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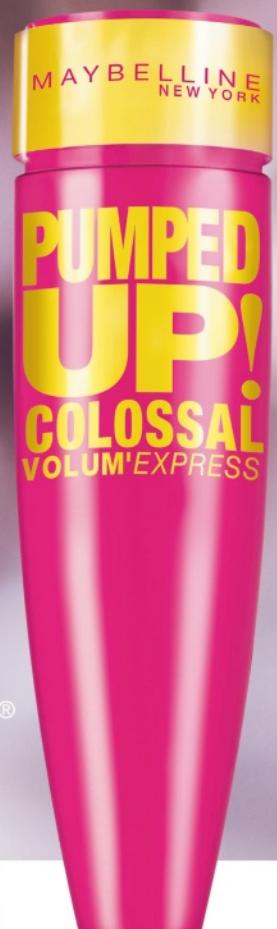
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# October

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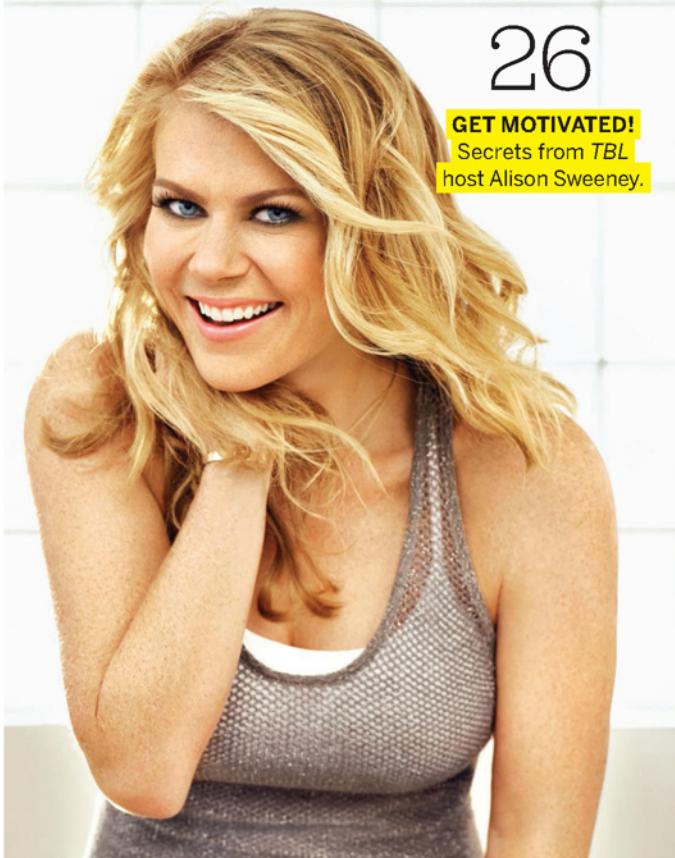
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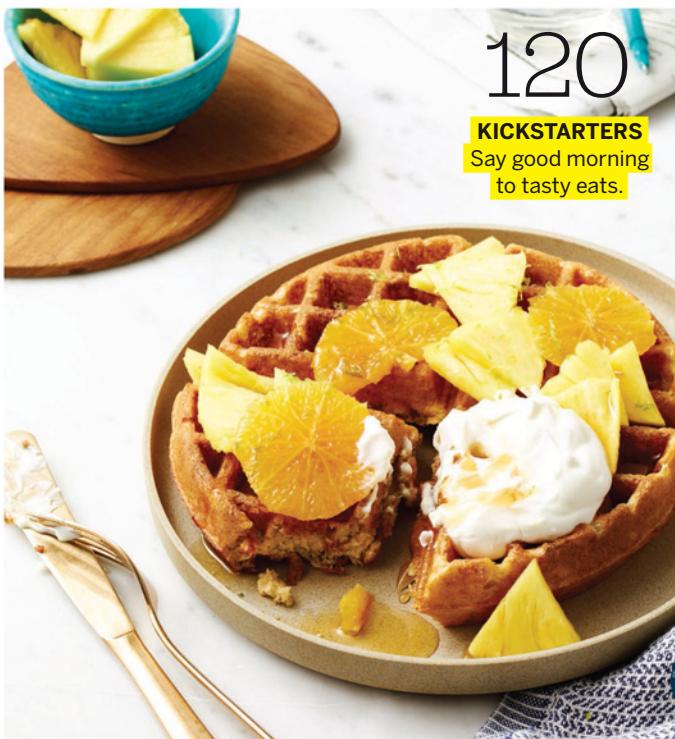


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## ON OUR COVER

Alison Sweeney. Photographed by Justin Stephens. Hair: Margie Puga. Makeup: Corina Duran/Exclusive Artists using Dior. Manicure: Mariel Pizarro. Nike bra. Lululemon jacket. Bebe Sport leggings. Dogeared earrings. Necklaces from top: Cass Lilien. Ariel Gordon. Jennifer Zeuner. Right hand: Lagos bracelet and her own skull bracelet. Left hand: her own bracelet.

## WIN THE COVER LOOK!

Score Alison's cover look with makeup by Clinique. On face: Moisture Surge CC Cream Compact Hydrating Colour Corrector Broad Spectrum SPF 25 in Light, \$35; Cheek Pop in Peach Pop, \$21. On eyes: Pick-Up Sticks for Eyes in Big Bad Blues, \$50; Lash Power Feather Mascara in Black Onyx, \$18. On lips: Superbalm Moisturizing Gloss in Ginger, \$15. To enter, email your full name with the subject line "October Cover Look" to [coverlook@fitnessmagazine.com](mailto:coverlook@fitnessmagazine.com) (official entry info, page 126).

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## Editors Note

# Get Glowing



### **That radiance you get from a great workout is hard to replicate.**

But you can come pretty close with the right skincare regimen. Our beauty editors, Heather Muir and Molly Ritterbeck, make it their mission to test lotions, creams, cleansers, powders and balms to find the best hair, skin and makeup products that fit into your busy, action-packed life without weighing down your gym bag or taking over your bathroom. See our annual roundup of best beauty picks—all tested by readers like you—in “Instaglam” on page 52.

And to celebrate National Beauty Month, FITNESS and its sister magazines are partnering with Cosmetic Executive Women, Inc. (CEW), a leading organization of more than 6,000 industry executives who choose the most innovative beauty products of the year, to promote their beauty awards and to let you know about the CEW seal (shown here), which runs on the winning products. Want to score CEW winners worth more than \$2,000? Turn to page 126 for details and get your gorgeous on!



Betty

Betty S. Wong, Editor in Chief  
[betty@fitnessmagazine.com](mailto:betty@fitnessmagazine.com)

### Betty Gets Sweaty

**How I'm working out this month** Conditioning class at Tone House New York taught by founder and former pro football player Alonzo Wilson.

**Why I love it** Sprints wearing a resistance harness, several rounds of push-ups, burpees, and explosive jumps, plus exercises using battle ropes and TRX Rip Trainers are designed to boost agility, build strength and bring out your inner athlete. After 60 minutes of drills, I was drenched!

**Try it** If you're in the NYC area, stop in for a sweat session (\$35, [tonehousenewyork.com](http://tonehousenewyork.com)). Or firm up with the resistance-band routine Alonzo designed on page 63.



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\*Simulated scan, showing signs of subsurface UV damage reduced by up to 27% after 12 weeks' use.

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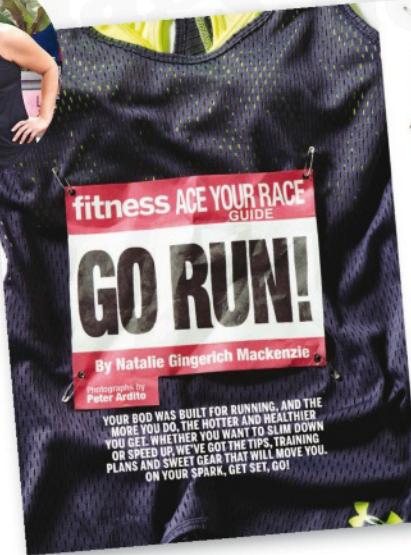
# Do Share!

## Letters

### The Race Is On

My daughter Marley and I are training together for her first half-marathon, and "Go Run!" [July/August 2014] gave us great tips and exercises to ensure a strong finish. We also loved the awesome clothes and accessories you recommended to guarantee a gorgeous finish-line photo!

—Amy Google, Raleigh, North Carolina



## RUN FOR FUN

Want to run faster? Head races are not just for you, mom! You can join in too. There's a new breed of beginner-friendly events that are happy hour with your workout, says Peter Arditto, founder of Broadwaterandshores.com, which hosts these events, introducing it to the masses. "We've come up with the concept of a 5K race that's more like a 10K," he says. "It's a great way to dip into the essence of running without getting into 3.1 miles of agony." And with Dynasty-themed fitness fests (think "Dance Party 5K" and "Run Like a Queen 5K") on the scene, there's no excuse not to lace up.

**Run Your Marathon** About 80 percent of runners who sign up for marathons, according to Broadwaterandshores.com, never show up. To ease the process, the company has created a "Race Day Survival Guide" that includes tips for getting to the race, what to eat before and after, and how to pace yourself. "It's enough to get my mind off the race," says Sam Cane, an executive producer and the co-creator of TV's *Running Wild With Bear Grylls*. Get Cane's guide at [www.broadwaterandshores.com](http://www.broadwaterandshores.com).

### Races to Fly For

Mr. Mrs. Mrs. UK. Take a look at the results from the 2014 Mr. and Mrs. World competition in London. The men's competition was a bit of a letdown, but the women's was a real pageant. "It's a great opportunity to see some of the most beautiful women in the world," says Arditto. "It's a great way to support a good cause."

**IRONMAN KONA** This year marks the 40th anniversary of the Ironman Triathlon. The race, which originated in Hawaii, is considered one of the most difficult and dangerous triathlons in the world.

Photo: iStockphoto.com

July 2014

### Music to My Ears

"Pump Up Your Run" [July/August] has forever changed my workouts. I never would have thought to use specifically timed songs to track intervals, but as someone who loves to throw on good tunes and forget the distractions, this was perfect. Now I can put down the beeping stopwatch and take back my runs.

—Dominique Salice, Washington, D.C.



### Motivation Moment

**"If it's important to you, you will find a way. If not, you'll find an excuse."**

**Make it work.** Keeping your health a priority is key no matter how busy you are. Instagram follower Kitty Richard (@Kit08Kat) does just that while working full-time, attending grad school and planning her wedding. "CrossFit has kept me calm through life's crazy storms," she says. How do you overcome everyday obstacles? Tag us in your #motivationmoment photos and you could end up on this page.

### Start Sharing



Tell us what you like about this issue and how you're working it into your life. Tag us in your posts @FitnessMagazine and you could be featured here!

### Workout Wake-Up Call

"Too Healthy for Your Own Good?" [July/August] really resonated with me. I have often wondered if my workout habits are unhealthy. This story helped me come to terms with some of the dysfunctional behaviors I have and gave me the initiative to address them. In a culture that is so focused on healthy lifestyles, it's important to address the extreme end of the spectrum.

—Nicole Knudson, Ventura, California

### Good to the Core

Sit-up, bicycle crunch, toe touch, repeat. I'm so tired of doing the same monotonous abs exercises. "Amazing Abs" [July/August] put a refreshing, challenging twist on the classics. I'm already noticing steady improvements in my core—and my confidence!

—Emily Baker, New Columbia, Pennsylvania

### Success Secrets

You've signed up for a race but have no idea how to rock it. Don't freak. Instead, go to [fitnessmagazine.com/marathonmusings](http://fitnessmagazine.com/marathonmusings) for the best running and recovery tricks our resident marathoner-in-training Samantha Shelton learns from Clif Bar pro athlete Stephanie Howe. Tackling a tri? Visit [fitnessmagazine.com/triathlon](http://fitnessmagazine.com/triathlon) to find out how to prep from Zoot athlete Jennifer Vogel as she readies for the Ironman World Championship in Kailua-Kona, Hawaii.



### Score This Freebie!

LOVE AN ARTICLE IN THIS ISSUE—OR DON'T? Send us your raves or rants, and if we publish your letter, we'll send you a Sugoi Run for Cover Jacket (a \$140 value) so you can conquer outdoor workouts in style. Write to us at [fitnessmail@fitnessmagazine.com](mailto:fitnessmail@fitnessmagazine.com) by October 6 and include your name and address.

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# “I Lost 73 Pounds”

After being diagnosed with polycystic ovary syndrome in college, Annie packed on 60 pounds. The gain was due not only to the endocrine disorder but also to heaping portions of processed foods (a huge bag of buttery popcorn was a favorite snack) and a sedentary lifestyle. “One trip to the gym every two months felt like plenty,” Annie remembers.

## Turning Point

Annie's wake-up call came at a Halloween party in 2011. While she munched on cookies, she chatted with two coworkers. When one of them said, “I can't imagine weighing 200 pounds without being pregnant,” the comment stayed with her. She stepped on the scale when she got home and was shocked that it said 220.

## Smart Steps

The next day, Annie instituted a new habit: a daily two-mile walk around her neighborhood. She also began going to the gym four times a week. “My ‘before’ pictures motivated me when I wanted to quit,” she says. Diet changes included starting each day with a fruit and coconut-milk smoothie and cooking with fresh food instead of buying frozen meals.

By January, Annie was discouraged that she'd lost only five pounds. A friend suggested that I try a ballet-inspired class

**Annie Eeds**  
31, Washougal, Washington

at a Barre3 studio,” she says. “I was scared I'd pop the ball we put under our backs during core work.” But she kept going, and the pounds melted away. “I discovered muscles I didn't know existed,” says Annie, who now attends four classes a week.

## Sweet Success

In June 2013, Annie reached her happy weight of 147 pounds. “I never feel more confident than when I'm rocking my size-8 jeans,” she says. Except for when she starred in a Barre3 workout video last December. “I'm so proud of how far I've come,” Annie says.



Annie used to weigh 220 pounds.

## Slim Strategies

### What Worked for Me

**Music must** “Buttons’ by the Pussycat Dolls always gets me moving and grooving.”

**My mantra** “Be your own hero.”

**Top toner** “Nothing is better for strengthening my core than the plank.”

**Meal motivation** “When I need recipe ideas, I turn to food blogs. My top three are *Annie's Eats*, *Dishing Up the Dirt* and *The Spunky Coconut*.”

Some see the day ending.  
I see it just beginning.  
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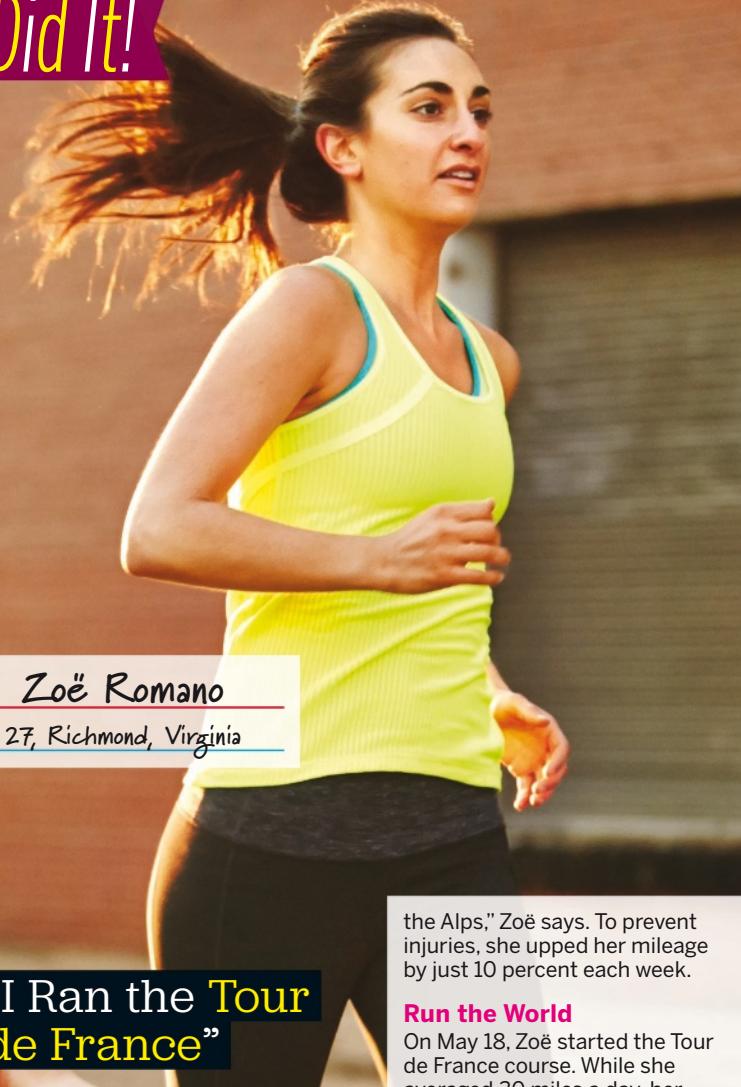
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# I Did It!



**Zoë Romano**

27, Richmond, Virginia

## "I Ran the Tour de France"

Some people collect canned goods or visit a senior center to give back, but Zoë runs. And runs and runs. Fitness feats for the sake of others has become her thing: In 2011, she made a cross-country trek to raise more than \$15,000 for the Boys & Girls Clubs of America. When she discovered that no one had ever run the 2,115-mile Tour de France course, Zoë knew she had found her next adventure.

