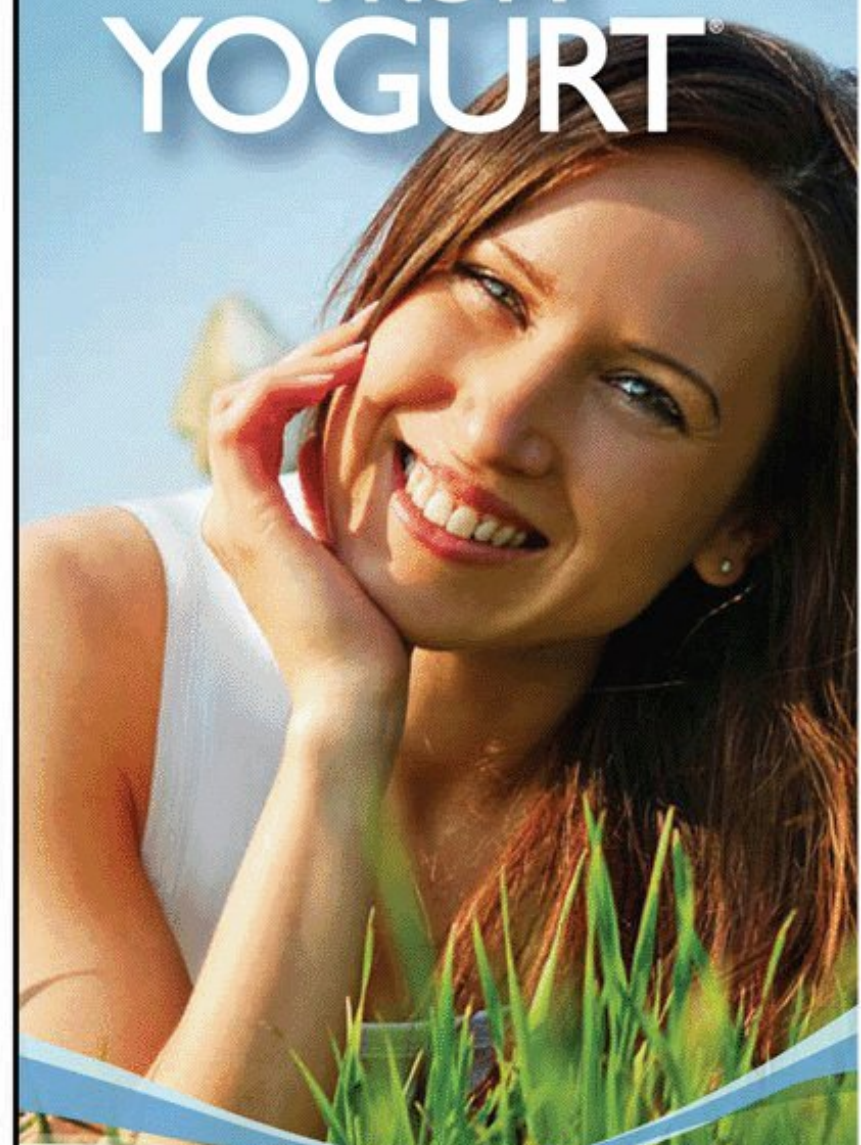
"I'm leaving for a ski vacation in a week and feel a cold coming on."

WAGE GERM WARFARE Head into hibernation with several bottles of water, but first stop at the supermarket to stock up on supplements. The herb echinacea can shorten a cold by about a day and a half, according to a review from the University of Connecticut School of Pharmacy in Storrs. "Research indicates that taking 900 micrograms daily does the trick," says study author C. Michael White, Pharm.D. Lozenges are another good bet: Researchers at the Cleveland Clinic Foundation reported that people who took one zinc gluconate

lozenge containing 13.3 milligrams of zinc every two hours for as long as they had symptoms recovered from their colds at least three days faster than those who didn't. Just avoid Zicam Cold Remedy Nasal Gel or Swabs. The FDA recently issued a warning against these products after some consumers reported losing their sense of smell.

Bottom line? No matter how careful you are, sometimes there is no escaping a bug. The good news is that all the jogs, Pilates classes and crunches you do keep your immune system as fit as your body, so you'll feel better in a flash. And in the meantime, there's always chicken soup. ■

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

TODAY

MON TUE WED THU FRI SAT SUN

Date

	SCHEDULE	ACTION LIST
7	Spinning class Molly to gymnastics / Josh to karate Dry cleaning	
8	Drop kids off at school	
9	Coffee with Debbie (compliment her haircut) Car to dealership re: red light won't go away	
10	Client conference call Training for new phone system	
11	Weekly team-building meeting	
12	Conference call with client Conference call with field reps	
1	Confirm dinner reservation / call Mom re: babysitting Shop for anniversary card / new dress?	
2	10-minute power walk Mandatory workplace safety seminar	
3	Finish 360 evaluations	
4	Presentation to new employees	
5	Crunch numbers for sales meeting	
6	HR meeting re: 401k changes Interview boss's nephew	
7	Finish expense report from sales trip Retirement party for Ed in Accounting (stop by to say "hi")	
8	Pick up kids	
9	Mani-pedi	
10	Hair appointment	
11	Take kids to mom's	
12	Anniversary dinner with Jim!	

NOTES



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Mind Your Meals

The key to eating less and enjoying food more: yoga. People who hit the mat for some “om” time have a body mass index that’s almost three points lower than those who don’t practice the exercise, a study shows. The reason? Researchers say yoga makes you more attuned to what—and how much—you eat. “It improves the mind-body connection, which can make you more aware of sensations like hunger and fullness,” says study author Celia Framson, R.D., of Seattle Children’s Hospital. “If you listen to your body, you’re less likely to eat when you’re not hungry.” Just one weekly session of yoga—or tai chi or meditation—may help you become more mindful at each meal.

The Latest Dish on Fish

Unless you're pregnant, you probably don't worry about consuming too much mercury from eating seafood. But a new study of 300 streams in the United States reveals that more than a quarter of them have fish with mercury levels higher than what the EPA considers safe. "We should all pay more attention to the types of seafood we eat," says Renee Sharp, director of the California office of the Environmental Working Group, a nonprofit organization that focuses on environmental and public health issues. Tuna steaks, king mackerel and swordfish are among those with the most mercury and should be avoided, especially if you're expecting. Flounder, wild salmon and shrimp are a few of the safest choices. For more information, check out ewg.org/safefishlist. —Sarah D'Angelo

Love sushi? Make salmon, not tuna, your go-to fish.