### Training Days

Zoë decided to run for the World Pediatric Project, a nonprofit organization for which she had volunteered in Belize in 2013. "They do amazing work to train doctors and treat critically ill kids," she says.

Her training plan, which began in January 2013, included lots of stretching, six- to 28-mile runs, and a weekly workout in the Blue Ridge Mountains. "I drove 90 minutes to train there to prepare for the elevation in

the Alps," Zoë says. To prevent injuries, she upped her mileage by just 10 percent each week.

### Run the World

On May 18, Zoë started the Tour de France course. While she averaged 30 miles a day, her boyfriend, Alex, drove an SUV with water and food, filmed her, posted on social media and connected with local sponsors to raise money. Surprisingly, climbing 9,000 feet in one day wasn't the hardest part of Zoë's journey. "In the middle of France, we had a miserable three weeks. The landscape was monotonous, the weather was rainy, and I had a calf strain," Zoë says. "I considered quitting until the owners of our hotel told us they'd heard about our cause and wanted to cover our room and breakfast." Their kindness inspired Zoë, and so did the sun that came out shortly afterward.

On August 2 at 1 a.m., Zoë finished (she took only eight rest days in 11 weeks). She had raised nearly \$200,000 with the help of sponsors, donors along the route and online fund-raising. "Thinking of the kids we'd help kept me going," she says. And she's still going; after just two weeks off, Zoë was training for her next marathon.

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- › ½ teaspoon of natural cane sugar
- › Kosher salt
- › 1 tablespoon of lime juice
- › Another can of whole tomatoes, drained

Visit [FITNESSMAGAZINE.COM/VERSA](http://FITNESSMAGAZINE.COM/VERSA) for the details on each challenge.

Anne

Hi readers, Anne here! Whether you're hosting a party or just making a snack for yourself, this Fiery Red Salsa is the perfect way to spice things up.



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## "We Work and Play Together"

### A Running Start

"After I had my daughter in 2009, the last 15 pounds refused to budge, no matter how many episodes of *90210* I pedaled through on the elliptical. Even though I didn't like running, I said yes when Suzanne, another teacher at my school, invited me to jog with her. She had given birth a month earlier and already was making great progress getting her pre-baby bod back."

### In Living Color

"Suzanne and I ran regularly, and I shed the weight. Another teacher and new mom, Jacki, joined us in 2011. Now all three of us jog or take kickboxing classes several times a week. To stay motivated, we sign up for fun races, like the Color Me Rad 5K."

### Picking Up Speed

"Suzanne, Jacki and I have done nine races. Next up: the Run or Dye 5K with our kids. Not only have our healthy habits rubbed off on our families; our students are becoming more active, too. We hope to launch a Girls on the Run chapter at our school to help empower young women through running."

Get Moving

### Partner Power

Sweating with a pal can double how long you work out, according to a study. Three ways to find one:

**On the job** Many offices offer classes or discounts at nearby gyms. Recruit a coworker to go with you.

**At the gym** Seek out a friendly classmate in yoga or Zumba.

**On the field** Join a rec league soccer team. Your teammates may be up for other fit endeavors.

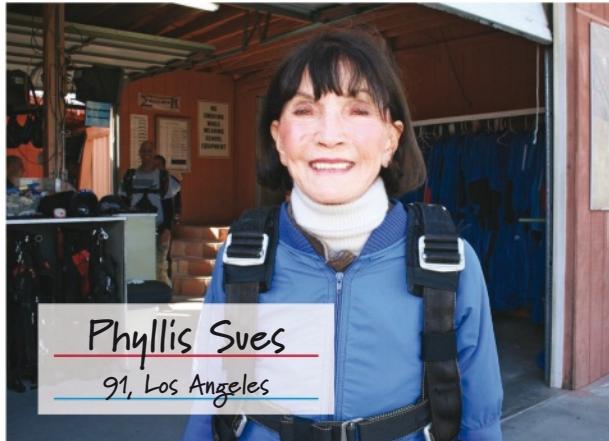
Source: Jacque Ratliff, an exercise physiologist with the American Council on Exercise in San Diego

### Jennifer Fischer

40, Scotch Plains, New Jersey



Here's Jennifer (center) with her running buddies Jacki Daly (left) and Suzanne Crowley.



## "I'm a 91-Year-Old Adrenaline Junkie"

### Ageless Attitude

"Fitness has always been a key component of my life. I started dancing at 14 years old and performed professionally—I was in five Broadway shows—until I was 30. After I was

diagnosed with arthritis and osteoporosis in 2013, I took up yoga; now I feel fitter than ever."

### Rock-Star Routine

"I think of my body as an instrument I have to keep in tune. I start each morning with a 45-minute yoga class, and I jump rope every day. Hiking with my dog is one of my favorite pastimes, and three days a week, I take tango lessons."

### Sky High

"Last November, I decided to finally check off an item that's been on my bucket list for 20 years: skydiving. As the parachute opened, I felt more connected with the universe than ever before. It was quiet, peaceful and awe-inspiring. I loved it so much that I did my second jump in July!"

### Go Figure

# 14

Minutes you add to your life for each minute of rigorous exercise you do every week, according to a recent study. Live longer by lacing up your sneakers for a run, boot camp or Spinning class.

Source: PLOS Medicine

WANT TO SHARE YOUR STORY? Send us your tips and photos at [fitnessmagazine.com/ididit](http://fitnessmagazine.com/ididit).

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## "Getting Fit Made Me a Winner"

Six years ago, Tammy made a decision that changed her life. She left her job as a choreographer and director of a dance company to become a fitness instructor. "I wanted to help people of all shapes and sizes get healthy," she says. The move paid off big-time: This past summer, Tammy was voted Top Fitness Instructor by the viewers of *LIVE with Kelly and Michael*. (The editors of FITNESS helped select the five instructor finalists.) "It's been an unbelievable experience," she says.

### A Late Bloomer

Tammy's quest to live a fit lifestyle started when she was in her early twenties. Hoping to become a professional dancer, she auditioned at an NFL cheerleader tryout. The coaches told her that she had the talent but not the athletic physique.



**Tammy Harris**

42, Houston



"That inspired me to start running and eating healthy," says Tammy, who later landed a job as a cheerleader for the NBA's Houston Rockets.

In 2008, a friend who worked at a gym asked Tammy to create a cardio-dance class. "My goal was a routine that's challenging but that anyone can do," Tammy says. The result was Soul Grooves, a cardio-dance workout set to a Top 40 sound track. "Instead of making a perfect body the goal, we teach people how

to let go of stress and build strength," Tammy says. The class was an instant hit.

### Finding Her Groove

Between teaching, growing the business and spending time with her husband and two kids, ages 13 and 10, Tammy juggles a hectic schedule. So she was shocked to get a call from *LIVE* informing her that she'd been chosen as one of five Top Fitness Instructor finalists. "My coworkers submitted my application," Tammy says. "I had no idea!"

Appearing on the show to teach hosts Kelly Ripa and Michael Strahan her signature moves has been the highlight of Tammy's career. "Becoming Top Fitness Instructor has inspired me to strive even harder to spread this healthy message," says Tammy, who is using the \$10,000 prize she won to turn Soul Grooves into a franchise. "I tell my students that you only have one body, so you need to give it all you've got."

## The Rest of the Best

The other Top Fitness Instructor finalists share their shape-up tips.



**SARAH TIEFENTHALER,**  
owner of YOGAqua in Marina  
Del Rey, California:  
"To stay motivated and use  
different muscles, change  
up your workouts. For  
instance, challenge yourself  
with a variation of a pose  
in yoga class. Or try  
something new, like yoga on  
a stand-up paddleboard,  
which is what I teach!"



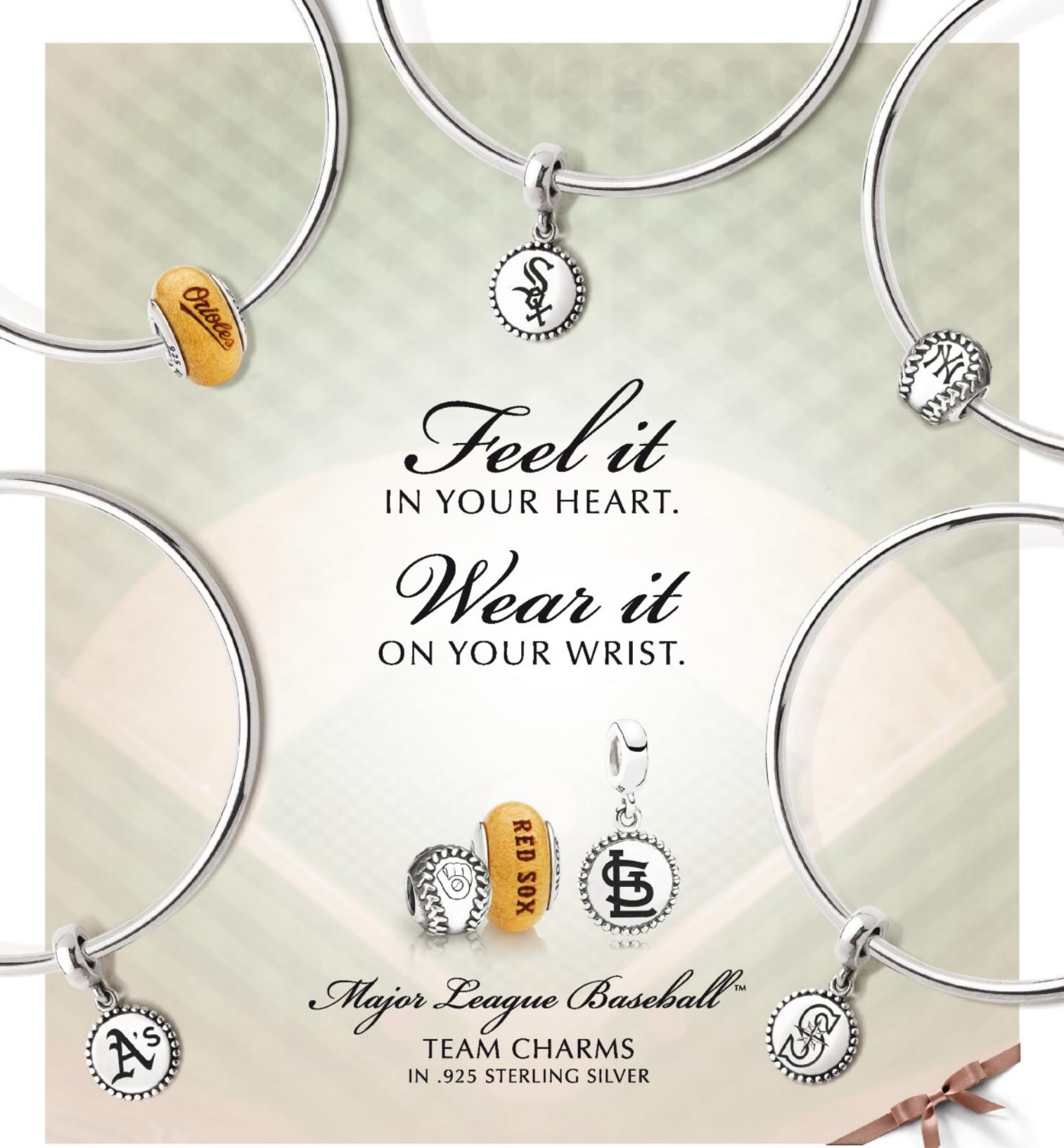
**ADAM SHUTY,**  
owner of Atomic Total Fitness  
in New York City:  
"A signature move is the Atomic  
push-up: It's a yoga push-up,  
starting slow and speeding up  
as fast as you can go—about  
one per second—for one  
minute. It strengthens your  
core, back and shoulders, and  
the cardio component means  
you burn more calories."



**JULIE WIESMAN,**  
a Miami-based barre teacher  
and founder of the  
Twerk + Werk workout:  
"To see quicker results,  
find a form of exercise that's  
both challenging and  
fun! My classes mix strength,  
flexibility and cardio  
for a sweaty total-body  
transformation."



**MICHAEL WOLPERT,**  
founder of TRAINology  
Fitness in Chicago:  
"I used my background as  
an adventure racer to create  
an indoor hiking, gliding,  
running and strengthening  
workout. To simulate hills  
on a treadmill, do three  
minutes at an incline of six  
to 15 followed by three  
minutes of low incline."



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UNFORGETTABLE MOMENTS





## Q When should I start taking a prenatal vitamin?

**A** The most crucial nutrient during pregnancy—really, the main reason to take a prenatal vitamin—is folic acid, which has been shown to help prevent neural-tube defects such as spina bifida. “Start supplementing with this B vitamin one to two months before you conceive,” suggests Mary Jane Minkin, M.D., an ob-gyn at the Yale School of Medicine. If the pregnancy takes you by surprise, begin ASAP. Prenatal multivitamins make some women queasy (especially problematic if you’re already experiencing morning sickness). If that’s you, skip it and just pop 400 micrograms of folic acid a day.



### Trainer Tip

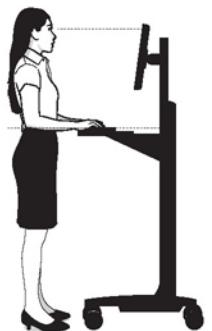
Fitness and nutrition expert Harley Pasternak, a member of the FITNESS advisory board, is the author of *The Body Reset Diet*. His celebrity clients include Jessica Simpson, Katy Perry and Megan Fox.

## Q What's the main thing I can do to stay injury-free?

**A** Chill out! In a recent survey, nearly half of adults with injuries got them while exercising. I’m not surprised—everyone tries to go from couch potato to Ironman in no time. If you’re sedentary one day and lifting heavy weights to the point of exhaustion the next, that’s dangerous. It’s a common scenario in classes: You’re out of shape, but the instructor is yelling and everyone around you is doing crazy moves. So you push too hard, increasing your chances of injury. Do yourself a favor and listen to your body.

## Q Can I hack a standing desk?

**A** We get it: You don’t want to shell out \$200, \$800 or even \$1,700, but you do want to reap the benefits of being on your feet. In one study, workers who stood burned 0.83 calories per minute more than those who sat. Over an eight-hour day, that’s an extra 398 calories! DIY using the guide above. “A three-drawer filing cabinet is about the right height for many people,” says David Rempel, M.D., a professor in the division of occupational medicine at the University of California, San Francisco. Your keyboard should be approximately elbow-height (so when you’re typing, your forearms are parallel to the floor), with the top of your monitor at eye level (stack it on a few books if necessary).





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# burning Qs



## Q What the heck is maple water?

**A** The buzzy new beverage, which is sap from maple trees that is sipped instead of boiled down into syrup, is being touted as the next coconut water. It contains trace amounts of some good-for-you nutrients, but unlike regular water, maple water has calories and natural sugars (15 calories and 3 grams per 8 ounces). "If you like the taste, this beverage is probably fine in moderate amounts, but there's no research to show that it hydrates you any better than plain old H<sub>2</sub>O," says Shilpi Agarwal, M.D., a family-and integrative-medicine physician in Los Angeles. Plus, it's pricey at \$3 a pop.

## Q What's the deal with gluten-free beauty products—do I need them?

**A** Save g-free for your bread, not your bronzer. Even for the 1 percent of Americans who have celiac disease and can't digest gluten (a protein found in wheat, barley and rye), there's no reason to stress about makeup, moisturizer and other pampering products. "Gluten becomes problematic only after digestion," explains Heidi Waldorf, M.D., director of the department of laser and cosmetic dermatology at Mount Sinai Medical Center. "Even if a topical product is absorbed through the skin, it would be transported via the bloodstream and would not pass through the GI tract."

### Fit Face-Off

Doughnut

or

Bagel?



**A** Do the doughnut. A typical bagel-shop offering packs 300 to 400 calories and is the equivalent of five slices of bread. And that's without cream cheese; many stores slather on four tablespoons, which contain nearly 200 calories and 11 grams of saturated fat. A French cruller will satisfy your sweet tooth for 220 calories. Add a pear and string cheese, and you've got a decent breakfast.

Source: FITNESS advisory board member Lisa Young, Ph.D., R.D., an adjunct professor of nutrition at New York University



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**Move to these grooves.** Get Alison's workout playlist at [fitnessmagazine.com/alisweeney](http://fitnessmagazine.com/alisweeney)

# All the Right Moves

After a bold decision to change her life, *The Biggest Loser*'s Alison Sweeney is happier—and healthier—than ever. Steal her strategies to stay slim, get energized and reach your goals.

By Kelly Mickle

Alison Sweeney doesn't like to sit still. "I crave activity; being busy makes me feel accomplished," says the host of *The Biggest Loser*, author of two novels, marathoner, triathlete and mom of Ben, 9, and Megan, 5. So giving up her starring role on *Days of Our Lives* after 21 years on the show has been a bit of an adjustment. "I'm so used to having everything scheduled—be here at 5 a.m. and there at 7 a.m.—it's been scary to have all these unknowns," says Alison, 38. "But to me, fears are just new challenges and

barriers that I look forward to breaking."

Besides spending more time with her kids and finally getting a chance to do some workouts she's been wanting to try, Alison is stretching her career muscles, too. She has signed on to direct episodes of *General Hospital* and an upcoming TV movie. "I want to put my energy into pursuing new passions as well as new adventures with my family," she says.

Here, Alison talks about how switching things up can reenergize your life.

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\*Paired comparison consumer preference test



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body



**Your latest novel is *Scared Scriptless*. After leaving *Days*, you are scriptless for the first time ever. How does it feel?**

My last episode airs in October, so I think that's when it will really hit me. The show will always have a place in my heart, but I wanted to have more time with my family. My kids are so happy now, and I'm no longer thinking about nine other things while I'm with them. Everyone in my life has commented on how much more relaxed and at ease I am.

**What fit activities do you like to do together as a family?**

We bike, hike, swim, walk the dogs and play catch or kick the soccer ball around the yard. My parents introduced my brothers and me to so many fun things—skiing, hiking, waterskiing. It's a wonderful memory, and it's something my husband, Dave, and I want to share with our kids. We want them to be brought up with the spirit of being game for anything.

**What workouts are you planning to try in your new free time?**

I'm really excited to start taking yoga classes. Before, my time was so limited I felt I had to do the most physically taxing workout I possibly could in 40 minutes. Now, I'm trying to focus on the mental as much as the physical. I want to stretch and push myself in different ways, so I'm a balanced, all-around

fit person. I'm also getting back into riding horses, which is something I loved to do when I was younger. It requires complete concentration, so it's a great escape for me and a wonderful way to spend a couple of hours outside.

**Why is fitness so important to you?**

It's less about my weight or wanting my body to look a certain way and more about wanting the confidence in my ability to do whatever activity I choose to do with my family or friends. I might not be good at it, but I want my body to be strong enough for me to at least get out there and have a good time.

**How do you motivate yourself to work out when you just don't feel like it?**

The contestants on *Biggest Loser* are a major inspiration for me. It's a huge reminder to care for my body and to never take my health for granted.

**What is the top diet tip you've learned from the show?**

That eating healthy doesn't require suffering. There's a tendency to think food has to be bland and boring for it to be good for you, but there are so many healthy ways to add flavor to your meals.

We grill a lot, which gives food a wonderful smoky flavor. I put cinnamon on everything—my coffee, my oatmeal, my yogurt—and I keep a mini herb garden on my windowsill that I use to flavor all kinds of things. A turkey roll-up with cheese, tomato and hummus feels gourmet and incredibly satisfying when you add a little fresh basil.

**What do you eat when you need a quick energy boost?**

Almonds. I keep a supply of them in my purse. My other favorite is Greek yogurt with blueberries, cinnamon and a little agave with slivered almonds on top. It's just delicious.

**What's the one treat you have to have, no matter what?**

Red wine. I love it. I love it so much my husband actually built me a custom wine tap in our house. Best gift ever. He's not much of a wine drinker so I was always ruining a bottle for one glass—or I felt pressured to drink more so it wouldn't go to waste. Now I can have just a glass, and the argon gas in the tank seals it back up, so one bottle can last for weeks.

**What's your best stay-slim trick?**

Calories have to be worth it! You'll never see me drinking wine on an airplane. If I'm going to indulge in wine, it had better be good—and that goes for food too. If I'm going to eat something, it needs to be delicious. •

**Big Changes at Biggest Loser**

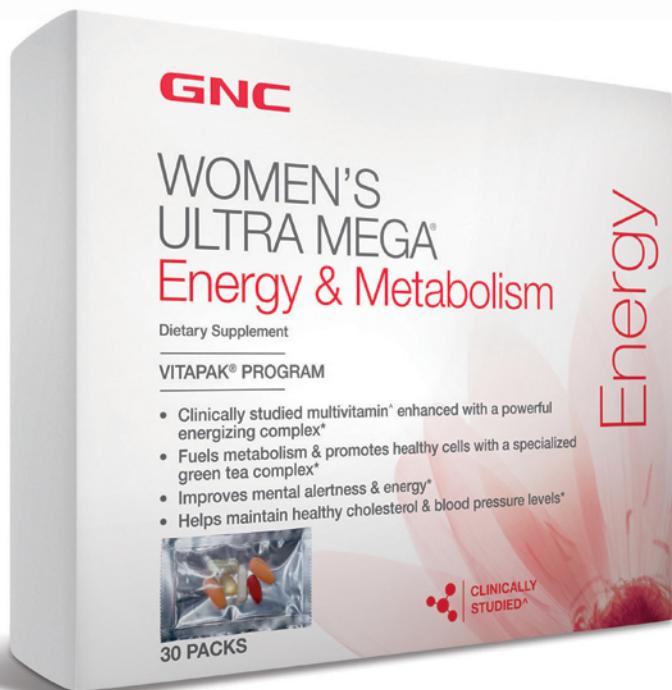
America's favorite weight-loss show has undergone a makeover of its own. Jillian Michaels is gone—for good, this time—and two new trainers, Jennifer Widerstrom, a certified personal trainer who was formerly on *American Gladiators*, and Jessie Pavelka, a fitness expert who has hosted weight-loss shows in Britain, have joined the cast. "As a friend, I could relate to [Jillian] leaving. She made the decision that was best for her and her family, and I admire her for being true to herself," Alison says. "As a co-worker, I'm sad because I miss her, but new people bring new dynamics, which is what makes a good show. And our new trainers are awesome."

The other twist *Loser* has in store for fans: The new contestants are former professional and Olympic athletes who have gained weight and are struggling to get their fit bodies back. "To have extremely successful pro athletes and gold medalists admit that they need and want help is incredibly inspiring," Alison says. "I'm really impressed by their determination to change. I think this season is going to blow people's minds."

The Biggest Loser premieres on September 11 at 8 p.m. ET on NBC.

# AVERAGE

## THINKS A FASTER METABOLISM WOULD BE HARD TO KEEP UP WITH



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POWER TO THE SHE



## Joy Ride

Although you've shed the banana seat and handlebar streamers, hopping on a two-wheeler can still put a smile on your face, just as it did when you were a kid. Researchers from Clemson University and the University of Pennsylvania found that people were happier when they biked to get around instead of taking public transportation. "Along with the feel-good endorphins from exercise, there's also the thrill of going fast and feeling in control," says study author Eric A. Morris, Ph.D. Can't cycle to work? Take your bike for a spin to do your weekend errands. You'll trim your gas bill—and waistline.

# Stay Loose

Ditch the frumpy sweats for a pair of these slouchy-chic pants. Made with technical fabrics like spandex and nylon, they go from gym or yoga studio to street without missing a beat.



## GO FOR SECONDS

Don't let a crazy-busy day get in the way of your workout. All it takes is 11 minutes to elevate your fitness, shows a study in the journal *Biology*. When people did a quickie routine—with high-intensity intervals of six seconds (yes, seconds!)—for two months, they improved their VO<sub>2</sub> max by 8 percent. "These short intervals are as effective as longer ones," says researcher John Babraj, Ph.D. Challenge yourself with this proven running routine. Find a steep hill; if you want to warm up and cool down afterward, do a few minutes of light jogging.

**SPRINT**  
at 100 percent  
effort up  
the hill for  
6 seconds.

**RECOVER**  
with an easy  
jog down the  
hill and around  
the base  
for 1 minute.

**REPEAT**  
10 times.



### Go Figure

# 10.75

The number of hours a day that half- and full-marathoners sit on workdays. Sitting for long stretches can raise your heart-disease risk, so get on up throughout the day—even if your legs ache from that last run.

Source: Journal of Physical Activity & Health

**Steady stream** Feeling "been there, done that" about your workout DVDs? Check out the 260-plus videos on FitFusion.com. Stream one for \$2 to \$3, or get unlimited access for \$6 a month. Download the free app onto your smartphone or tablet, and kiss all those excuses good-bye.

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## So Fresh, So Clean

If your hair still feels dirty after you wash it, you may need to dry-shampoo. No, we're not talking about the spray that absorbs oil from your roots; it's a new way to suds up. "When you shower, the water reactivates stylers in your hair, forming a gummy mess," explains Herbal Essences celebrity hairstylist Charles Baker-Strahan. To prevent this, massage shampoo into dry hair before you step under the spray, so cleansing agents can break down product.

Go *Figure*

# 45

Percentage of women who wish they could change the size of their pores. Minimize their appearance with an exfoliating moisturizer like L'Oréal Paris Youth Code Pore Vanisher (\$25, drugstores).

Source: Harris Poll

### GET A WHIFF OF THIS

While you're tapping on eye cream and slathering on serum, you might be missing an easy way to look your best. A recent study from the Monell Chemical Senses Center showed that women who smelled pleasant were perceived as more attractive. Spritz on a new fall fragrance to up your hotness. If you like soft florals, try **Fresh Honeysuckle Eau De Parfum** (\$88, qvc.com). For a clean scent, reach for **Jo Malone London Wood Sage & Sea Salt** (\$60 for 30 ml, jomalone.com).



**Ice, ice baby** For puffy eyes, try this instant refresher: Brew chamomile tea, then pour it into an ice-cube tray and freeze. On mornings when you look tired, pop out two cubes and massage them around your peepers to reduce swelling.

Source: Julia Lemigova, founder and CEO of skin-care line Russie Blanche

### Lash Out

Just as the right workout can help you score your dream body, the right mascara can deliver your dream lashes. New formulas and brushes solve your biggest lash bloopers.

**My mascara smudges midday and during workouts.**

**The fix:** **Eyeko Sport Waterproof Mascara Catch & Curl** (\$24, sephora.com) is a gel formula that repels water (and sweat!) and conditions lashes with fruit extracts.

**I use three different formulas to get long and voluminous lashes.**

**The fix:** One coat of the carbon black collagen-infused **Too Faced Better Than Sex Mascara** (\$23, toofaced.com) creates full, defined lashes that are noticeably longer.

**I can't apply mascara without making a mess.**

**The fix:** **Lancôme Grandiose Mascara** (\$32, lancome.com) has a bent "swan-neck" wand that is curved at a 25-degree angle to mimic the shape of your eyes and grab each lash without leaving smudges.

**My wimpy lashes look thin, and they always break.**

**The fix:** Infused with argan oil and strengthening bamboo, **Josie Maran Argan Black Oil Mascara** (\$22, sephora.com) conditions your lashes and prevents fall-out.



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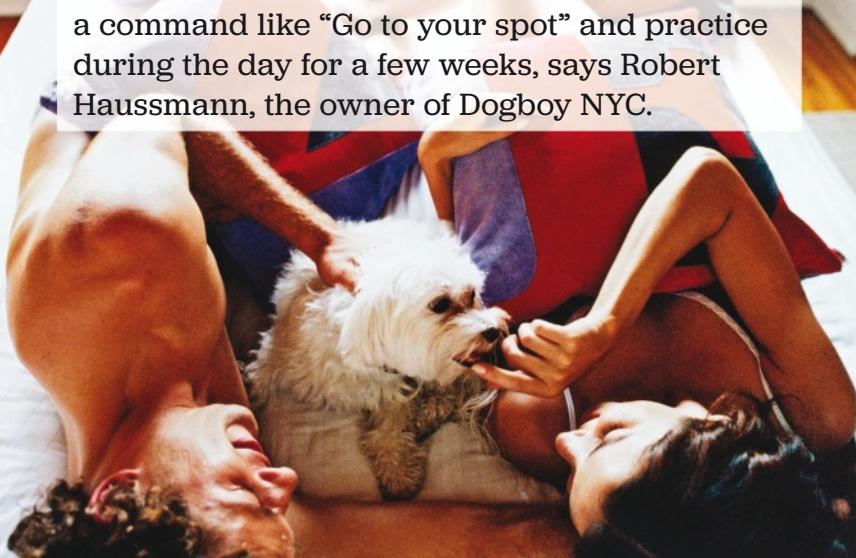
What's my advice for healthy-looking, radiant skin?  
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# Dog Tired?

More pet owners are losing zzz's from snoozing with their fur babies, a study from the Mayo Clinic Center for Sleep Medicine shows. "If you can sleep well together, though, your pet can be a source of comfort and security," says Lois Krah, M.D., who suggests training Fido to sleep above the covers at the bottom of the bed. Use a command like "Go to your spot" and practice during the day for a few weeks, says Robert Haussmann, the owner of Dogboy NYC.



## Five-Gag Review

If a Yelp user says a restaurant's food made her sick, rethink your rezzy. Food inspectors used complaints on the site to track food-poisoning outbreaks, according to a CDC report. Here, Jay Neal, Ph.D., associate food safety professor at the University of Houston, offers other signs that a food joint may be hazardous to your health.

### ! An empty dining room

Busy restaurants go through food very quickly, so you don't have to worry as much about food going bad.

### ! No soap in the bathroom

"Missing something this basic is a red flag—so what are they missing in the kitchen?" Neal says. Hand sanitizer isn't a replacement: It doesn't work well on greasy hands or certain germs like norovirus, one of the leading causes of food-borne illness.

### ! A sticky menu

It indicates a general lack of attention that may extend into the kitchen. "The key to good food safety is just being attentive and making it part of the restaurant's way of doing business," Neal says.

**An apple a day . . . does keep the doctor away. For every 200 grams of fruit (that's one large apple), there's a 32 percent decrease in stroke risk. Dice one up to add crunch to a tuna sandwich or sweetness to couscous.**

Go **Figure**

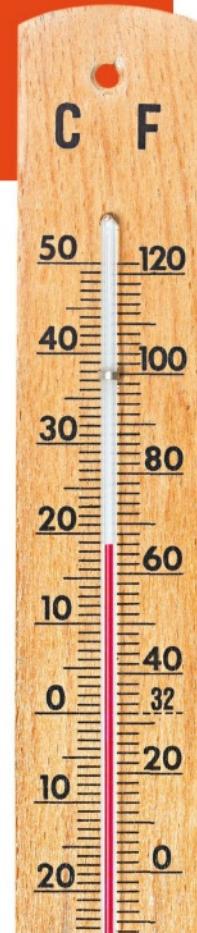
# 12 p.m.

On average, the time of day you're most likely to feel under pressure—probably because you realize you have a lot left to get done, says Michael Miller, M.D., assistant professor of psychiatry at Harvard Medical School. Don't work through lunch! Get out for a 20-minute walk to energize for the afternoon.

Source: Grape-Nuts/Wakefield Research survey

## FREEZE YOUR BUNS OFF

Lower your thermostat this fall to slash your utility bill—and better your body. Dropping from 75° to 66° Fahrenheit increases the body's brown fat levels by up to 40 percent, a new study found. That's good because brown fat, which the body uses to stay warm, burns calories and may protect against obesity and diabetes. Dial back the temp gradually—you'll adjust better.



Source: Stroke

“The first ingredient in Ginger’s ‘big name’ cat food wasn’t even real meat.

## So I switched her to BLUE.”

When pet parents learn the truth about some of the ingredients in their “big name” cat food, they switch to Blue Buffalo. **Each and every BLUE food contains only the highest quality natural ingredients** with real meat first. And we never use any chicken (or poultry) by-product meals—because that’s not something we’d ever want to feed a family member.

**Unlike many “big name” cat foods, BLUE:**

- ✓ ALWAYS has real meat as the first ingredient
- ✓ ALWAYS includes veggies and fruit
- ✓ ALWAYS includes antioxidant-rich LifeSource® Bits
- ✓ NEVER has chicken (or poultry) by product meals
- ✓ NEVER has artificial colors, flavors or preservatives
- ✓ NEVER has corn, wheat or soy

*And your cat can enjoy all of this naturally healthy goodness for only pennies a day more.*

Compare your cat's food to BLUE™ at  
**CompareBlueCat.com**

**Love them like family.  
Feed them like family®**





### CRESS IS MORE

You know you should eat leafy greens, but there's one you're probably skipping: watercress. In a ranking of the 41 healthiest fruits and veggies from William Paterson University, the peppery plant came out on top. Here's how *The Kitchn Cookbook* coauthor Sara Kate Gillingham serves up the superfood.

#### IN A MOCKTAIL

Blend a handful of watercress and a spoonful of honey with a cup of coconut water and the juice of one lime.

#### AS A STARTER

Toss watercress with sliced tomatoes, cucumber, red onion, torn bread chunks and lemon vinaigrette.

#### WITH PASTA

Purée one bunch of watercress with a large handful of grated Parmesan, a small handful of pine nuts or walnuts, a pinch of grated lemon zest, and a clove of garlic. Slowly add olive oil until desired consistency is reached.

#### Go Figure

# 2.2

Teaspoons of sugar in the average bowl of cold cereal. That's more than a third of the daily limit recommended by many experts. Scale back on the sweet stuff by choosing a cereal with no more than four grams of sugar per serving.