The Sipping Point

The average American drinks more than 48 gallons of soda a year.

To reduce our consumption, a group of doctors, scientists and lawmakers has proposed adding a "fat tax" on cola and other high-calorie beverages, such as energy and sports drinks, as well as on candy. So we asked FITNESS readers:

If you had to pay extra for soda and candy, would you think twice before making a purchase?

Survey says:

Yes.....72%
No.....28%

Results from a fitnessmagazine.com web poll of 866 people

World's Best Stay-Slim Secrets

The big fat truth: The United States is one of the heaviest nations on earth, according to the World Health Organization. "People in the fittest countries do a better job of eating healthy and watching portion size," says celebrity trainer and nutritionist Harley Pasternak, author of the new book *The 5-Factor World Diet*. To lighten up, try these smart strategies from good eaters around the globe.

What they eat

Sweden Fish, milk, yogurt, whole grains



Why it's healthy

Fish contain heart-healthy omega-3 fatty acids, and whole grains are rich in nutrients.

Steal this secret

Make an open-faced sandwich with only one slice of whole-grain bread to cut calories and carbs.

Spain Seafood, vegetables, garlic and other spices, citrus fruits



Mussels, shrimp and squid are low in fat and high in protein.

Eat seafood a few nights a week, using a citrus or vinegar-based marinade.

Israel Bulgur wheat, beans, olive oil



Whole grains and beans are packed with fiber and protein; olive oil has healthy fat.

Swap rice for bulgur, barley or buckwheat in salads and soups.

—S.D.

Food Fix Preventing allergies and asthma may be as easy as drinking OJ. The higher your folate levels, the lower your risk of having an allergic reaction to pet dander, dust mites and mold, according to research. Aim for 400 milligrams of folate daily from beans, grapefruit, kale, oranges and spinach.

A man with glasses and a cord jacket is leaning over a vineyard, smiling and pointing at a bunch of grapes. The background is a lush green vineyard with many bunches of dark grapes hanging from the vines.

Alton Brown

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Q “Is it bad to down my vitamins with a cup of coffee?”

A Yes. “Coffee is a stimulant, so it revs up the gastrointestinal tract and makes things move more quickly through your body,” says FITNESS advisory board member Mark Moyad, M.D., M.P.H., author of *Dr. Moyad’s No BS Health Advice*. Translation: You won’t absorb all of the nutrients from a capsule that is cruising through your system. The good news is you don’t have to skip your morning mug. Just drink your coffee and eat breakfast first thing when you wake up and then wait 10 to 15 minutes to pop your vitamins with a glass of water.

Q “I’ve seen white whole-wheat bread at the supermarket. How can a loaf be both?”

A These lighter-colored loaves are no nutritional oxymoron. They’re simply made with a different unrefined grain—one that is white instead of the traditional red, says American Dietetic Association spokesperson Jeannie Gazzaniga-Moloo, Ph.D., R.D. How do the two types stack up in a sandwich

smackdown? They’re equally matched in terms of nutrition; however, the white has a milder, sweeter taste. To make sure you’re choosing the slice that’s smartest for you, check the bread’s label to see that the first ingredient listed contains the word *whole*. Products that use sneaky terms like *multigrain*, *seven grain* and *cracked wheat* are often not nearly as healthy as they sound.

Q “Do I have to eat steel-cut oatmeal to get the health benefits?”

A No. Instant oatmeal is a breakfast shortcut that doesn’t shortchange your health. While steel-cut will give you one more gram of fiber per serving, the instant packets contain the same disease-fighting whole grains—just in smaller pieces for quick cooking time, says Connie Diekman, R.D., director of university nutrition at Washington University in St. Louis. But beware the sugar trap: Some instant varieties have 13 grams of the sweet stuff (more than three teaspoons). Better to buy plain instant oatmeal and add a dollop of honey.

Ask Sara Snow



Sara Snow is a natural-living expert, a TV host and the author of *Sara Snow’s Fresh Living*.

“Eating locally was easier in the summer. Now that it’s colder, what do I do?”

Not all farmers’ markets go into hibernation when temperatures drop. Log on to localharvest.org to find one near you that operates year-round. Stock up on fresh winter veggies (beets, kale, winter squash, leeks and parsnips, for example) as well as greenhouse-grown produce. While you’re there, look for frozen goods; many vendors freeze their spring and summer produce at the peak of its ripeness. No farmers’ market close by? Head to the frozen-foods section of your grocery store. The produce there often has more nutrients than a “fresh” vegetable that has traveled across the country to get to your supermarket.

Read Sara’s blog at www.fitnessmagazine.com/sarasnow and visit sarasnow.com for more green tips.



Got a question about food or weight loss? Send us an e-mail at nutrition@fitnessmagazine.com.



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Pasta Rosa Verde

Makes: 4 servings

Prep: 10 minutes

Cook: 10 minutes

- 8 ounces whole-wheat penne pasta
- 1 tablespoon olive oil
- 1 medium onion, thinly sliced
- 2 garlic cloves, minced
- 4 – 6 medium tomatoes, seeded and coarsely chopped
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon crushed red pepper (optional)
- 3 cups arugula, watercress and/or spinach, coarsely chopped
- ¼ cup toasted pine nuts
- 2 tablespoons crumbled Gorgonzola or other blue cheese

1. Cook the pasta according to package directions. Drain and keep warm.

2. Heat the olive oil in a large skillet over medium heat. Sauté the onion and garlic until the onion is tender. Stir in the tomatoes, salt, pepper and red pepper, if using. Cook, stirring, about 2 minutes, until the tomatoes are warm. Mix in the arugula, watercress or spinach and heat until just wilted.

3. Spoon the pasta into bowls and top with the tomato mixture. Sprinkle with the toasted pine nuts and cheese.

Nutrition facts per serving:
362 calories, 12 g protein,
55 g carbohydrate, 12 g fat
(2 g saturated), 5 g fiber

Noodle Know-How

Sticky rotini? Overcooked penne? Never again! Chef Rocco DiSpirito, a FITNESS advisory board member and author of *Rocco Gets Real*, shares three tips for cooking the perfect pasta every time.

Measure it out. A serving size of dry noodles is two ounces. Most boxes contain a pound, so if you're cooking for two, use one-quarter of the carton; for four people, one-half.

Speed it up. Bring water to a boil, then add pasta and some salt. The mineral raises the temperature of boiling water a few degrees, which reduces cooking time.

Keep it from clumping. Never (ever!) rinse pasta, DiSpirito says. Stir it frequently while it's boiling to keep strands from clinging together, and set a timer so you don't overcook.



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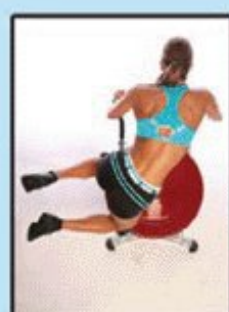
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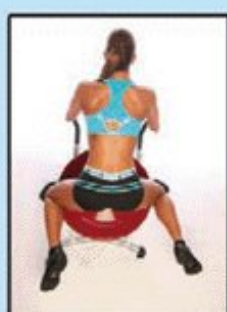
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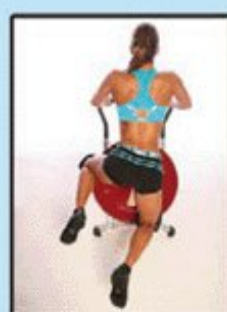
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Slide



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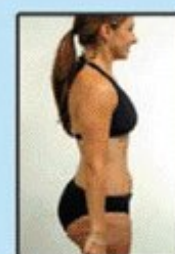


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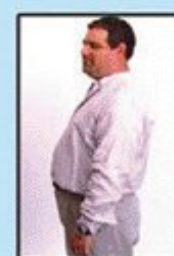
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After



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After

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FOOD FAKERS

Meet 10 diet staples—from tricky turkey burgers to sneaky yogurts—that may really be calorie culprits in disguise.

By Sally Kuzemchak, R.D.
Illustrations by Serge Bloch

THE SUGAR-PACKED SNACK

Yogurt

Brace yourself for culture shock. Plain yogurt naturally contains about 16 grams of sugar per cup. But if you eat flavored yogurt, you could be downing 15 or more additional grams of sugar, which is like shoveling in four extra teaspoonfuls.

SLIM STRATEGY Choose plain, low-fat yogurt and stir in a teaspoon of honey, maple syrup or all-fruit spread for a hint of sweetness. Or opt for fat-free Greek yogurt, which is lower in sugar than even regular plain yogurt but often has double the protein to keep you satisfied longer.

THE TRICKY TREAT

Sugar-Free Cookies and Candy

Don't fall for the no-sugar scam: When manufacturers remove the sweet stuff, they often add fat. One popular brand offers chocolate-chip cookies that each contain 160 calories and nine grams of fat, so why not eat the real thing? You might save calories with sugar-free candy, but many contain sorbitol, which can cause bloating and diarrhea.

SLIM STRATEGY Get your cookie fix with graham crackers, which have almost a teaspoon less sugar per serving than many other packaged cookies. Or find a 100-calorie snack pack of your favorite (try Keebler Fudge Shoppe Mini Fudge Stripes). Taking a trip to candy land? Grab a 60-calorie Tootsie Pop or a York Peppermint Pattie (140 calories and 2.5 grams of fat).

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THE VILLAINOUS VINAIGRETTE

Fat-Free Salad Dressing

Without fat, your salad is dressed for diet success, right? Wrong. Your body needs fat to absorb certain nutrients in veggies. In a study in the *American Journal of Clinical Nutrition*, people who used fat-free dressings didn't absorb any lycopene or beta-carotene, two health-boosting antioxidants.

SLIM STRATEGY Get an oil-based, reduced-fat dressing (usually two to four grams of fat per two tablespoons) that contains heart-healthy oils like olive and canola. Or make your own by whisking together two teaspoons of olive oil, one and a half tablespoons of balsamic vinegar, one-half teaspoon of Dijon mustard and a pinch of minced garlic.

THE SNEAKY SIP

Diet Drinks

That can of zero-calorie soda glued to your palm may be your waistline's worst enemy: Research from the University of Texas Health Science Center at San Antonio found that people who drink artificially sweetened beverages gained more weight than those who didn't, possibly because the sweet flavor may trigger cravings for the real thing. In another study, soda sippers were more likely to develop metabolic syndrome, a cluster of conditions including high blood pressure and ab fat that raises heart-disease risk.

SLIM STRATEGY

Reserve diet soda for an occasional

treat. Get your fizz fix from seltzer or sparkling mineral water, such as San Pellegrino.

THE BACKPACK BAD GUY

Trail Mix

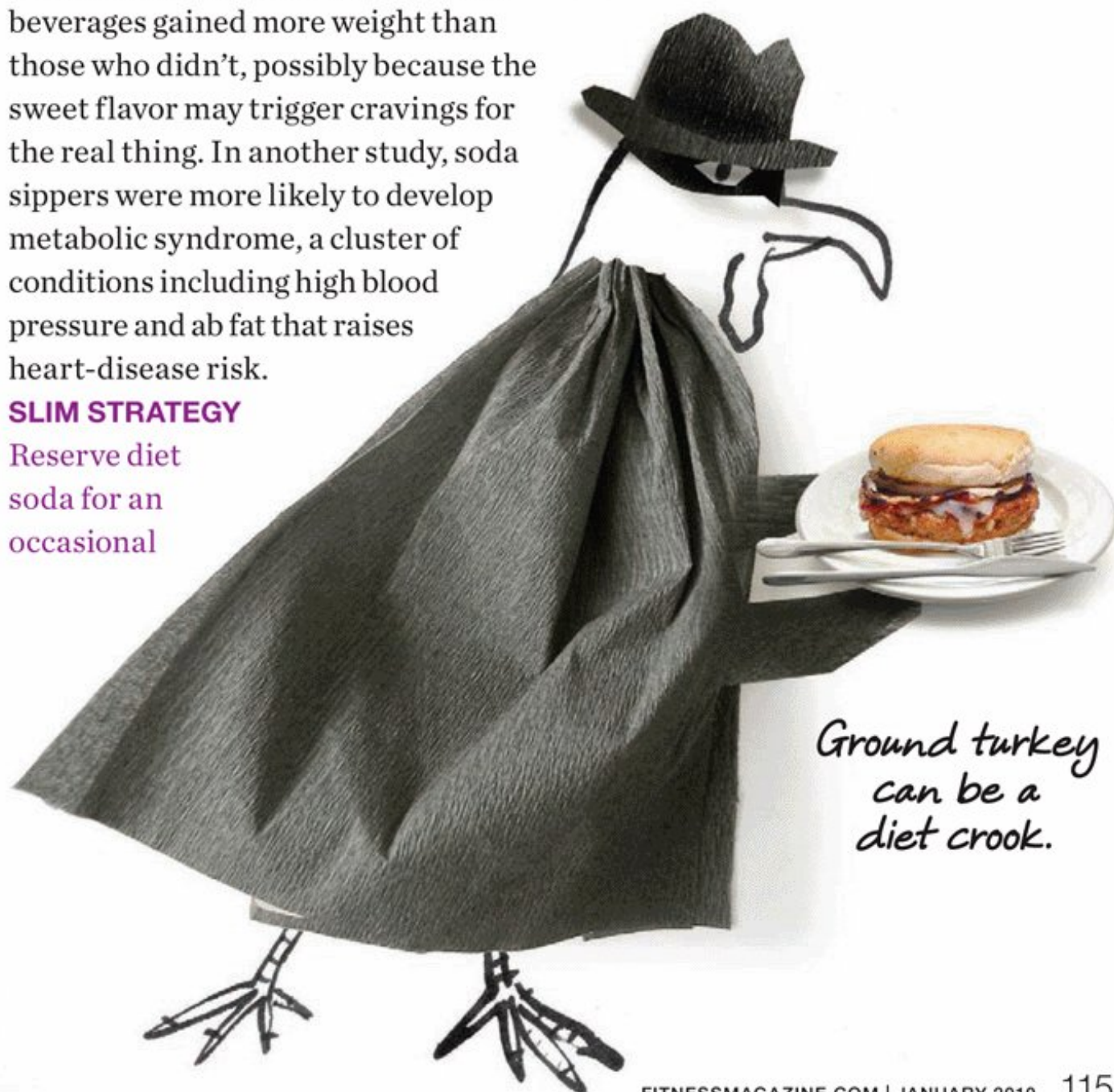
Store-bought versions should take a hike. A one-ounce handful of banana chips packs 10 grams of fat (they're usually deep-fried), and yogurt-covered raisins are coated with partially hydrogenated palm kernel oil, which contains saturated and trans fats.