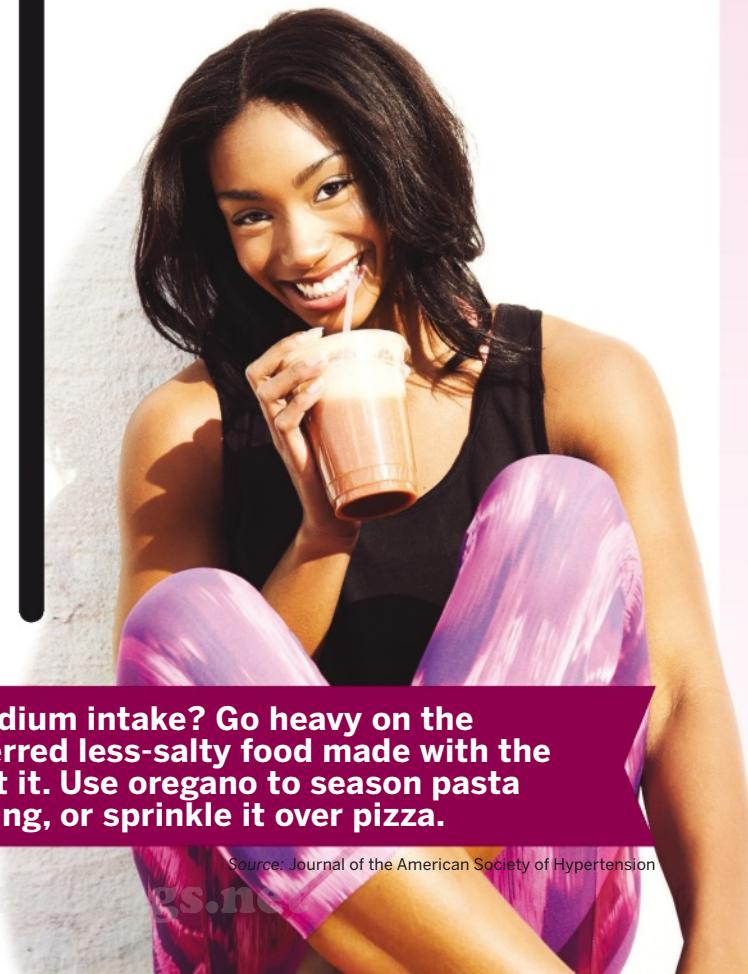
Source: Environmental Working Group

### Misery Loves Calories

Find a way to make your sweat session enjoyable and cutting calories will be a piece of cake. French and American researchers found that people who thought exercise was fun ate less junk food afterward than those who saw it as a chore, even though they did the same workout. Run with a buddy, save *Scandal* episodes for the elliptical, or think of a long walk as "sightseeing," suggests lead author Carolina Werle, Ph.D.

# Protein Powder 2.0

Your mom always told you to eat your peas—now your trainer might be pushing pea protein, one of the hottest new ingredients. People want plant-based protein options, explains Ashley Koff, R.D., a FITNESS advisory board member, and pea protein is easy to digest. Find it in powdered form (two scoops of Naturade Pea Protein will add 20 grams of protein to your smoothie), Larabar Alt Fruit and Nut Bars and Beyond Meat Beef-free Crumbles.



**Worth its salt** Trying to cut your sodium intake? Go heavy on the oregano. In a new study, people preferred less-salty food made with the herb to saltier versions made without it. Use oregano to season pasta sauce, roast chicken and salad dressing, or sprinkle it over pizza.

Source: Journal of the American Society of Hypertension

ENERGY CHEWS THAT GROW ON VINES.

NOT IN LABS.



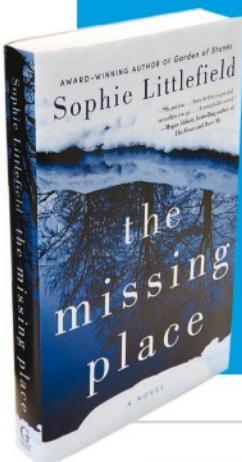
# RAISING YOUR RUN

Did you know Sun-Maid raisins are a healthier source of energy than sports gels and chews? That's because they provide extra micronutrients while keeping your performance naturally fueled. For more ways Sun-Maid is raising your power visit [sunmaid.com/fitness](http://sunmaid.com/fitness)

## REALLY GOOD READ

Colleen Mitchell and Shay Capparelli have one thing in common: Their sons are missing. Both men disappeared while working on an oil rig in North Dakota, and it's up to their moms to find them. In *The Missing Place*, Sophie Littlefield weaves a story about every mother's worst nightmare. Readers will admire the tenacity of the lead characters,

who must work through their differences—one comes from a wealthy family in Massachusetts, the other struggles to make ends meet in California—to find strength and answers together.



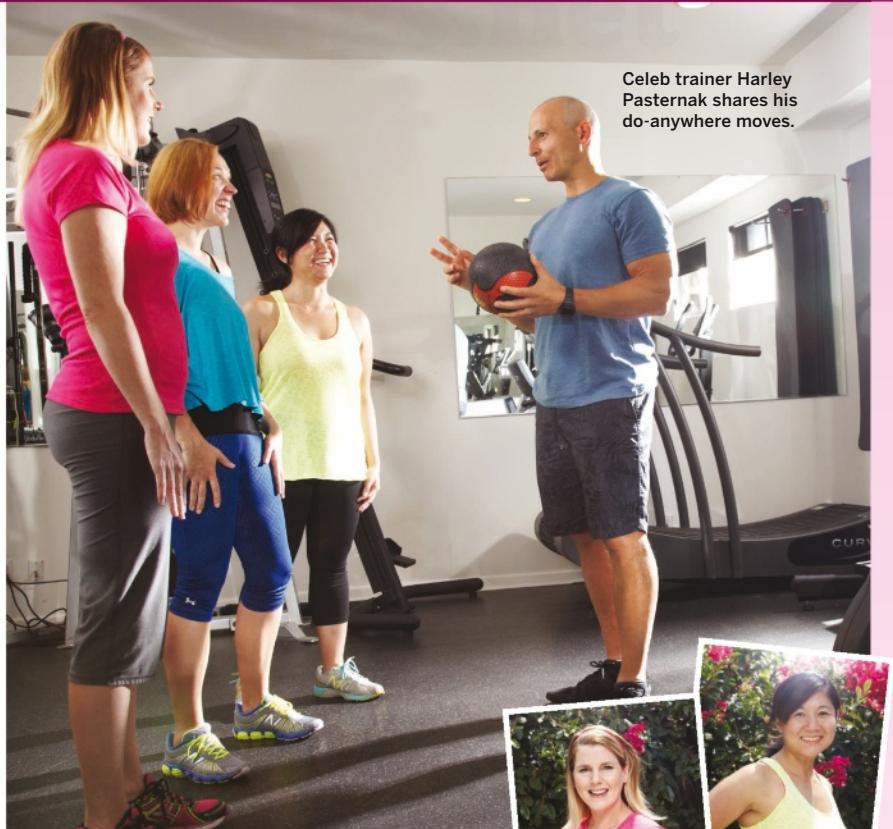
Go **Figure**

# 59

Percentage of runners who chose Journey's "Don't Stop Believin'" as the tune they would play on repeat for all 26.2 miles of a marathon.

Don't forget to put this mandatory power ballad on your running playlist (midjog sing-along and air guitar optional).

Source: Brooks Run Happy Nation Report



Celeb trainer Harley Pasternak shares his do-anywhere moves.

## Screen Play

Catching up on your fave fall shows? Us too. Add this to your watch list: Tune in to [fitnessmagazine.com/tvworkout](http://fitnessmagazine.com/tvworkout) (starting September 16) to catch how the three winners of our #TVWorkout Contest with Netflix scored a sesh with celeb trainer Harley Pasternak and followed a month of his multitasking advice on the road to healthyville. Now that's must-see TV!

Pasternak shows Katie Selman, Melissa Sevimli, and Vilay Senthep (left to right, above) how to sneak in exercise during TV time:

### FORGET REPS.

Skip counting altogether and hold an isometric movement (think: plank or wall squat) for 60 seconds every few minutes.

### TAKE A LUNGE BREAK.

"Repeat two minutes of lunges every five minutes," Pasternak says. Switch it up with side lunges, walking lunges, reverse lunges, you name it. Your legs will be burning by the time the credits roll.

**Fast friends** There's no doubt about it, having a buddy makes it easier to stay on track. To find friends, download the **RunWith** app (free; [iTunes.com](http://iTunes.com)). You can search for and join runs by location or make plans with existing or new pals.

# HEALTH-WATCH EXPOSÉ: HOW TO BREAK THROUGH YOUR WEIGHT LOSS PLATEAU

BY AMBER RIOS

**B**eing a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus, my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Like many people out there, one of my biggest frustrations when I am trying to lose weight is when my progress halts despite the fact that I continue to follow a strict plan. On my last workout, I expressed my frustration to my elite personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time. Tony handed me a meal replacement drink and told me to include it in my regular diet. He simply said, "You will be astounded by the taste and the results you will see!"

With more than a healthy dose of scepticism, I decided to investigate the shake Tony handed me to try called INVIGOR8.

Turns out, he was right about the taste. After one sip I thought there is no way this can be healthy because the creamy chocolate flavor is just too delicious. I was stunned because virtually every other meal replacement shake I've tried has tasted chalky, clumpy and are packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake costs more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Still sceptical, I looked up the reviews

online and reached out to a few people to get their feedback on the product. By the next morning three people got back to me saying, "As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first 100% natural, organic, non-GMO nutritional shake & superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the grain-fed whey found in most shakes, metabolism boosting raw organic coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested cognitive enhancers for improved mood and brain function. The company even went a step further by including a balance of pre and probiotics for optimal digestive health, uptake, and regularity and digestive enzymes so your body absorbs the high-caliber nutrition you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice, I understand the importance of filling my body with the best Mother Nature has to offer. I am always reluctant when trying new products because



I am never sure of the impact they will have on my energy and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while staying fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed a special offer: if you order this month, you'll receive Free Enrollment into the company's Loyalty Program where you'll qualify to receive a \$10 discount on every bottle of INVIGOR8. And so you don't go a month without INVIGOR8 - helping you lose weight while getting toned, you'll automatically receive a fresh bottle every 30-days. There are no minimum amounts of bottles to buy and you can cancel at any time. You can order INVIGOR8 today at [www.DrinkInvigor8.com](http://www.DrinkInvigor8.com) or by calling 1-800-958-3392.



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you feeling nothing but fresh.



October is  
**NATIONAL  
Beauty  
Month!**

## Pretty Hair in a Pinch

Sometimes life throws you a curveball—a surprise downpour, an unexpected meeting, a last-minute dinner res—that can knock your hair game way off. Here are three superquick style solutions that will save your strands in sticky situations. The forecast looks bright with good hair days ahead! →

By Molly Ritterbeck

**Hair Disaster:**

You got caught in a downpour on the way to book club.

**Speedy Style Solution:****Two-Minute Topknot**

**1.** This sophisticated yet simple style is easy to pull off on the go (just find a mirror and you're golden). Simply flip your head upside down and gather your hair into a ponytail at the crown—that's the trick to positioning the bun at the right height. Secure with an elastic.

**2.** Take a one-inch section of hair from one side of the ponytail and braid it. Tie with a clear elastic like **Ricky's NYC Snagless Clear Minis** (\$4, rickysnyc.com). Repeat on the other side of the pony.

**3.** Use a teasing brush to lightly backcomb the ponytail to add texture. Try **Conair Slim Teasing Brush** (\$5, drugstores). Then twist the pony into a topknot and secure with bobby pins.

**4.** Wrap the braids around the base of the bun and lock them in place with a few hairpins. Keep the **mini Scunci Emergency Kit** (\$6, drugstores) in your bag so you always have pins, ties and clips on hand.

**Hair Disaster:**

Your third-day strands aren't dinner-reservation ready.

**Speedy Style Solution:****Wavy Half-Up**

**1.** Your lived-in hair will hold this style better than just-washed strands. Spray a dry shampoo like **Herbal Essences Body Envy Dry Shampoo** (\$5, drugstores) directly onto your roots to soak up excess grease and add volume at the crown.

**2.** To create natural-looking waves fast, loosely wrap two-inch sections of hair around a curling iron, but don't curl the ends. Alternate the direction you curl each section to give it an undone feel—the more imperfect it looks, the better!

**3.** Tease a small section at the crown and then pull back the top half of your hair and secure with bobby pins.

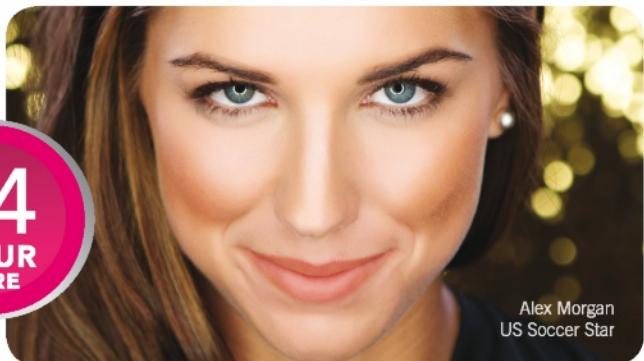
**4.** For a romantic touch, slide on a skinny rose gold headband like **Ban.Do Shine Tiny Headband in Rose Gold** (\$10, shopando.com) and let a few pieces of hair fall in front.

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Alex Morgan  
US Soccer Star



TAMANU AND COCONUT OILS  
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## TWO CLINICALLY PROVEN FORMULAS IN ONE? YES AND YES!

Discover new *ChapStick®* dual-ended hydration lock  
in the cough and cold aisle.

Read what 2,600 consumers are saying  
about *ChapStick®* hydration lock on [birchbox.com](http://birchbox.com)

**Hair Disaster:**

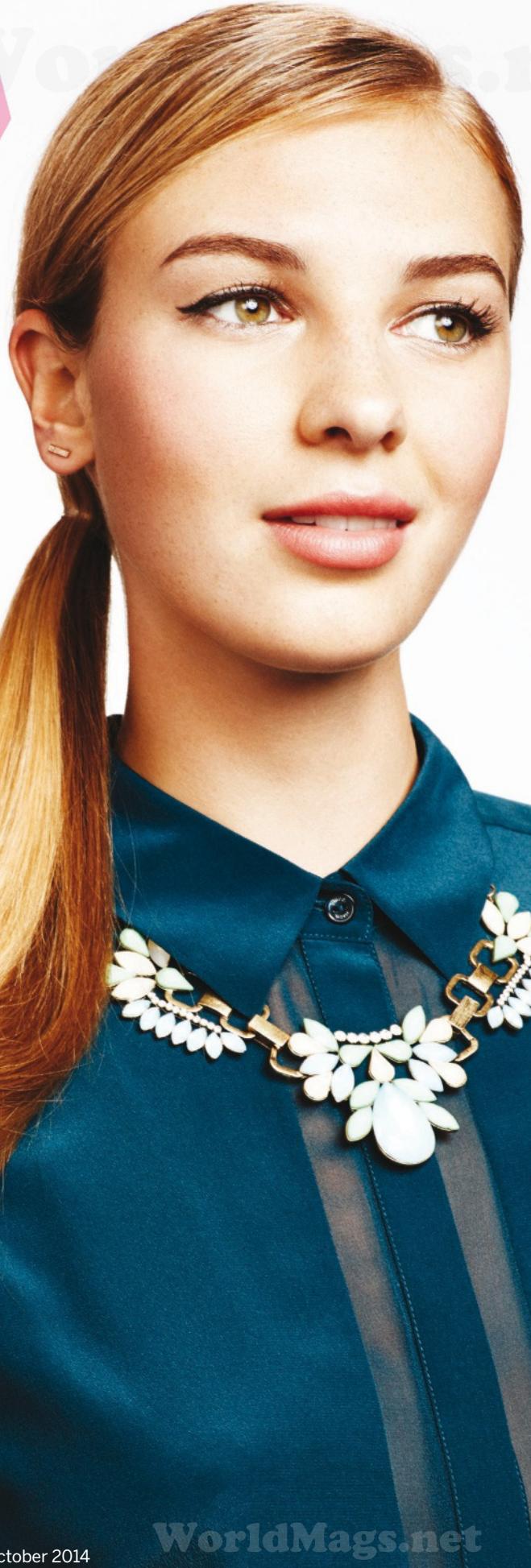
You're running from an early morning gym sesh to a big meeting.

**Speedy Style Solution:****Sleek Side Pony**

**1.** Use sweat to your advantage for a polished look. Make a deep side part with a boar-bristle brush, which is best for smoothing out bumps, and pull your sweaty strands back into a low side ponytail. We like **Bumble and Bumble The Flat Brush** (\$95, bumbleandbumble.com).

**2.** Quickly run a flatiron over your hair to straighten any kinks. One that won't weigh down your gym bag or even require an outlet: **CHI Smart Titanium Ceramic Cordless Styling Iron** (\$110, qvc.com).

**3.** To add shine and tame flyaways, apply a dime-size amount of hair oil to your hands, rub them together, then gently run them over the top and length of your hair. Try **Dove Pure Care Dry Oil Nourishing Treatment** (\$13, drugstores).

**Hot Hair at the Gym****Trainer Tracy**

Anderson, creator of the cult favorite Tracy Anderson Method, has been sculpting some of Hollywood's hottest bodies (think Gwyneth Paltrow, J.Lo and Cameron Diaz) for more than 15 years. Although she sweats for a living, Anderson manages to look good while doing it. We asked the brand ambassador of Scunci, the active-hair-accessory line, her strand secrets.

**What's your go-to workout hairstyle?**

"I have a progression: When I stretch, I start with my hair down and my bangs pushed back with a tiny headband—I love neon pink or turquoise. When I move to the mat, I quickly pull my hair into a mid-level ponytail using a knotted neon soft hair tie; I always stack extras on my wrist. Then before I get serious and start cardio, I twist my hair into a bun, because I'll be drenched in sweat."

**What's your best gym-to-dinner hair trick?**

"I always wash my hair, but in a pinch, I'll diffuse it. The sweat gives it this tousled texture. I like wearing it in a low side pony."