SLIM STRATEGY Toss your own trail mix with nuts, dried fruit (raisins or chopped apricots), whole-grain cereal, mini pretzels and a few chocolate chips. Limit your portion to one cup.

THE FOUL FOWL

Ground Turkey

It seems like a no-brainer for burgers and lasagna, but ground turkey often includes fat and skin. A three-ounce serving can contain 13 grams of fat—almost triple the amount in lean ground beef. With 40-plus percent of your day's worth of cholesterol, regular ground chicken is no better.



Ground turkey
can be a
diet crook.



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Big on taste, light on calories.



SLIM STRATEGY Look closely at labels. “Extra-lean” turkey is your best bet, with one gram of fat and no saturated fat per serving. Can’t find it? Buy at least 92% lean ground beef.

THE MEDIOCRE MUNCHIE

Veggie Chips

The rainbow-hued chips are no better than their potato counterparts. While both may boast a little vitamin A or C, your hips won’t know the difference: The salty snacks have about 150 calories and nine or 10 grams of fat per handful. And that bag may contain plain old chips in disguise; sometimes manufacturers simply add food coloring to potato flour.

SLIM STRATEGY Be sure your chips list a vegetable, not potato flour or corn flour, as the first ingredient (we like Terra Chips) and stick with just one portion. Or skip them in favor of baked tortilla chips: Pair a serving (about 12 chips) with one-half cup of salsa; you’ll quell your crunch craving and get a full serving of veggies with only 153 nearly fat-free calories.

THE LIQUID LUNCH

Smoothies

Sure, you’ll get your fruit servings. You’ll also fit in a meal’s worth of calories, and in some cases, way more fat than you think (17 grams in one popular chain’s 16-ounce chunky strawberry smoothie). Even if you substitute one for breakfast, you’re pushing your calorie limit: Some smoothies weigh in at 500 calories.

SLIM STRATEGY Pick the smallest size available, and avoid high-cal mixers like frozen yogurt, sherbet,

sorbet and, especially, peanut butter and granola. One good bet at Jamba Juice: the Berry Fulfilling (150 calories). Pair it with a low-fat cheese stick or a hard-boiled egg for an on-the-go breakfast or mid-afternoon snack.

THE CEREAL SABOTEUR

Granola

Pancakes drowned in syrup, eggs swimming in hollandaise sauce—is there a healthy option on the brunch menu? Granola seems harmless, but it’s no breakfast of champions. One cup contains up to 560 calories and 28 grams of fat *before* you add milk.

SLIM STRATEGY Reluctant to give up that sweet, nutty taste? Skip granola at restaurants, where you can’t control your portion. Enjoy it at home by mixing a quarter cup into a cup of low-cal, whole-grain cereal, such as All-Bran Complete Wheat Flakes, or sprinkle a tablespoon on oatmeal.

THE FISHY TAKE-OUT

Sushi

Say sayonara to the trendy American-style sushi rolls. They’re stuffed with high-cal ingredients like cream cheese, mayo and shredded cheese. And remember that *tempura* is simply another way of saying “battered and fried.” One shrimp tempura roll (just six pieces of sushi) contains about 500 calories and 20 grams of fat.

SLIM STRATEGY Look for the basics—fish, rice, seaweed, vegetables—and skip creamy sauces. Sashimi (sliced raw fish, no rice) and nigiri (raw fish with rice) are safe, as are cucumber rolls. Order a side of protein-rich edamame to fill you up. ■

Half the calories of milk.*

* 1 cup/8 fl. oz. USDA reduced fat milk, 2% milkfat, with added vitamin A vs. 1 cup/8 fl. oz. Almond Breeze® Original Flavor