**What are your favorite hair products?**

"I love **Original Sprout Natural Shampoo** [\$20, originalsprout.com] because it's free of sulfates and parabens. For accessories, I love **Scunci No-Slip Flat Ponytailers** [\$4, drugstores] and **Braided 3X Stronger Elastics** [\$4, drugstores]."

**How do your celeb clients wear their hair to your class?**

"J.Lo and Kim [Kardashian] wear theirs in a bun on the top of their heads. Gwyneth wears hers down, and Nicole Richie wears hers in a low bun. But they all steal my accessories!"

—Heather Muir



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MY SWEET TOOTH  
I OUTSMART IT

Crystal Light.

#TINYWIN



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Freida Pinto, 100% True Match W6 Sun Beige

**TRUE  
MATCH™**  
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Lea Michele, 100% True Match N5.5 Perfect Beige

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2014 FITNESS BEAUTY AWARDS

You deserve the best—and we've got it for you. Turn the page for the 70 game-changing beauty products that will help you look younger, sexier and prettier than ever. With the help of dermatologists, hairstylists, makeup artists, manicurists, FITNESS staffers and readers, we tested 1,500 of the years' latest and greatest to find our winners. So pop open a bottle (bubbly or bubbles) to celebrate National Beauty Month, and cheers to the most gorgeous version of you!

# INSTA

# GLAM

PHOTOGRAPHS BY  
Miko Lim

BY  
Heather Muir  
and  
Molly Ritterbeck



**NAIL POLISH**  
Sally Hansen Triple Shine Nail Color

Available in 29 trendy hues, this nail candy stayed supershiny and chip-free even after days of dish duty. (\$5, CVS Stores)



**NAIL TREATMENT**  
Nicole by OPI Oil To Go

"Applying this every day made my mani look brand new," one reader told us. "The squeeze-tube applicator was neat and easy." (\$8, [nicolebyopi.com](http://nicolebyopi.com))



**HAIRSPRAY**  
Charles Worthington Salon At-Home Style Setter Long Lasting Max Hold Hairspray

This fine mist offers a flexible hold, so your style stays in place without looking like helmet hair. (\$10, [target.com](http://target.com))



**EVERYDAY BODY LOTION WITH SPF**  
Ocean Potion Protect and Renew Body SPF 45

Pass on the pricey body cream and grab this two-in-one that delivers intense hydration and packs a sun-protection punch. (\$9, drugstores)

## SCORE A BARGAIN

Look chic on the cheap with these favorite finds for just \$10 or less.



**CLEANSER**  
Yes to Carrots Fragrance Free Daily Cream Facial Cleanser

Even if your skin isn't sensitive, you'll love this gentle and nourishing wash enriched with betacarotene, which will leave your face soft, not stripped. (\$8, Target stores)



**CURL ENHANCER**  
OGX Hydrate + De-Frizz Kukui Oil Frizz Defying Curl Crème

Swap the straightener for this curl perfector, which contains creamy coconut milk and sweet jasmine to keep strands smooth, shiny and crunch-free. (\$8, Walmart)



**DEEP TREATMENT**  
L'Oréal Paris Advanced Total Repair Extreme Emergency Recovery Mask

Apply this to wet hair and in five minutes you'll feel like you just got a fancy conditioning treatment. See ya, spit ends! (\$7, drugstores)



**MAKEUP REMOVER**  
Olay Fresh Effect Everything Off! Deluxe Makeup Removal Wet Cloths

If you go through wipes like water, now you can stock up without blowing your budget. (\$5 for 25-pack, drugstores)

## REFRESH YOUR WORKOUT ESSENTIALS

These pre- and postexercise all-stars are made to fit your active lifestyle.



**DEODORANT**  
Secret Destinations

The workout staple we can't sweat without: This deodorant goes on evenly, absorbs quickly (no clumpage!) and leaves us smelling more exotic than baby powder. (\$4, drugstores)



**HAIR ELASTIC**  
Scunci No-Slip Grip Evolution Elastics

Never stop mid-session to fix your pony again. These ties keep your hair in place without pulling or tangles. (\$3 for 14, drugstores)



**SPF FOR LIPS**  
June Jacobs Lip Renewal SPF 50

The elements can leave your lips sore. Pamper your pout with this healing balm. (\$24, [junejacobs.com](http://junejacobs.com))



**HAIR REMOVAL**  
Gillette Venus Embrace Sensitive Razor

Say good-bye to razor burn for good! This five-blade shaver contains protective strips with aloe for a superclose, silky glide. #smoothmoves (\$13, drugstores)



**DRY SHAMPOO**  
Fekkai Blowout Hair Refresher

Now you don't have to wash after every workout. One tester massaged this into her sweat-soaked strands and was blown away by how "clean" her hair looked. (\$20, [fekkai.com](http://fekkai.com))



**FOOT PRODUCT**  
Rituals Tao Collection Lao Tze Cooling Foot Balm

After clocking major miles, slip off your running shoes and slather on this minty cream for instant relief. (\$15, [rituals.com](http://rituals.com))



**BODY MIST**  
Victoria's Secret Angels Only Body Mist

No one will know you spent the last hour dripping in sweat. Notes of apple blossom and violet make you smell fresh and luscious. (\$25, [victoriassecret.com](http://victoriassecret.com))



**PORTABLE SPF**  
Neutrogena Ultra Sheer Stick Face & Body Stick SPF 70

Testers appreciated the "nonchalky formula" and the deodorant-like application, which makes it ideal for coating large and small areas. (\$10, drugstores)



**PORTABLE FRAGRANCE**  
Juicy Couture Viva La Juicy Gold Couture & Viva La Juicy Eau de Parfum Rollerball Duo

This marker-size scent contains a gardenia-and-mandarin option for day and a caramel one for night. (\$25, [macys.com](http://macys.com))



**SWEATPROOF SPF FOR BODY**  
La Roche-Posay Anthelios 60 Ultra-Light Lotion Spray

"Before I suit up, I spray this on my arms and legs. It doesn't feel greasy," our resident cyclist said. (\$36, drugstores)



### What Makes A Winner:

Our beauty editors narrowed down approximately 1,500 nominated new beauty products to 558 semifinalists, which were evaluated by our experts. The pros' top selections were then sent to our reader testers, who scored each on such factors as effectiveness, texture, scent and ease of use to determine our 70 winners.



#### SWEATPROOF SPF FOR FACE

**Amarte Ultra Veil SPF 50+**

Protection that stays put: "This lightweight sunscreen was the only one that didn't drip into or sting my eyes," one runner reported. (\$45, [amarteskincare.com](http://amarteskincare.com))



#### CLEANSING WIPES

**Garnier Clean+ Refreshing Remover Cleansing Towelettes**

These wipes are neither too dry nor too wet, and they cut through even the smokiest eye makeup. (\$6, drugstores)



## TREAT YOURSELF

Whether you want to splurge on a beauty breakthrough or try a DIY treatment, these picks will make you feel like a million bucks.



**FACE OIL**  
**Drunk Elephant Virgin Marula Luxury Facial Oil**

Massage a few drops of this antioxidant-rich oil into your skin to hydrate, protect and deliver a pretty dewiness. (\$72, [drunkelephant.com](http://drunkelephant.com))



**LIPSTICK**  
**Dolce & Gabbana Classic Cream Lipstick**

After swiping on 20-plus tubes, this rich, long-lasting lip color stole our hearts. The nondrying formula has a slight sheen, and it comes in 42 flattering shades. (\$33, [saksfifthavenue.com](http://saksfifthavenue.com))

**BROW PRODUCT**  
Guerlain Eyebrow Kit



This kit has a dual-sided brush for applying and blending, plus light, medium and dark powders so you can customize your perfect match. (\$52, Sephora stores)

**FACE SELF-TANNER**  
Clarins Golden Glow Booster



Mix four drops of this into your moisturizer and apply to skin, and in just a few hours you'll look sun-kissed with zero streaks. (\$30, clarins.com)

**SHINE PRODUCT**  
Nexus Color Assure Glossing Tonic



This fine mist acts like a topcoat for your hair without leaving it greasy. Coconut, almond and argan oils deliver mirrorlike shine. (\$18, drugstores)

**ROOT TOUCH-UP**  
TouchBack Quix



Keep this secret weapon on hand to hide stray grays and roots in seconds. The comb ensures a natural-looking application that won't budge until you shampoo. (\$15, Walgreens stores)

## TURN BACK THE CLOCK

Look years younger with these skin-smart innovations.

**NIGHT TREATMENT**  
Olay Regenerist Luminous Tone Perfecting Moisturizer



Put this cream on before bed and wake up with more radiant skin and, over time, fewer dark spots. (\$25, drugstores)

**EYE CREAM**  
Dr. Andrew Weil for Origins Mega-Bright Dark Circle Minimizer



Disguise tired eyes with a three-pronged approach that soothes irritation, eliminates dark circles and strengthens thin skin. (\$41, origins.com)

**TONER**  
H2O Plus Marine Defense Green Tea Antioxidant Toner



One shake of this on a cotton ball whisks away leftover dirt and oil while leaving behind antioxidants to help fight the damaging effects of free radicals. (\$18, h2oplus.com)

**PRIMER**  
Laura Geller Beauty Spackle Hydrating Under Make-up Primer



The lightweight formula is packed with vitamins so you can skip moisturizer. Our testers loved that "it didn't feel sticky and helped makeup last longer." (\$30, qvc.com)

**TEETH WHITENER**  
Crest 3D White Whitestrips Luxe Supreme FlexFit



A new stretch technology helps these strips hug every curve and cover more teeth for your whitest smile yet. (\$65, drugstores)

**WRINKLE FIGHTER**  
StriVectin SD Advanced Intensive Concentrate



Our testers raved that this cream "cleared up breakouts, softened forehead lines and left a hydrating veil over skin." (\$79, strivectin.com)

**AT-HOME HAIRCOLOR**  
L'Oréal Paris Preference Mousse Absolute



This ready-to-use color doesn't need mixing, so it's goof-proof, mess-free and reusable for touch-ups. Testers loved the "shiny and natural" results. (\$15, drugstores)

**SERUM**  
Dior One Essential



Hibiscus extract in this powerhouse serum helps detoxify skin and rejuvenates cells, transforming your complexion from dull to radiant. (\$100 for 30 ml, dior.com)

**MASK**  
Perricone MD Chloro Plasma



Meet your facialist in a jar. In just five minutes, you can minimize the appearance of pores, help soften fine lines and calm redness. (\$75, perriconemd.com)

**AT-HOME DERM TREATMENT**  
Triage Age-Defying Laser



This handheld device gives you younger-looking skin without the downtime or steep price tag of an in-office laser treatment. (\$495, triabeauty.com)

**TOOL**  
Silk'n DermBeauté Facial Brush



This has five heads to upgrade your cleansing routine. Use it at night to remove makeup, in the shower for deep exfoliation or before a big event for a glow. (\$49, silkn.com)

**MOISTURIZER**  
Charlotte Tilbury Charlotte's Magic Cream



When you're sleep-deprived, hungover or stressed, this buttery mixture will perk up your complexion with hyaluronic acid and flower extracts. (\$95, nordstrom.com)

**BODY SELF-TANNER**  
Vita Liberata pHenomenal 2-3 Week Tan Lotion



This lotion takes the guesswork out of getting a faux glow. It's free of everything we typically loath about self-tanner: the smell, streaks and orange hue. (\$54, sephora.com)

**BODY SCRUB**  
Archipelago Botanicals Black Honey Sugar Scrub



This scrub made our skin baby-soft, but what really wowed us was that it wasn't too abrasive and it rinsed clean. (\$19, shoparchipelago.com)

**HOT TOOL**  
Harry Josh Pro Tools Ceramic Styling Iron



It heats up superfast, and the nano-ceramic titanium plates are extra wide, which means fewer passes over your hair, so strands look healthy, not fried. (\$250, hairenvy.com)

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fitnessmagazine.com October 2014 57

2014

## fitness BEAUTY AWARD WINNERS



### UPGRADE YOUR BASICS

These everyday essentials are so amazing you'll want to use them twice a day.

#### EYELINER

Urban Decay All Nighter Eyeliner in Perversion

Our testers swooned over this waterproof, shiny black formula that "glides on like butter" and "doesn't need to be sharpened." (\$20, sephora.com)

#### MASCARA

Bobbi Brown Smokey Eye Mascara

Consider this your do-it-all mascara. A few swipes and your lashes look thicker, longer and totally glam—no smudging, no clumps. (\$28, bobbibrown.com)



#### BODY WASH

Aveda Shampure Hand + Body Wash

This luxe lather transforms your shower into a spa-like sanctuary, thanks to 25 flower and plant essences, including calming lavender and mood-boosting ylang ylang. (\$19, aveda.com)



#### CONCEALER

Laura Mercier High Coverage Concealer

This concealer does a lot more than cover; a drop also deflates puffiness and brightens dark circles. (\$28, lauramercier.com)



#### VOLUMIZER

Kérastase Densifique Densimorphose Mousse

The hyaluronic acid in this frothy foam plumps thin strands. Comb an orange-size pouf through damp hair and prepare for bombshell body. (\$42, kerastase-usa.com for salons)



#### FRIZZ FIGHTER

Shu Uemura Art of Hair Ultimate Remedy Extreme Restoration Duo Serum

The nourishing half-oil, half-serum combo kept our tester's naturally fuzzy hair "shiny and smooth" despite NYC humidity. (\$38, shuuemuaraofhair-usa.com for salons)



#### FOUNDATION

Philosophy Hope in a Jar Light-as-air Hydrating Fluid Makeup SPF 20

Even testers who don't normally wear foundation praised how weightless this felt. Light-reflecting pigments give dull and tired-looking skin a glow. (\$39, philosophy.com)



#### LIP BALM

Burt's Bees Lip Balm in Coconut & Pear

The cult-favorite lip balm, now with an added dose of coconut oil, keeps your lips cushiony and flake-free. (\$3, burtsbees.com)



#### SHAMPOO

Pantene Pro-V Damage Detox Daily Revitalizing Shampoo

"This seems like a high-end salon product," one reader said. Others praised its "refreshing scent" and the way it made their hair "much more manageable." (\$5, drugstores)



#### CONDITIONER

Fresh Seaberry Revitalizing Conditioner

Like a face serum for your hair, this conditioner is packed with antioxidants and softens strands without leaving them limp. (\$26, fresh.com)



#### SHAVING CREAM

Whish Shave Cream with Hair Inhibitor

A tiny pump of this coconut-scented cream goes a long way. Not only does it hydrate scaly skin, but it slows hair growth so you stay smoother longer. (\$24, nordstrom.com)



#### HAND TREATMENT

Deborah Lippmann The Cure Ultra Nourishing Cuticle Repair Cream

This mini jar is perfect for stashing in your bag or keeping next to your keyboard. It repairs dry cuticles and is absorbed quickly, so you can text or type right after you rub it in. (\$24, deborahlippmann.com)



#### BODY LOTION

Korres Body Butter in White Grape

The aloe, shea butter and quince extract in this moisturizing lotion prevent crepiness and soothe chapped skin without leaving you sticky. (\$29, hsn.com)



#### BLUSH

Butter London Cheeky Cream Blush

The sheer colors helped us fake a post-gym flush. Perfect for touch-ups on the go. (\$20, ulta.com)

"I'M NOT AN AIRBRUSHED KINDA GIRL,  
I JUST WANT TO LOOK IT."

New Olay Total Effects  
Pore Minimizing CC Cream  
instantly **reduced the**  
**look of pores** in 80% of  
women.\* Get 7 benefits in 1  
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YOU WANT  
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## ADVANCED HAIRCARE

### THE SCIENCE BEHIND EXTRAORDINARY HAIR



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FEELS 2X THICKER\*



#### COLOR VIBRANCY

8 WEEKS OF COLOR  
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#### SMOOTH INTENSE

72 HOURS OF FRIZZ  
CONTROL\*\*



#### TOTAL REPAIR EXTREME

EXTREME DAMAGE  
UNDONE



#### TOTAL REPAIR 5

5 PROBLEMS,  
1 SOLUTION



#### TRIPLE RESIST

REDUCE HAIR FALL  
BY 64%\*\*\*



#### POWER MOISTURE

10X THE HYDRATION†

\*Based on responses in a consumer test. \*\*When using system of shampoo and conditioner vs. non-conditioning shampoo. \*\*\*Due to breakage. When using system of shampoo, conditioner and treatment in a brushing test that measures breakage vs. non-conditioning shampoo. †When using system of shampoo and rinse-out treatment vs. non-conditioning shampoo.

**L'ORÉAL**  
PARIS

## beauty awards

### GET OUT THE DOOR FAST

Simplify your beauty routine without sacrificing your look with these top time-saving must-haves.



#### LEAVE-IN CONDITIONER

Toni&Guy Hair Meet Wardrobe Prep Leave In Conditioner

Comb a dollop of this instant hair tamer through damp strands to nix frizz and amplify shine. (\$15, drugstores)



#### HEAT PROTECTANT

Fekkai Blowout Primer

This is like an invisible shield for your hair. Spritz it on to prevent breakage and speed up blow-dry time. (\$20, fekkai.com)



#### ACNE BLOCKER

Dr. Dennis Gross Skincare One Step Acne Eliminating Pads

Swipe on a complexion-clearing wipe, which contains a cocktail of exfoliating acids. (\$38 for 45 pads, sephora.com)



#### SMOOTHING PRODUCT

Living Proof Perfect Hair Day 5 in 1 Styling Treatment

Condense your styling arsenal into this one cream. It smoothes, conditions, repairs, adds shine and boosts volume—impressive! (\$26, sephora.com)



#### EYESHADOW

Lorac Pocket Pro Palette

Smoky eyes in seconds: These three flattering neutral shadows (one matte, two shimmers) contour, shade, line and define so you look glam on the fly. (\$15, ulta.com)



#### PALETTE

Aerin Kaleidolight Palette

The only compact you need for eyes and cheeks. Swirl a brush over all five colors to give your face a pretty glow or zero in on each shade for bronzer, blush and eyeshadow. (\$70, aerin.com)



#### TINTED MOISTURIZER

Physicians Formula Organic Wear 100% Natural Origin CC Color + Correction Cream

Your moisturizer, primer, foundation and sunscreen in one—this lightweight skin-perfector evens out skintone and texture. Bonus: It's natural! (\$15, drugstores)



#### GLOSS

Maybelline New York Color Sensational Color Elixir

This game-changer combines the concentrated color of a lipstick with the hydration of a balm and the shine of a gloss, so you're just one swipe away from the pout of your dreams. (\$9, drugstores)



#### MULTI-TASKER

Flower Kiss Me Twice Lip + Cheek Chubby

The ultimate throw-and-go for your purse, this self-sharpening stick offers sheer, buildable color for lips and cheeks. (\$10, Walmart stores)



#### BRONZER

Charlotte Tilbury Filmstar Bronze & Glow

Use this bronzer-shimmer duo to contour and highlight your face or blend them together for a luminous effect. (\$65, nordstrom.com)

#### Meet Our Beauty Experts

Dermatologists: Neal Schultz, M.D., Park Avenue Skin Care, New York City; Macrene Alexiades-Armenakas, M.D., Ph.D., specialist in dermatology and laser surgery, New York City; Elizabeth F. Callahan, M.D., SkinSmart Dermatology, Sarasota, Florida; Elizabeth K. Hale, M.D., CompleteSkinMD, New York City. Hairstylists: Jenny Cho, Los Angeles; Ron O'Connor, owner of Lukaro Salon, Beverly Hills, California; Lauren Thompson, stylist at Nunzio Saviano Salon, New York City; Jen Atkin, Los Angeles. Makeup artists: Andrew Sotomayor, New York City; Jamie Greenberg, Los Angeles; Gilbert Soliz, New York City. Nail artist: Julie Kandalec, creative director, Paintbox, New York City.

# EXTREMELY DAMAGED HAIR? WHY CUT IT WHEN YOU CAN REPAIR IT?

BECAUSE YOU'RE WORTH IT.™



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**TOTAL REPAIR EXTREME**  
with LACTIC AHA

Jennifer Lopez

WITH LACTIC AHA



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TO STRENGTHEN THE ARCHITECTURE OF HAIR.\***

- WITH LACTIC AHA, PENETRATES DEEP, LAYER BY LAYER
- EXTREMELY DAMAGED HAIR, STRENGTHENED
- DAMAGE UNDONE, INSTANTLY

**THE SCIENCE BEHIND EXTRAORDINARY HAIR**

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# ENDURANCE

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## FIRM, BABY, FIRM

One direction may work for naming a hot boy band, but it's a bad policy for bringing it at the gym. "Multidirectional movement is definitely the special ingredient in crafting the best, most fit bodies out there," says Alonzo Wilson, founder of the new Tone House New York studio, which mixes fun, sweaty sports drills with sculpting to make one take-no-prisoners session. Wilson, a former pro football player, is a total fan of the band—resistance, that is—because it allows you to tone from every angle as you cut from side to side, punch or crunch. Complete his allover circuit twice—use a resistance tube with handles or a band you can knot to make loops—to wake up your shape-up. →

By Mary Christ Anderson

PHOTOGRAPH BY ANTHONY CUNANAN  
Shot on location at the Mercedes Club in New York City



### Turn-and-Burn Squat

**Targets shoulders, arms, abs, butt, legs**

- With one end of band secured to a stable post like a couch leg, hold other end in right hand and stand with feet shoulder-width apart so that right side is facing the post (step far enough away so there is tension in the band).
- In one motion, jump up and rotate body in midair toward left, landing in a squat facing away from the post, as you extend both arms forward at shoulder level.
- Jump up, rotating back to start position.
- Do 10 reps, switch sides and repeat, switching band to left hand (and starting with left side of body facing post). Do 3 sets.

### Roborunner

**Targets abs, obliques, butt, hamstrings**

- Loop center of band around a stable post like a couch leg. Start on floor in plank position facing away from post, feet placed in handles like stirrups.
- Alternately bring right and left knee in toward chest, not allowing toes of bent leg to touch floor.
- Repeat for 1 minute and rest 20 seconds. Do 3 sets.



### Mad Cycle

**Targets abs, obliques**

- With center of band looped around post, put feet through handles; lie faceup on floor, knees bent, shins parallel to the floor and feet flexed, about two feet from post or until you feel slight tension in band.
- With hands touching ears, elbows out to sides, crunch up, bringing knees in toward chest. Lower legs and torso, without touching either on floor and repeat. Do 3 crunches.
- With knees still lifted in air, bring right elbow and left knee in toward each other as you extend right leg. Switch sides and repeat. Do 3 reps to each side.
- Repeat knee tuck/bicycle combo for 1 minute and rest 20 seconds. Do 3 sets.



**Shop this look.** Map to Mars Bare Solid Body Con top, \$16, aeropostale.com. Mika Yoga Wear Meeko shorts, \$36, mikayogawear.com. Saucony Cortana 3 sneakers, \$150, saucony.com.

### Crawler

**Targets shoulders, abs, obliques, butt, legs**

- Secure one end of band to post and hold other end in right hand; start on floor in plank position facing away from post with band handle in right hand (move forward if the band is slack; band should be alongside body).
- Press hips diagonally backward toward left, bending knees (as if sitting sidesaddle).
- Return to plank, then lift extended right arm forward at shoulder level; lower arm to return to plank and repeat sequence.
- Do 10 reps, switch sides (hold band in left hand, press hips back toward right) and repeat. Do 3 sets.



### Resist-a-Punch

**Targets shoulders, arms, abs**

- Loop center of band around post. Stand facing away from post with feet staggered, left foot in front of right, holding ends of band in each hand.
- Punch forward with right hand, pivoting on right foot; retract arm.
- Punch forward with left hand, pivoting on left foot.
- Do 50 punches, then switch footing and repeat. Do 3 sets.



### Row Combo

**Targets shoulders, biceps, abs, obliques, butt, legs**

- With center of band looped around post, stand with feet shoulder-width apart facing post, holding ends of band in each hand, palms facing each other.
- Squat down then stand up, driving both elbows behind you.
- Return to squat then stand, twisting torso to left and pulling both ends of bands toward left ribs. Return to squat, then repeat twist to right side.
- Return to squat and now do a high row, driving elbows up and out to sides at shoulder level.
- Repeat entire series 15 times. Do 3 sets.



**PRESS PLAY.** Watch the video of this routine at [fitnessmagazine.com/firmup](http://fitnessmagazine.com/firmup). On the go? Get the iPad edition of FITNESS. Find out how at [fitnessmagazine.com/digitalnow](http://fitnessmagazine.com/digitalnow).

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# Power Play

Want to pump up your pace? Jump! Runners who did plyometrics for two months shaved seconds from their sprint times, shows a study in the *Journal of Strength and Conditioning Research*. "These explosive moves recruit fast-twitch muscle fibers," says exercise physiologist Michelle Lovitt, a strength-and-conditioning pro for Asics America. That's like tapping into your legs' rocket boosters. Here's how to go full throttle.

## Prepare for takeoff.

Dynamic stretches prime your muscles for jumping. Do 10 yards each of the following moves without stopping: A-skips (skip bringing front knee high), butt kicks, high knees, carioca (a side shuffle crossing one foot in front of the other), side shuffle, high knees with opposite elbows to the knee, A-skips into a lunge.

## Catch air.

Incorporate a few plyo moves like squat jumps and burpees twice a week, doing two sets of 10 to 12 reps. (Newbie strength trainers should begin with exercises like squats, lunges and calf raises to build lower-body stability first.) "Perform those plyometrics with fresh legs," says Lovitt—on cross-training days or light runs like the one at right.

## Go easy on the knees.

For plyo benefits without the pounding, do leg-machine exercises like the single-leg press, hamstring curl and leg extension (set to 45 degrees) with a quick movement up and controlled motion down. You can also do lunges to the side, front and back with a similar approach: Lunge with control, then finish with an explosive return back to start.



## The Plan

Put some bounce in your stride—and seriously crank up the calorie burn—with this twofer run designed by Lovitt.

Time (minutes)	Activity
0 to 3	<b>Warm-up</b> (light jog)
3 to 5	<b>Dynamic stretches</b> (see "takeoff" tip, left)
5 to 10	<b>Run</b> (moderate pace)
10 to 11	<b>High skips</b> (Aim to go as high as you can as you move forward, landing softly on balls of feet.)
11 to 16	<b>Run</b> (moderate pace)
16 to 17	<b>Split squat jumps</b> (Start in a low lunge and explode up, switching legs mid-air and landing with legs in opposite position.)
17 to 22	<b>Run</b> (moderate pace)
22 to 23	<b>Bounding</b> (Leap with every running stride, driving your knees forward as far as your stride allows.)
23 to 28	<b>Run</b> (moderate pace)
28 to 29	<b>Tuck jumps</b> (Stand with feet hip-width apart and jump, bringing knees toward chest; land lightly on balls of feet and immediately jump again.)
29 to 32	<b>Cool-down</b> (light jog)
32 to 35	<b>Dynamic stretches</b> (45 seconds each of leg swings to the side; straight-legged marches; slow-motion butt kicks, in which you briefly grab the toes of bent leg behind you; inchworms, where you bend to touch toes, then walk hands forward into a plank and walk them back to your feet)

## Roll With It

These cool soothing tools can massage out muscle kinks after a high-octane workout.



Place the **Gaiam Restore Hot & Cold Foot Roller** in the freezer or hot water, and then use underfoot to relieve tired soles. (\$15, amazon.com)



**Element: Stretch, Release & Restore Yoga Kit with Massage Roller Balls** is a flex and roll session from back to calves. (\$30, walmart.com)



At just 13 inches long, the **TriggerPoint Grid X Foam Roller** has different textures to knead tight muscles. (\$50, tptherapy.com)



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# TAKE IT OUTSIDE!

Stride or ride off-road for a hotter body and a cooler mind. Here's your so-easy guide—just add sunshine.

By Kelly Mickle  
Photographs by James Farrell



WorldMagazine



Taking your walk on the wild side will help you burn nearly twice as many calories per hour as pavement—and give your mind a little TLC. A study in *Environmental Science & Technology* shows exercising in nature can boost your mood and your energy level.

## Altitude Adjustment

**Bummer:** Unlike ski slopes, hiking trails don't have a standard difficulty rating system. So before you tackle a new route, check the elevation on a topographic map; download one free from the U.S. Geological Survey at [usgs.gov](http://usgs.gov). "Climbing between 200 and 500 feet per mile is ideal for a beginner-to-moderate trail," says Julia Trippel, an REI Outdoor School instructor. (That's about a 4 to 9 percent incline.) "If you know you'll hit 5,000 feet above sea level, go slowly and drink lots of water to avoid getting altitude sickness." Rest and hydrate at the first sign of wooziness; chill at a lower altitude if you need to acclimate.



### Hit the Trails!

Find nearby hikes—complete with difficulty approximations, photos and reviews from other hikers—at [alltrails.com](http://alltrails.com). Brush up—and buddy up—at REI stores; locations around the country lead guided day hikes and seminars. (Go to [rei.com](http://rei.com) and click the "Learn" tab; choose the "Travel with REI" tab if you're looking for an epic hiking escape.)

### Q & A

#### What exercises should I do to prep for a hiking trip?

Let the thighs have it. Besides logging longer walks—bonus if you take your backpack—strengthening your legs is key, says outdoor pro Julia Trippel. "Exercises that target your quads help protect your knees when going uphill or downhill on uneven terrain," Trippel says. Take the stairs, hit the stairclimber at the gym or try one of her favorite quad killers, wall sits: Standing with your back flat against a wall, feet hip-width apart a couple of feet in front of you, lower as you bend knees 90 degrees. Hold for one minute, rest, then repeat three times.

### Tech Support

The **Motion-X GPS navigation app** (\$2, [motionx.com](http://motionx.com)) allows you to preload maps complete with a digital compass to lead the way. Out past sunset? Download the **SkyView app** (\$2, [terminaleleven.com](http://terminaleleven.com)), point your iPhone or iPad to the sky and the out-of-this-world app will show constellations, planets and space stations.

### Gear Factor

Day hikes can be grab-and-go simple. Get your checklist of 10 essentials at [fitnessmagazine.com/hiking](http://fitnessmagazine.com/hiking) and "plan to tote two to four ounces of food for each hour you aim to be out," says Jordan Campbell, a Marmot ambassador athlete—toss in an additional liter of water if that's longer than four hours. To pick the right-size pack for your preferred trek, use Campbell's rule of thumb:



▲ For a quickie jaunt of under three hours, keep it light with a 15- to 22-liter pack. (**Eddie Bauer Women's Cassidy 16-liter Backpack**, \$80, [eddiebauer.com](http://eddiebauer.com))



▲ For a full afternoon hike, opt for 22 to 25 liters of space, plus front and side pockets to help even out the weight. (**Osprey Sirrus 24-liter pack**, \$120, [rei.com](http://rei.com))



▲ For an all-day hike, take a roomier 25- to 32-liter pack with a waist strap, which can distribute some of the load to your hips. (**Marmot Kompressor Verve 26-liter pack**, \$109, [marmot.com](http://marmot.com))

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Reebok



If you can find a dirt path, you can turn any run into a whole new muscle-firming, stress-busting session. A study in *Psychology of Sport and Exercise* shows trailblazers felt they got a better workout and enjoyed exercise more than when they treadmilled.

"Your focus is on navigating the terrain and enjoying the scenery, so you can't obsess over the time or mileage," says Lesley Paterson, Xterra off-road triathlon champ and endurance coach.

### Gear Factor

Find the perfect pair of trail-running sneakers with this at-a-glance guide from Amanda Charles, district manager at the Boulder Running Company.

**Toe Guard** Look for a rubber bumper to nix stubs. "It can make for a tighter fit; you may need to go up a half size."

**Upper** "Pick breathable mesh if you run on hot, dusty trails; go for Gore-Tex for wet, muddy runs."

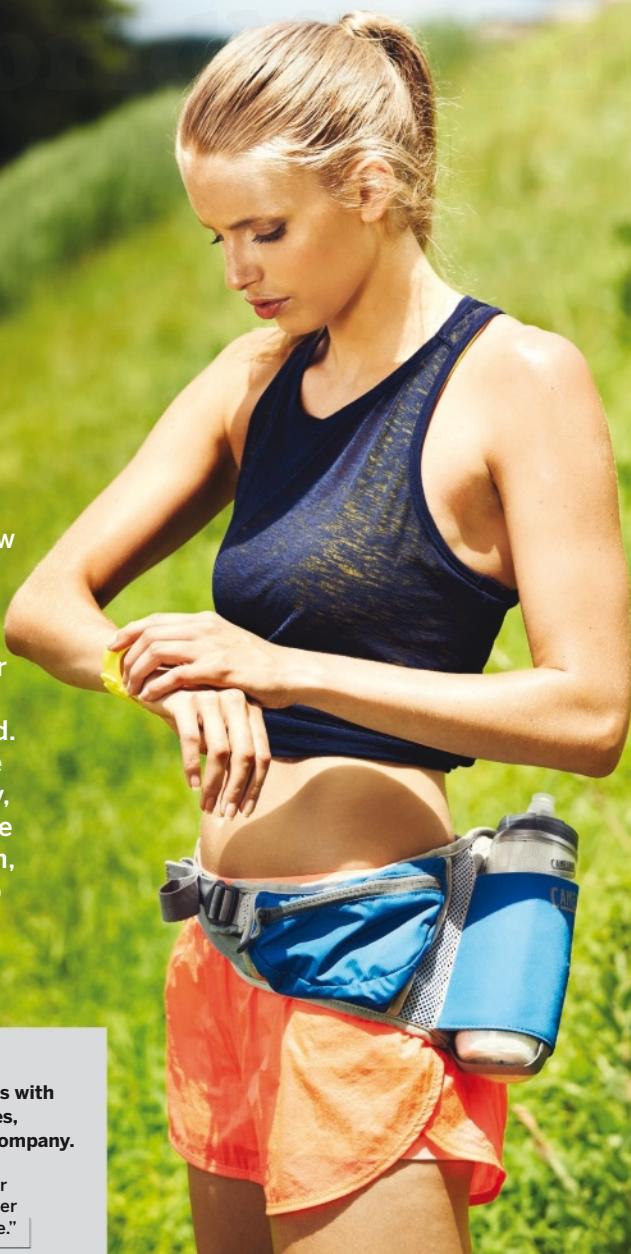


**Lugs** "Running sneakers have grooves carved in their outsoles, but raised treads, or lugs, are what give trail runners their traction."