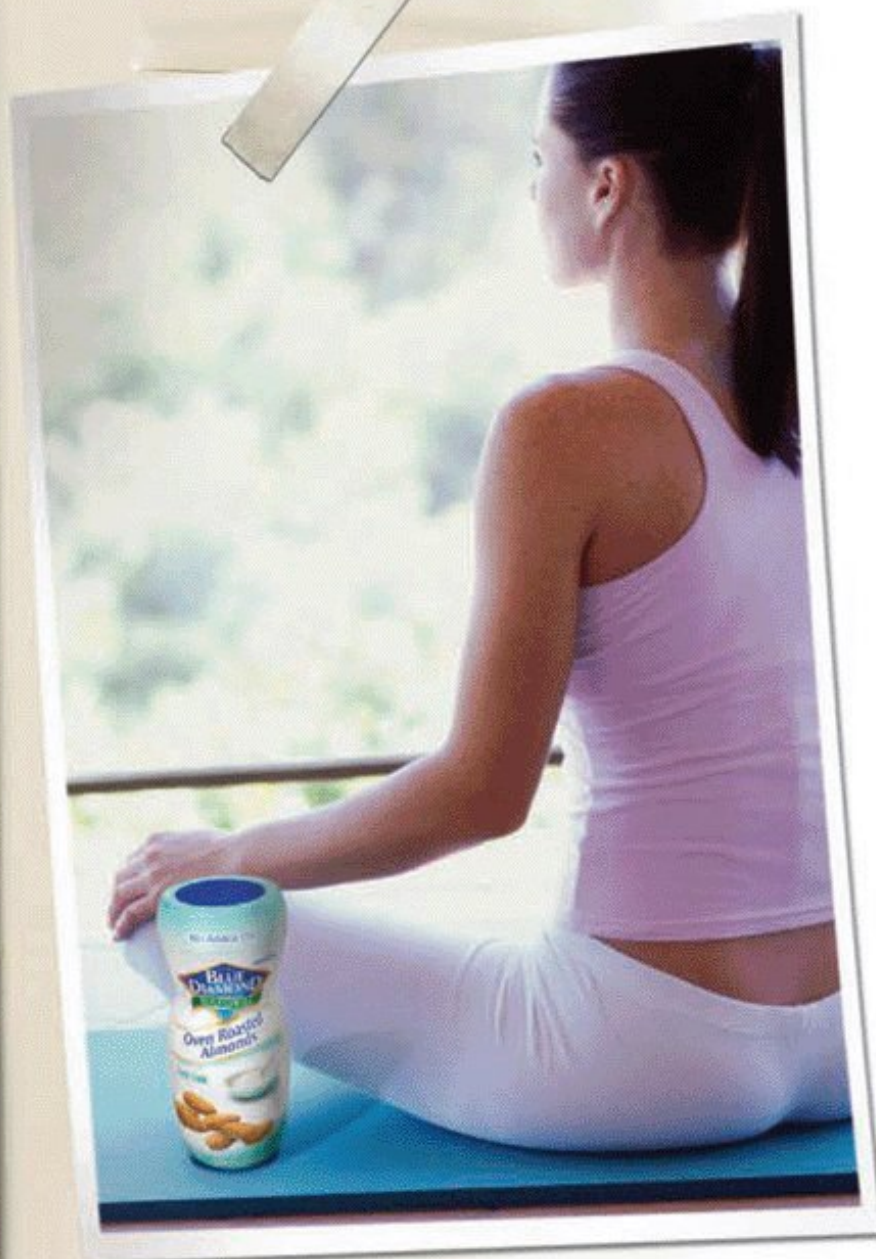


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Easy Pour Pop-Top Lid

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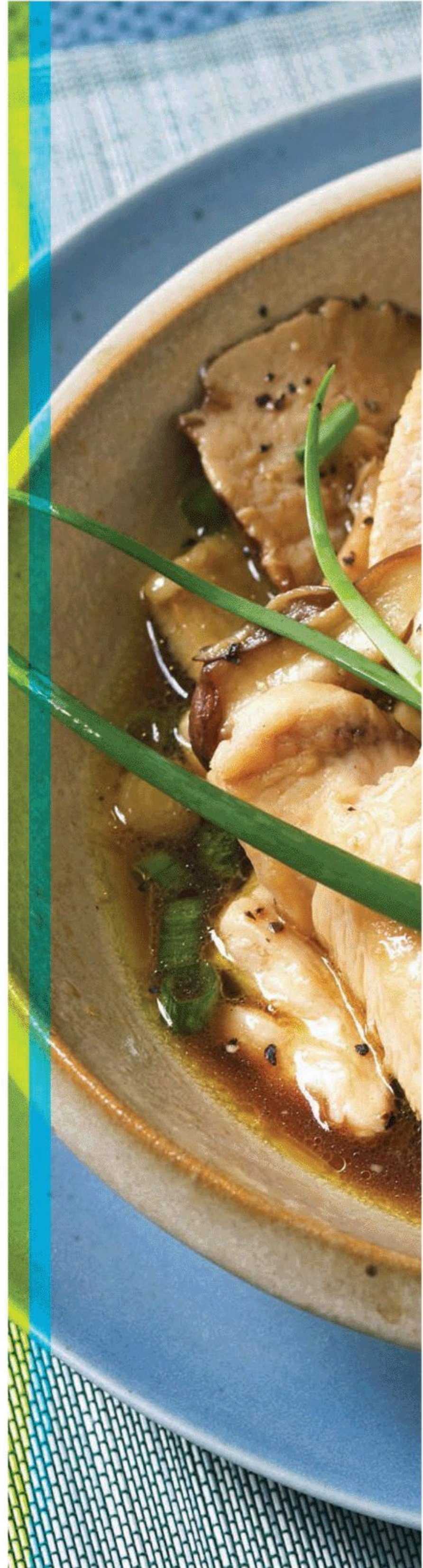
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RECIPES DEVELOPED BY MELISSA CLARK
PHOTOGRAPHS BY BRYAN McCAY







Chicken With Mushrooms and Scallions

Makes: 4 servings

Prep time: 10 minutes

Cook time: 12 minutes

- 1 tablespoon toasted sesame oil
- 1 small bunch scallions, sliced, whites and greens separated
- 1 small garlic clove, finely chopped
- 4 ounces shiitake mushrooms, stems removed and caps thinly sliced
- 4 cups water
- ¼ cup low-sodium soy sauce
- 1 2-inch piece gingerroot, peeled and cut into ¼-inch rounds
- 1 pound boneless, skinless chicken breasts, cut into ¾-inch cubes

1. In a very large skillet or soup pot, heat the sesame oil over medium heat. Add the scallion whites and garlic; cook, stirring, about 1 minute. Add the mushrooms and cook until softened, about 3 minutes.

2. Pour the water into the pan. Stir in the soy sauce and ginger and let simmer for 2 minutes. Gently place the chicken pieces in the broth. Reduce heat to low; cover and poach until the chicken is just cooked through, about 7 minutes.

3. Transfer the chicken pieces to wide, shallow bowls. Ladle broth over the chicken. Garnish with the scallion greens and serve.

Nutrition facts per serving:

190 calories, 28 g protein, 7 g carbohydrate, 5 g fat (0.9 g saturated), 1 g fiber

Chipotle-Glazed Roast Chicken With Sweet Potatoes

Makes: 6 servings

Prep time: 15 minutes

Cook time: 35 minutes

- 4 sweet potatoes (10 ounces each), peeled and cut into 1-inch pieces
- 2½ tablespoons olive oil
- 4 chipotle chiles in adobo sauce, minced
- 2 garlic cloves, minced
- 2 tablespoons honey
- 2 teaspoons cider vinegar
- 1¼ teaspoons salt, plus additional to taste
- 1 teaspoon cumin
- ½ teaspoon cinnamon
- 6 boneless, skinless chicken breasts (2 pounds), rinsed and patted dry
- Chopped cilantro, for garnish (optional)

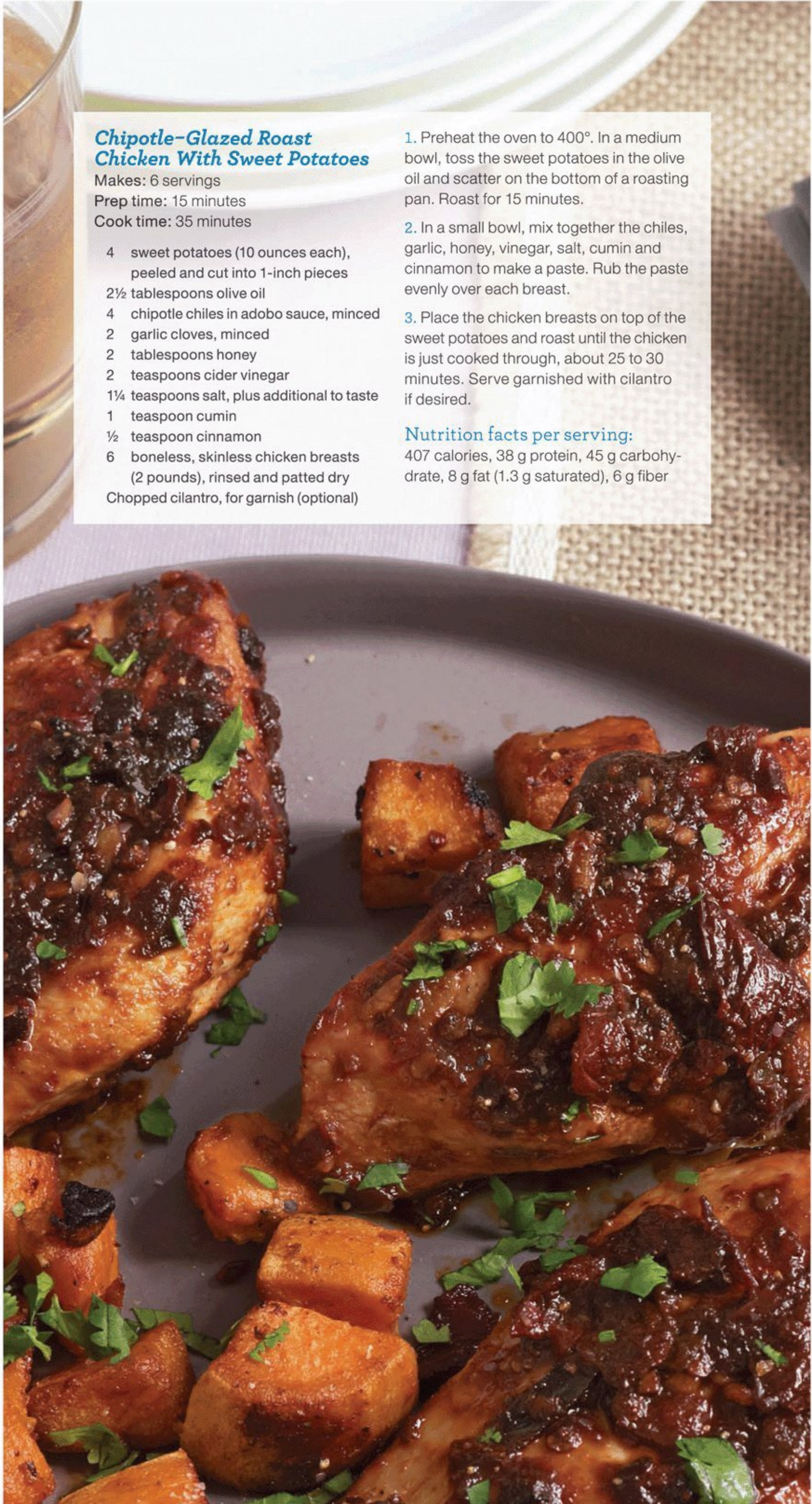
1. Preheat the oven to 400°. In a medium bowl, toss the sweet potatoes in the olive oil and scatter on the bottom of a roasting pan. Roast for 15 minutes.

2. In a small bowl, mix together the chiles, garlic, honey, vinegar, salt, cumin and cinnamon to make a paste. Rub the paste evenly over each breast.

3. Place the chicken breasts on top of the sweet potatoes and roast until the chicken is just cooked through, about 25 to 30 minutes. Serve garnished with cilantro if desired.

Nutrition facts per serving:

407 calories, 38 g protein, 45 g carbohydrate, 8 g fat (1.3 g saturated), 6 g fiber





Coconut-Curry Chicken Fingers With Cashews

Makes: 6 servings

Prep time: 10 minutes

Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts, rinsed and patted dry
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $1\frac{1}{4}$ cups light coconut milk
- 1 cup skim milk
- $3\frac{1}{2}$ tablespoons red curry paste
- $\frac{3}{4}$ cup roasted, salted cashews
- $\frac{3}{4}$ cup unsweetened coconut flakes
- $\frac{3}{4}$ cup cornflakes
- 1 10-ounce bag baby spinach

1. Preheat the oven to 400°. Lightly grease a large baking sheet.
2. Cut the chicken into 3-by- $\frac{1}{2}$ -inch strips; season with salt and pepper.
3. In a wide, shallow bowl, whisk together one cup of the coconut milk, the skim milk and $1\frac{1}{2}$ tablespoons curry paste.

4. In a food processor, pulse together the cashews and coconut until finely chopped. Add the cornflakes and pulse until coarse. Transfer the mixture to a wide, shallow bowl.

5. One by one, dip the chicken strips in the coconut milk mixture, letting the excess drip back into the bowl. Place the chicken in the cashew mixture and turn to coat evenly. Transfer each chicken finger to the prepared baking sheet.

6. Bake the chicken fingers in the oven, turning once halfway through, until they are golden all over, about 10 minutes.

7. While the chicken cooks, whisk together the remaining $\frac{1}{4}$ cup coconut milk and remaining 2 tablespoons curry paste. Divide the spinach on plates and top with the chicken fingers. Drizzle the chicken fingers and spinach with the sauce and serve.