**Rock Protection Plate** There's typically a piece of durable plastic inserted into the midsole that protects feet from getting poked when they strike sharp objects. "Ask the salesperson to confirm it's there."

**Mizuno Wave Kazan trail runner, \$120, mizuno running.com**

**Drop** This is the difference in height from heel to toe. "Trail shoes tend to have a smaller drop than running shoes; the closer your foot is to uneven ground, the better you're able to respond."



### Q & A

#### How do I switch up my technique to run on trails?

Because of the uneven terrain, expect to run more slowly and take shorter, quicker strides, says Tina Vindum, the author of *Tina Vindum's Outdoor Fitness*. And don't make the rookie mistake of watching the ground beneath your feet: "Continually scan the path ahead, focusing about 10 to 15 feet down the trail, to plan your easiest way forward," Vindum says. On downhills, obey the same mechanics as when you run on pavement. "It's tempting to lean back as you head downhill, but too much weight on your heels will cause your feet to slide out from underneath you," she says. "Instead, keep your nose over your knees and your knees over your toes to control your center of gravity."

### Hit the Trails!

Team up with a local off-road running group at [trail-running.meetup.com](http://trail-running.meetup.com), or search a list of trail races in your zip code at [Xterraplanet.com](http://Xterraplanet.com).

### Tech Support

The new Eddie Bauer Adventure Guide app (free, iOS) connects you to nearby trail-running routes based on skill level, distance and whether you're looking for a loop or out-and-back excursion. Type in your desired destination or let it find the one closest to you using your iPhone's GPS, and you'll get trail descriptions and info on weather conditions, elevation and more.

### Tote-ally Cool

Because most trails lack water fountains, don't leave home without your H<sub>2</sub>O. "I recommend drinking anywhere from two to four cups per hour, depending on the temperature and your pace," says Doug Casa, Ph.D., professor of kinesiology at the University of Connecticut. (For a more specific number, you can use the calculator on [camelbak.com/hydrated](http://camelbak.com/hydrated)). If you're out for a quickie, grab a liter bottle. Going longer? You'll need a bigger tank like the CamelBak Marathoner Vest, which holds up to two liters and allows you to quaff through a tube (\$100; [camelbak.com](http://camelbak.com)). Bonus: You don't have to take your eyes off the trail while you sip.

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Sure, cyclists are known for knockout legs, but turn onto grittier terrain and you'll get killer toning for your abs, arms and shoulders too. "Uneven landscape forces you to constantly adjust your balance for an intense total-body workout," says off-road champ Lesley Paterson. The result: You torch 583 calories per hour.

## Q &amp; A

## How do I brake so I don't wipe out?

Follow Paterson's tips for conquering the tricky situations below.

**Hairpin Turn** Aim your handlebars in the direction of the apex of the turn, slowly apply the brakes and lean your body in the opposite direction.

**Bump** You will roll over anything up to a fourth of your wheel size (about six inches). "As you approach such an object, speed up, don't brake, and pull up with your arms as you shift your weight forward."

**Downhill** "Ride with your head and back low in a squat position just above the saddle as you feather your brakes, giving small pumps, rather than holding them down."

## Saddle Up

**Mountain bike: Check.** A few accessories and you're trail-ready.

**Helmet** "Mountain bike helmets come down further in the back than road helmets for more protection," says Barry O'Connor, manager at Fat Tire Farm bike shop in Portland, Oregon. (See the **Giro Rift**, \$55, [giro.com](http://giro.com), shown here.)

**Gloves** Though a fingerless pair works to pad your palms, consider a full-finger glove for extra crash protection, O'Connor suggests. "They should fit second-skin snug." (Try the **Pearl Izumi W's Select glove**, \$22, [pearlizumi.com](http://pearlizumi.com))

**Shoes** "Get aggressive treads for walking off your bike in rough or muddy terrain," he says. Go for light hikers like the **North Face Women's Ultra Fastpack GTX**. (\$140, [northface.com](http://northface.com))

## ⊕ | Hit the Trails!

You don't need downhill skills to enjoy mountain biking. "Flat fire roads are a great place to start," Paterson says. Check out [imba.com](http://imba.com), the International Mountain Bike Association's website, to find local rides, clinics and biking groups, plus printable maps. Or download the **Runtastic Mountain Bike app** to have it serve up maps and weather reports for trails near you. (Free, iOS and Android)

## ⚙ | Tech Support

Capture any ride with the **GoPro Hero3 White Edition** minicam on your handlebars. (\$199, [gopro.com](http://gopro.com))

For safety, attach the **ICEDOT Crash Sensor** to your helmet; if it feels a big thump, its app will text your GPS coordinates to your emergency contacts unless you disable it via your cell phone. (\$149, [backcountry.com](http://backcountry.com))

## ⬆ | Gear Factor

Shopping for a mountain bike? What kind you need depends on the surfaces you'll be on most often, says Peter Vallance, director of mountain products for Cannondale. Check out his tips to get rolling.



▲ **A mix of pavement and dirt paths:** Look for a hybrid bike made for on-road cruising but also equipped with front-wheel suspension—a shock-absorbing suspension fork, that is—to handle bumps. (We like the **Liv Giant Rove 3**, \$430, [livgiant.com](http://livgiant.com))



▲ **Trails and rolling hills:** True mountain bikes have disc brakes (at center of the wheels), which aren't affected by rain or mud, unlike the rim brakes on road bikes. Wheels around 27.5 inches or less supply agility and stability. (This sweet **Cannondale Trail Women's 4** nails it. \$920, [cannondale.com](http://cannondale.com))



▲ **Gnarly, bumpy terrain:** If you're willing to pay extra, a model with both front- and rear-wheel suspension offers better traction and control over rocks and stumps. (The **Trek Lush** stays tough in the rough stuff. \$1,980, [trekbikes.com](http://trekbikes.com))

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## YOUR STORY CAN CHANGE SOMEONE ELSE'S

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# SLIMMER IN 7 DAYS



A woman with long blonde hair, wearing a grey tank top and red shorts, is smiling and leaning against a grey metal bar. She is outdoors with a clear blue sky in the background.

**Our proven lean routine will help you shed inches all over—fast. Muffin tops, meet your match.**

After a week of sweating and shunning cronuts, it shouldn't be too much to ask to see your belly shrink a little. How about a lot? Steal this formula from husband-and-wife trainers David and Dylan Schenk, owners of the Hollywood gym Cross Train LA, and you could erase up to three and a half inches from your waist *like that*. Three and a half inches, people! Our testers trimmed 'em in seven fast days doing the moves here in combo with our 1,500-calorie-a-day diet—find it at [fitnessmagazine.com/betterdiet](http://fitnessmagazine.com/betterdiet)—which is a must-do if you want to see pounds disappear, too. "When we switched to alternating days of high-intensity sculpting circuits with Pilates-based workouts, our clients' mats were just dripping," says Dylan of the aha moment when she knew they'd hit upon the perfect slim-quation. Use it for an off-the-charts jump start; stick with it for a crazy-hot bod in a month.

By Janet Lee

Photographs by Dustin Snipes



# MONDAY, WEDNESDAY, FRIDAY



## CALORIE-CRUSHER CIRCUIT

Three times a week, do the exercises here back-to-back without resting. Warm up by holding plank pose for two minutes, then do up to three circuits (beginners, start with one circuit and build up). Use a lighter kettlebell—like four pounds—until you get the hang of the moves, then go heavier; always choose a weight that you can control, though. No bell? Use a five- to eight-pound dumbbell instead.

### 1. TURKISH GET-DOWN

*Targets shoulders, back, chest, arms, abs, butt, legs*

- Stand with feet hip-width apart and hold a kettlebell in right hand overhead, arm straight and palm facing up.
- Keeping arm raised throughout, slowly lie down by lunging back with left leg, then placing left hand on ground behind you.
- Lower hips, left leg, left arm and upper body to ground (right arm stays raised throughout move).
- Reverse movement to return to start position, then lunge back with left leg. Return to start and lunge back with right leg.
- Do 10 lunges, alternating

legs. Switch kettlebell to left hand and repeat series, lunging back with right leg to get down on ground.

### 2. CLEAN TO OVERHEAD PRESS

*Targets shoulders, back, chest, arms, abs, butt, legs*

- Place kettlebell on ground and stand behind it with feet slightly more than shoulder-width apart.
- Squat, grab handle of kettlebell with left hand and straighten legs as you swing kettlebell forward. Squat again as you swing it between legs, then straighten legs and bring kettlebell in front of left shoulder, elbow bent by side and palm facing right (this is called the "rack" position).

- Extend left arm straight up as you squat, twisting upper body to reach right hand to ground.

- Stand up, then return to squat and swing kettlebell between legs again. Swing kettlebell forward, switching it to right hand when it's in front of body. Repeat move, completing rep by reaching left hand to ground.

- Do 20 reps, alternating sides.

### 3. PISTOL SQUAT

*Targets back, biceps, butt, legs*

- Hold kettlebell with both hands in front of chest and balance on left leg, right leg extended off ground in front of you.
- Keeping right leg raised (the higher and straighter

it is, the harder the move), slowly lower into a single-leg squat.

- Rise, keeping right leg off ground, and repeat.
- Do 10 reps, then switch legs and repeat.

- Do 10 reps, then switch sides and repeat.

### 5. REAR LUNGE TO DEAD LIFT

*Targets back, biceps, abs, butt, legs*

- Hold kettlebell in left hand next to left shoulder, palm facing right (rack position), and stand with feet hip-width apart.
- Lunge back with left leg, then step forward again and balance on right foot.
- Slowly hinge forward from hips and lower kettlebell toward ground as you extend left leg behind you. Rise up to start position, barely touching left toes to ground, and repeat.
- Do 10 reps, then switch sides and repeat.

1



2



3



4



# TUESDAY, THURSDAY, SATURDAY

5



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details.



## AB FLATTENERS

Three times a week, do these moves as a circuit. Again, warm up by holding plank pose for two minutes, then do up to three circuits (beginners, start with one circuit and build up).

### 1. ATOMIC BURPEE

**Targets shoulders, back, chest, abs, butt, legs**

- Lie faceup on ground with hands behind head and arms, head and legs raised.

- Place feet on ground and quickly roll up to a deep squat; quickly place hands on ground in front of you and jump feet back so body is straight from head to heels (plank).

- Bend elbows and lower chest toward ground, then press up.

- Hop feet forward and jump straight up,

reaching arms high. Land in a deep squat again, then sit down, extend legs forward and roll back with hands behind head; repeat from the beginning.

- Do 10 reps.

- Extend left arm forward as you lower hips so body is straight from head to heels. Return to down dog reach; repeat.

- Do 10 reps, then switch sides and repeat.

lowering hips near to ground as you bring hand and foot down.

- Do 10 reps, alternating sides.

return to starting position. Do 10 reps, then switch sides and repeat.

### 2. DOWN DOG REACH

**Targets arms, abs**

- Get in downward dog position with hands and feet on ground and hips lifted so body is in an inverted V.

- Reach left hand toward right foot.

### 3. CRAB TOE TOUCH

**Targets abs, legs**

- Sit on ground with knees bent, feet flat, and place hands behind hips with fingers pointing forward. Lift hips an inch.

- Lift hips higher as you raise right leg and touch right toes with left hand. Switch sides,

### 5. SIDE X

**Targets abs, thighs**

- Start on ground, balancing on left hand and side of right foot so body is straight, left foot slightly behind right.

- Extend right arm diagonally forward and left leg diagonally back.

- Draw left knee and right elbow together.

- Do 10 reps; switch sides and repeat.



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## Put Allergies Behind You

Feel like you've been sniffling and sneezing for months? No wonder. First the polar vortex spurred last spring's ridiculously high pollen counts, dubbed the "pollen vortex," making America's estimated 50 million (and steadily growing) nasal-allergy sufferers miserable. Now it's fall ragweed season, which the Environmental Protection Agency reports has grown longer due to climate change. Even worse: Research shows an astonishing 80 percent of people with nasal-allergy symptoms actually have some degree of year-round allergies. Cumulative exposure to allergens has sensitized them to indoor irritants, like dust mites, mold and animal dander, resulting in chronic symptoms.

By Kenrya Rankin Naasel



If you're a seasonal sufferer, you're predisposed to cross to that dark side. "Adults with perennial allergies are among the most common cases I see these days," says Neeta Ogden, M.D., an allergist in Hackensack, New Jersey, and a spokesperson for the American College of Allergy, Asthma & Immunology.

To find out if your allergies have settled in for the long term, check out these five surprising symptoms—plus doctor-approved ways to banish them.

## You look like you sparred in kickboxing class.

Under-eye bags big enough to tote your gym gear are no surprise after a sleepless night. But if you're well rested and sporting two full-on black eyes, you probably have what docs call "allergic shiners," courtesy of histamine, a chemical your body creates in response to allergens.

"When histamine is released, blood vessels in the nose and face become 'leaky,' causing dark circles under the eyes and a bruised appearance," says Jordan Pritikin, M.D., head of the Chicago Nasal & Sinus Center.

**Feel better** Take an antihistamine and apply a washcloth soaked in cold water or a cloth-wrapped ice pack for 10 to 15 minutes a few times a day to reduce the underlying inflammation, Dr. Pritikin says. The swelling and discoloration should fade within seven days but could return if your allergies flare up again. Pop your antihistamine as needed for prevention.

## You've developed an odd new wrinkle.

Dubbed the "allergic crease," it's a light horizontal line across the lower half of your nose caused by constantly, and often unconsciously, rubbing it with your palm to relieve



itching. "The allergic crease is a sign of long-standing nasal allergies," says Mark Holbreich, M.D., an Indianapolis-based fellow of the American Academy of Allergy, Asthma & Immunology. The bad news: You can't get rid of it. Luckily, you can stop it from getting worse. **Feel better** Retire the "allergic salute" and use tissues to always blow, not wipe. Treating your

symptoms with allergy meds, such as Nasacort Allergy 24HR, may help eliminate the irritation that drives you to rub in the first place.

## Your Head Is Killing You.

Beyoncé may wake up flawless, but you, my dear, rise to a brutal headache. "When allergies cause

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## The fall ragweed pollen season has grown by 21 days since 1995 in parts of the United States.

swelling in the nose and impair nasal breathing, the small openings to the sinuses may become blocked as well," Dr. Pritikin says. "Mucus and air trapped in these spaces can trigger pain in the forehead, between and behind the eyes or in the cheeks." These headaches are often misdiagnosed as migraines, but you'll know your agony is allergy-related if it's accompanied by congestion, the sensation that your ears are blocked or postnasal drip.

**Feel better** Dr. Pritikin suggests popping an antihistamine-decongestant combo, such as Zyrtec-D, in the morning (it can cause insomnia). The "D" is for pseudoephedrine, which narrows the blood vessels in the nose to relieve pressure. Run a humidifier in your bedroom to soothe swollen nasal passages, but be sure to keep your home's humidity level between 30 and 45 percent. Any higher allows mold and dust mites to thrive and can make your symptoms worse.

### You're itchy all over.

Blame histamine. "It irritates small nerve endings in the skin, triggering itching," Dr. Pritikin says. You don't even have to touch an allergen; the response can result from the same exposure that causes you to sneeze.

**Feel better** A lotion specifically for itchy skin can provide all-over relief, Dr. Ogden says. We like Cetaphil RestoraDerm Skin Restoring Moisturizer. Take short warm showers, and use fragrance-free soap to minimize irritation. An OTC cortisone cream might help, but if that's not strong enough, Dr. Ogden suggests seeing your doc for a prescription steroid cream.

### Everything tastes like sawdust.

Sunday dinner, a PB&J, spicy tuna rolls: all bland, thanks to your stuffed-up nose. Flavor is a combo

of both taste and smell. "If the nose is congested due to allergic swelling, airflow into the upper part of it, where scent is detected, is reduced and sense of smell is affected," Dr. Pritikin says. People whose chronic inflammation has caused nasal polyps—growths in the lining of the nose that can block the airway—can lose the sense permanently.

**Feel better** Use a saline nasal spray like those by Ocean to flush out your nose; research shows that doing so decreases allergy symptoms, including congestion. If that doesn't do the trick, see an allergist to be checked for polyps. If you have them, your doc may prescribe antibiotics, oral steroids or a steroid nasal spray to help restore your sense of smell. ●

### The Best Medicine

Left untreated, allergies can lead to sinus infections, nasal polyps and asthma—and even impair your driving ability the way alcohol can, a new study found. Popping an antihistamine is often your first line of defense, but which one? Here's what you need to know about picking the right OTC and prescription meds to knock out your allergies.



#### Over the counter

"It's a tie between Claritin, Zyrtec and Allegra," says Stefanie Ferreri, clinical associate professor at the UNC Eshelman School of Pharmacy. These antihistamines all do a good job of controlling sneezing, itchiness and a runny nose, Ferreri explains, but she stresses that everyone is different, so what works for your best friend won't necessarily work for you. Whichever one you choose, take it when you anticipate being around an allergen or at the very first sign of irritation. "If you take it after the symptoms have set in, you're trying to play catch-up," Ferreri says.



#### Doctor-prescribed

Fifty-four percent of allergy sufferers said their allergist-crafted treatment plan was more effective than using OTC remedies or meds recommended by a primary-care doc. So a trip to an allergist may be worth it. She'll most likely do tests to uncover what you're reacting to and recommend medications and possibly even immunotherapy ("allergy shots")—frequent injections of allergens given in hopes of decreasing your body's allergic response long term. Not a fan of needles? The FDA recently approved three new daily prescription pills that dissolve under your tongue to reduce your allergic response; Grastek and Oralair treat grass pollen allergies, while Ragwitek combats ragweed pollen. A pill to help perennial allergy sufferers affected by dust mites is also in the works.