Nutrition facts per serving:

364 calories, 40 g protein, 15 g carbohydrate, 15 g fat (6.4 g saturated), 3 g fiber



Chicken and Chile Stir-Fry

Makes: 4 to 6 servings

Prep time: 10 minutes

Cook time: 10 minutes

- 1 pound boneless, skinless chicken breasts, rinsed and patted dry
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¾ cup reduced-sodium chicken broth
- 1½ tablespoons low-sodium soy sauce
- 1½ teaspoons cornstarch
- 1 teaspoon honey
- 1½ tablespoons canola oil
- 1½ teaspoons sesame oil
- 1 small bunch scallions, chopped, whites and greens separated
- 3 garlic cloves, finely chopped
- 1 tablespoon peeled, grated fresh ginger
- ⅛ teaspoon red pepper flakes
- 2 cups bean sprouts
- ½ cup unsalted roasted peanuts
- Steamed brown rice (optional)

1. Cut the chicken into ¾-inch chunks; season with the salt and pepper. In a small bowl, whisk together the chicken broth, soy sauce, cornstarch and honey.

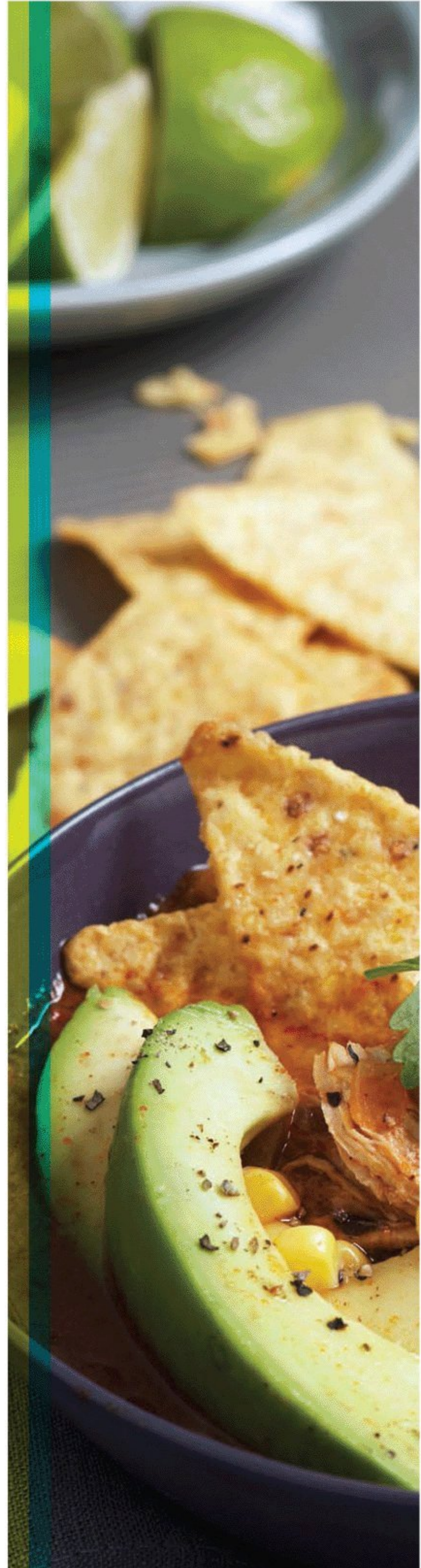
2. In a large skillet over medium-high heat, add the canola and sesame oils. When the oil is hot, stir-fry the chicken until just cooked through, 4 to 5 minutes. Transfer to a plate.

3. Add the scallion whites, garlic, ginger and red pepper to the pan; cook 30 seconds. Add the bean sprouts; stir-fry 1 minute more.

4. Stir the broth mixture into the skillet and reduce the heat to simmer. Scrape the browned bits from the bottom of the pan and cook until the sauce is slightly thickened, 1 to 2 minutes. Stir in the peanuts, chicken and scallion greens; cook 1 to 2 minutes more. Serve over brown rice if desired.

Nutrition facts per serving:

333 calories, 34 g protein, 11 g carbohydrate, 18 g fat (2.3 g saturated), 2 g fiber



Mexican-Style Chicken Soup

Makes: 6 servings

Prep time: 10 minutes

Cook time: 30 minutes

- 1 tablespoon olive oil
 - 1 large yellow onion, diced
 - 2 garlic cloves, finely chopped
 - 1 jalapeño, seeded and finely chopped
 - 2 teaspoons chili powder
 - 1 teaspoon dried oregano
 - 1 teaspoon ground cumin
 - 1 quart reduced-sodium chicken broth
 - 1¼ pounds plum tomatoes, diced
 - 1 4.5-ounce can green chiles
 - 1 15-ounce can hominy, drained, or 2 cups frozen corn
 - ½ teaspoon salt
 - 2 cups shredded, cooked chicken
 - ⅓ cup chopped fresh cilantro
 - 1 ripe avocado, peeled, pitted and sliced
- Lime wedges for serving

1. In a large pot, heat the olive oil over medium-high heat. Add the onion, garlic and jalapeño. Cook, stirring, until the onion is translucent, about 5 minutes. Add the chili powder, oregano and cumin; cook 1 minute more.

2. Stir in the broth, tomatoes, chiles, hominy and salt. Bring to a boil, then immediately reduce heat and simmer for 20 minutes. Add the chicken; simmer 10 minutes more. Stir in the cilantro.

3. Ladle into individual bowls and serve garnished with the avocado slices and the lime wedges.

Nutrition facts per serving:

233 calories, 20 g protein, 21 g carbohydrate, 8 g fat (1.4 g saturated), 5 g fiber

Smart Chick Tricks

Americans eat almost 60 pounds of chicken per person per year, but we don't always know what we're getting. "There's confusion about what type of chicken is best and how to prepare it safely without overcooking it," says Jason Graham, executive chef of the Cal-a-Vie Health Spa in San Diego. Here, a cheat sheet.

● **DECODE LABELS** Don't be fooled by terms like *all-natural*, *free-range* and *hormone-free*, which aren't strictly regulated by the government. A better buy: organic chicken, which is certified by the USDA as having been raised without exposure to antibiotics and pesticides.

● **KNOW YOUR BREAST BET** Four ounces of thigh meat have more iron and more than double the zinc of a chicken breast, with just 50 additional calories and two more grams of saturated fat. Or buy bone-in chicken breasts; they're juicier than the boneless kind and a few dollars cheaper.

● **WATCH THE CLOCK** Cutting into the meat to check if it's done lets the juices run out. Instead try this trick: Preheat the pan or grill so it's hot before the chicken hits it. Then take the meat off two to three minutes before the end of the suggested cooking time. The chicken will continue to cook internally for a few minutes without drying out.

—Danielle Alvarez

Roasted Chicken Thighs With Zucchini and Feta

Makes: 4 servings

Prep time: 15 minutes

Cook time: 30 minutes

- 2½ pounds skinless chicken thighs, rinsed and patted dry
- 2 medium zucchini, cut into 1-inch chunks
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- 2 teaspoons dried oregano
- ¾ teaspoon salt
- ½ teaspoon freshly ground black pepper
- Finely grated zest of 1 lemon
- ½ cup crumbled reduced-fat feta cheese

1. Preheat the oven to 425°. In a baking pan, toss together all of the ingredients except the feta cheese. Bake for 20 minutes.

2. Raise the temperature to 475°. Sprinkle the feta over the top of the chicken and zucchini and continue to bake until the chicken is cooked through and lightly golden, about 10 minutes longer. Let stand for 5 minutes before serving.

Nutrition facts per serving:

467 calories, 62 g protein, 4 g carbohydrate, 21 g fat (5.5 g saturated), 1 g fiber



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COVER Eres Mescalito bottom, \$130, eresparis.com. Julie Sandlau 18k gold-plate chain with Ice Blue Crystal pendent and gold-leaf charm necklace, \$210, juliesandlau.com.

PERFECT FIT PAGE 28: Center, from left, Dolce Vita coat. French Connection Aberdeenshire knit top, \$98, 866-932-3285 for store locations. L.A.M.B. Plaid Biker Mini, \$175, Tenacity, Geneva, IL; 630-208-8848. Hue Micro Stripe Sweater tights, \$18, hue.com. American Apparel Unisex Solid Knee-High socks, \$10, americanapparel.com. Daniblack Clyde boot, \$175, endless.com. BB Dakota by Jack coat. Nolita Flower trouser, \$266, margaretoleary.com. Stewart + Brown Pattern mittens, \$108, stewartbrown.com. a.n.a. by JCPenny scarf, \$30, jcp.com. Sam Edelman Sofia Softy bootie, \$149, endless.com. Via coat. French Connection Poison Ivy skirt, \$138, 866-932-3285 for store locations. Old Navy Loop belt, \$16.50, Old Navy stores. Echo Body Warming Neck Warmer, \$25, echodesign.com. Stewart + Brown fingerless arm warmers, \$98, stewartbrown.com. Hue Micro Stripe Sweater tights, \$18, hue.com. Moschino Cheap and Chic Peep Toe wedge, \$379, piperlime.com. Heartloom coat. Adrienne Vittadini Cotton Stripe Boatneck tee, \$48, Lord and Taylor stores. Odille skirt, \$98, anthropologie.com. Hue Micro Stripe Sweater tights, \$18, hue.com. Stuart Weitzman Cover Up booties, \$355, stuartweitzman.com.

LOSE 10, 15, 20 POUNDS PAGES 40-43: Nike PRO Core bra top, \$28, Knit Knot Capri, \$40, Air Zoom Essential Trainer II, \$78, nike.com.

FITNESS EXPRESS PAGE 68: Calvin Klein top and shorts. Asics GEL-Antares TR, \$75, asics.com.

FITNESS FIX PAGE 72: Left, Trina Turk Freya top, \$238, Trina Turk Fashion Island Boutique, Newport Beach, CA; 949-717-7881. Fresh Ink Niki jeans, \$118,

Wooden Nickle, Stillwater, OK; 405-377-8808. Shoes, stylist's own. Dogeared Daily Wear hoops, \$132, dogeared.com. Gara Danielle 14k gold-filled ring with citrine druzy stone, \$162, garadanielle.com. Roxanne Assoulin for Lee Angel bangle, \$80, leeangel.com. Lauren by Ralph Lauren gold bangles, \$38, select Nordstrom stores. Center, Old Navy Perfect cardigan, \$27, Old Navy stores. Fresh Ink Totty jeans, \$118, grouplx.com. Ann Taylor Perfect pump, \$155, annataylor.com. Gara Danielle Turquoise cabochon bracelet on cord, \$298, garadanielle.com. Elise Perelman 14k gold-fill and green tourmaline zircon drop necklace, \$65, lunessa.com. Kris Nations earrings, krisnations.com. Me&Ro 18K Gold Faceted Rutilated Quartz Bead bracelet, \$2,345, Me&Ro, Miami, FL; 305-672-3566. Right, Eileen Fisher Silk Georgette long cami, \$158, Silk Cotton Cord Shaped cardigan, \$218, and Organic Cotton Stretch denim, \$148, Neiman Marcus stores nationwide. Ann Taylor Perfect pump, \$155, annataylor.com. Kevia earrings, \$175, kevia.biz. Flutter by Jill Golden Gold Paros bangle, \$185, and Andros bangle, \$145, flutternyc.com.

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Top of the Mountain

For 28-year-old snowboarder Gretchen Bleiler, Olympic gold in Vancouver next month would cement her spot as queen of the half-pipe. But getting there has been quite a climb. By Julia Savacool

Pump it up

"I started snowboarding when I was 11. It took a long time to learn how to compete at my best. I've worked a lot on getting myself in the moment during a contest, so I can turn up my performance when it counts."



A young Bleiler gets her start on skis.

Broaden your base

"Previously, I'd be in the gym every day lifting weights. Now I hike, bike and take yoga and Pilates classes. I found that trying new activities helps improve my overall conditioning."



Cross-training on a bike keeps things interesting.



Hear no evil, see no evil

"I don't allow myself to think negative thoughts. Even during a tough day training on the mountain, I'll focus on something happy, like the hot chocolate waiting for me when I finish."

Take it to the limit

"In training, I'll often have moments when my body is saying, 'What are you doing?' But you have to be willing to push yourself past your comfort zone to see results."

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"In snowboarding, it's about putting on a show for the crowd. There's an element of 'chill out, have fun' that other sports don't have. I love pushing the boundaries, trying tricks other boarders haven't done and seeing how the crowd reacts."

Creating new tricks is part of the thrill!



Bleiler takes the silver in the '06 Olympic Games.

"The collection I designed for Oakley uses a lion motif to symbolize strength, power and poise."

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