# Shape Up: Fat is Not a Problem Anymore!

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- Andrea K. (Boston, MA)

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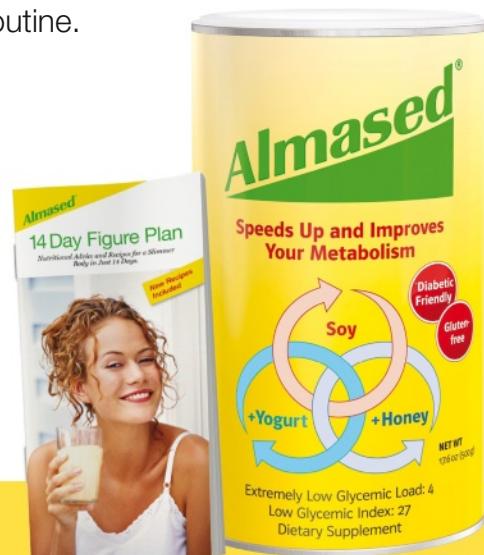
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# #BODY LOVE

We asked FITNESS readers when they feel best about their bodies. Twenty-four percent said after a workout; another 20 percent said *right now*. Love that! Here, eight strategies to make you feel like hot stuff 24/7.



Like



Comment

• • •



Nicole Yorio Jurick



Jeff Olson





**There's no doubt about it, social media has changed the body-image conversation. "We're bombarded with a steady stream of body-conscious shots of others, which means there's so much to compare ourselves to," says Claire Mysko, a project consultant at the National Eating Disorders Association. But the rise of Instagram and selfie-palooza doesn't have to take a toll on your confidence. Here at FITNESS, we're big fans of the sweaty selfie. You know the one we mean—it's the shot snapped in the afterglow of an athletic endeavor, and it's more about what your bod did than how it looks. Follow our smart advice to use social media for good, not evil, and learn to love yourself—and your selfie—from the tip of your ponytail to the toes of your sneakers.**

## Weed your feed.

Scrolling through a newsfeed of size 0 celebrities and models can make you feel like a figure failure. In fact, the more women are exposed to selfies and other online photos, the worse they feel about their appearance, according to a new study. But Facebook doesn't have to mess up your mojo. "The benefit to social media is the ability to curate your own content, so use that power to hide anyone who makes you feel insecure and follow friends and pages that make you feel good," says Mysko, the study author. "Creating a feed that includes a variety of shapes reflects the real world and takes you away from the mind-set that there's only one size that's acceptable."

### #FITNESSFinding

Fat days, we've all had 'em. But for some of you, they're the norm, not the exception. According to a recent FITNESS poll of nearly 6,000 women, 42 percent feel that way at some point on most days.

**How often do you have a fat day?**



## Like—no, love yourself in photos.

When a friend tags what you deem to be an unflattering pic, resist the urge to cringe. "We're typically

much kinder to others than we are to ourselves," says psychologist Robyn Silverman, Ph.D., author of *Good Girls Don't Get Fat*. After all, think about how quick you are to like someone else's Facebook photo; would you be as quick to like your own? Instead of seeking out flaws, ask yourself what your bestie would say about the picture—maybe that your smile is gorgeous or your legs look toned. "Treating yourself as you would your best friend gets you in the habit of speaking to yourself kindly," Silverman says. "The more you say positive things, the more it becomes a natural part of what your brain thinks."

### #FITNESSFinding

Nearly half of readers have untagged themselves in a Facebook pic because they thought they didn't look good enough.

Remove Tag

## Spread the love.

Turns out, those watercooler whisper sessions can give you a lift. When people spread kind gossip ("Did you hear that Jen completed the half-marathon in record time?"), they immediately experienced an increase in self-esteem, according to a British study. Just steer clear of the mean-spirited chatter; it can do the opposite. "Putting someone else down is a sign of insecurity, and it also brings down the people around you," says body-image expert Ann Kearney-Cooke, Ph.D., a psychologist at the Cincinnati Psychotherapy Institute. "But talking positively about a person is energizing because it lifts her up—and that gives you a boost, too."



### ROCK YOUR BODY (IMAGE)

Let these songs by fierce females inspire you to be your own BFF. Download the whole playlist at [fitnessmagazine.com/bodylove](http://fitnessmagazine.com/bodylove).

**"GIRL ON FIRE,"**  
ALICIA KEYS

**"BRAVE,"** SARA BAREILLES

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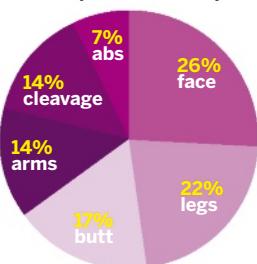
## Celebrate your moves.

"One of the first questions I ask my clients is 'What is your favorite thing to do with your body?' says Kearney-Cooke. "Some say it's running after their kids; for others, it's bending into a certain yoga pose. This cognitive exercise helps people realize that the body is an incredible tool, and that's a huge shift in perception." Asking yourself the same question can take away the tendency to seek out flaws and replace it with a focus on your unique abilities. After all, no one else can hug your kids the way you do or serve up your impossible-to-return backhand in tennis. "It wasn't until after I gave birth that I learned to appreciate my stomach," says Genevieve West, 33, of Portland, Oregon. "Even when I was in shape, I thought it was roly. But after I carried four little people, how could I hate the place that was my babies' home? My stomach and stretch marks grew because my babies grew there—that's something to be proud of!"



### #FITNESSFinding

Come on, tell us what you love about your bod. Here's what readers said when we asked them to pick their fave part.



## Know that friends don't let friends talk fat.

The more friends discuss weight loss, appearance and dieting, the more likely they are to have body-image

concerns, according to a study in the journal *Sex Roles*. "Women's concerns about their bodies are influenced by their friends' points of view. If you think your friend is unhappy with her body, then you are likely to be unhappy with yours," says study author Louise Wasylkiw, Ph.D., a psychologist at Mount Allison University in Canada. To change the conversation, agree that get-togethers will be a fat-talk-free zone and create a signal or noise (finger on the nose, a loud beep, whatever) for when someone

violates the deal, suggests Silverman. Totally up for discussion: physical accomplishments—like the fact that you biked 10 miles or were able to move your couch with no help from your guy. The same study found that friends who talk about exercise goals and achievements were more satisfied with their bodies.

### #FITNESSFinding

We're so hard on ourselves. While only  
**21%**  
of you are extremely likely to call yourself beautiful,  
**56%**  
say it's true of your BFF.

## Push yourself harder.

Don't wait until your next 5K to experience the rush that comes from a challenge. Doing something physical that you haven't tried before—a boot camp class, snowboarding—can make you feel stronger and more confident. "New and challenging activities give you the chance to set goals, see improvement and appreciate what your body can do—all of which provide a huge ego boost," says Jaclyn Maher, who researches kinesiology at Pennsylvania State University. Trying rock climbing helped Skye Genaro, 49, of Portland, Oregon, appreciate her shoulders, which she had always thought were broad and unfeminine. "I tackled a tough climb on my first ascent and



"F\*\*KIN' PERFECT," PINK

"THIS ONE'S FOR THE GIRLS,"  
MARTINA MCBRIDE

"VIDEO," INDIA ARIE

"NOBODY EVER TOLD YOU," CARRIE UNDERWOOD

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RESPECTFULLY COOL

**BODY LOVE STORIES** FROM FORMER HATERS

**"I finally love my strong legs."**

—Melanie Kann,  
36, Queens, New York

"I always hated my big legs, refusing to wear shorts, even when it was 90 degrees. In 2006, I became an avid runner and lost 35 pounds. Everything shrank—except my legs—and I was as self-conscious as ever. It wasn't until I was tagged in a photo during a race that I saw my legs for what they are: two insanely strong powerhouses that have propelled me through 13 marathons and an ultramarathon."



**"Posing nude helped me see the beauty in my curves."** —Kathy Gruver,  
44, Santa Barbara, California

"Years ago, I (insanely!) said yes to a photographer friend who asked if I would model for his art class. One woman pointed to where my waist met my hips on her drawing and said, 'Look at that curve; it is beautiful!' I let what she said sink in; if someone else could find beauty in the extremely curvy hips I had always hated, then I could, too. Now I view my body as a work of art and wear fitted dresses and jeans that show off my shape."



**"I'm not afraid to eat dessert."**

—Paige Arnof-Fenn,  
49, Cambridge, Massachusetts

"Right before my mother passed away four years ago, she said she wished she had eaten bread and butter and dessert. I realized that although her years of restriction kept her gorgeous and slim, they didn't make her happy. That opened my eyes and helped me make peace with food and my body. Now I cut myself slack: I enjoy ice cream and have learned to love the lines in my face. They show that I smile often!"

realized that my wide shoulders were powerful," she remembers. "That was a cool feeling." Even your workout at the gym can boost self-esteem. People who extended their normal routine for just a few minutes experienced a lift, according to Maher's study, which was published in *Health Psychology*. "The extra effort makes you feel competent, which can enhance self-confidence," she explains.

## Take a yoga class.

Feeling better about your body can be as simple as shifting into downward dog. Women who practice yoga report higher satisfaction with their bodies compared with women who do aerobic exercise or none at all, according to a study in the *Journal of Eating Disorders*. "Yoga requires deep, steady breathing that promotes calm, relaxation and joy,"

says Timothy McCall, M.D., the author of *Yoga as Medicine*. In fact, research shows that the practice can reduce anxiety and depression and increase feel-good serotonin. Whether you're into a physically demanding ashtanga class or a more meditative one, focus on your own experience and less on the superhuman flexibility of the girl sitting to your right. Ask yourself: How does my breath feel as it comes out? What sensations do I notice in my hamstrings? Do I feel calmer? "The more you focus on your own body and the less you observe and compare yourself to people on the mats around you, the better your self-esteem," Dr. McCall says.

## Blog to better body confidence.

Subpar self-esteem can come with a double-whammy of guilt. "Many women tell me, 'I feel bad about my

body, and then I feel bad that I feel this way,'" Mysko says. Using a blog as an outlet to share those feelings can actually build confidence—even more than writing down your thoughts in a journal, an Israeli study found. After 10 weeks, students who posted twice weekly showed greater improvement in self-esteem, especially if their blogs were open to comments. That's what Kaila Prins, a 27-year-old from San Jose, California, found when she started a blog two years ago to develop a healthier relationship with food and her body. "Women who were going through the same thing reached out to me, and I realized that I wasn't alone," she says. "Not only was writing cathartic, but also it was empowering and healing to feel like we're all on this journey together." Not sure where to start? Submit a post on [thebodyimageproject.blogspot.com](http://thebodyimageproject.blogspot.com). ●



**"ME, MYSELF AND I,"** BEYONCÉ

**"FIREWORK,"** KATY PERRY

**"BORN THIS WAY,"** LADY GAGA

**"BEAUTIFUL,"** CHRISTINA AGUILERA

**"DARK SIDE,"** KELLY CLARKSON



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## Love Without the Chub

Love can make you do crazy things—like polish off a big bag of chips with your boyfriend. In fact, the more serious the relationship is, the more weight women gain. According to a study in *Obesity*, daters put on 15 pounds over five years, cohabitants packed on 18 pounds, and married women took the cake at 24 pounds. And getting heavier can do a number on your bond. "Weight gain can lead to emotional distress and less interest in sex," says Rachel Dinero, Ph.D., an associate professor of psychology at Cazenovia College. Here's how to kiss off extra pounds whether you've been together for two months or 20 years.

By Lesley Rotchford

## Dating

When you're single, dinner can be a bowl of cereal. Then you meet someone, and eating out practically becomes a hobby. The problem, University of Toronto researchers say, is that the average meal at a sit-down restaurant contains 1,128 calories, not counting apps or dessert. Factor in lazy mornings in bed followed by boozy brunches and you may need to buy those boyfriend jeans in a larger size.

**Prevent love chub.** Eat out no more than once a day and budget your calories at other meals so you have more to play with at the restaurant, says Lisa Young, Ph.D., the author of *The Portion Teller Plan* and a FITNESS advisory board member. An ideal predate day of eating would look something like this: oatmeal and berries for breakfast; a salad with grilled chicken for lunch; and a protein-packed snack, like Greek yogurt or a hard-boiled egg, within two hours of dinner so you don't ravage the breadbasket when you sit down.

Once it's time to order, hold yourself to two courses—suggest splitting one of them with him—and one to two cocktails. According to Young, fish is typically the safest entrée, as it's low in calories and less likely than chicken or beef to be prepared with butter or cream. Ask to sub a side of veggies for risotto, mashed potatoes or other refined carbs. Or order a salad, but choose carefully: Leafy greens topped with nuts or seeds, cheese, bacon and dressing can pack as many calories as the burger he's having, says Young. Stick to salads that contain mainly veggies and lean protein, and ask for your dressing on the side. Another option: Invite him over

for dinner. "Cooking at home will save you at least 250 calories per meal," says David Levitsky, Ph.D., a professor of nutritional sciences at Columbia University.

## Shacking Up

Moving in together means making room for his high-school sports trophies, 60-inch television—and jumbo tub of party mix, not to mention ordering in steak nachos instead of sushi. A review of studies by Newcastle University found that a woman tends to gain weight when she lives with a guy in part because his bad food habits start to rub off on her. "It's a combination of two factors," says lead author Amelia A. Lake, Ph.D. "We mirror the eating habits of those around us, so if he eats a lot, we eat a lot. And it's hard not to be tempted by junk food he keeps in the house."

**Prevent love chub.** "A recent study suggests that men may need roughly 350 more calories a day than women do to maintain weight," says Kathryn Sweeney, R.D., a senior clinical dietitian at Brigham and Women's Hospital. So you'll want to consume about 100 fewer calories per meal than your guy does. Also, "designate one shelf in the pantry and another in the refrigerator for your healthy snacks, so you won't be tempted by his junk food," says Nicole Avena, Ph.D., a coauthor of *Why Diets Fail*. If there's a particular treat of his that you simply can't resist, Avena suggests asking him to keep it at his office. The good news: Men can be positively influenced by their live-in girlfriend's eating habits, the Newcastle review found. Stock the kitchen with your healthy faves—roasted almonds and air-popped popcorn, for example—and he could grow to love them too.

## Newly Married

Now that dating drama and the wedding are behind you, you're probably feeling as if you can let your hair down—and your pants out, especially if you're like one of the 70 percent of engaged women in one study who tried to drop

pounds before their big day.

"One reason newlyweds may gain weight is because they no longer have to worry about attracting a mate," says Andrea Meltzer, Ph.D., an assistant professor of psychology at Southern Methodist University.

### Prevent love chub.

Ironically, happily married couples are more likely to pack on pounds, Meltzer's research has found.

The reason: Unhappily hitched people stay in shape because they know they might be back on the market

Cooking at home instead of going out for a romantic dinner will save you at least 250 calories per meal. Cheers to that!



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## slim strategies

soon. So, while you want to feel comfortable in your relationship, you don't want to get so comfy that you pig out on ice cream while wearing stretch pants every night. The key to preventing pounds from creeping on is to make smart eating habits more about health and less about physical appearance, Meltzer says. It may sound counterintuitive, but committing to being healthy for *you* makes you likelier to keep eating right and exercising even after you've settled down.

### Raising a Family

Marriage isn't always easy as pie, and stress can make some women turn to sweets and other fatty foods to cope, Sweeney says. Also, bringing up kids while trying to keep your house from looking like an episode of *Hoarders* means less time and energy for whipping up well-balanced meals. You may end up sneaking bites of macaroni and cheese off your kids' plates in the evening, then eating a second dinner later with your husband.

**Prevent love chub.** Teaching your children to eat healthy early on can keep you from having to prepare tempting kid food every night. Research from the Monell Chemical Senses Center in Philadelphia found that babies born to moms who eat nutritious foods while pregnant and nursing are more receptive to healthy foods, and those whose moms ate a varied diet became more adventurous eaters and maintained those preferences into childhood. "But if your kids are picky eaters despite your best efforts, have a small salad while they eat so you aren't starving and tempted to pick at their leftovers," Avena suggests.

Busy moms also tend to graze instead of sitting down for proper meals, making hourly stops at



### Better Together

Falling head over heels doesn't always have to bite you in the ass. Here are three hot-body benefits to being in a relationship.

#### YOU HAVE A BUILT-IN WORKOUT BUDDY.

A study in the *Archives of Internal Medicine* concluded that women who worked out with a motivated partner dropped more weight than those who exercised alone. "Couples who exercise together are more likely to stick with a workout program," explains Michael R. Mantell, Ph.D., the senior fitness consultant for behavioral sciences for the American Council on Exercise.

#### YOUR BRAIN SIGNALS YOU TO EAT LESS.

Oxytocin levels, which can skyrocket when we hug or kiss our partner, can activate satiety neurons in the brain, found a study in the *American Journal of Physiology, Endocrinology, and Metabolism*.

#### YOU CARE ABOUT YOUR HEALTH.

Researchers from Brigham Young University followed 1,681 spouses for two decades and found that happily married pairs had better self-reported health. Previous research shows that contented couples tend to sleep better, smoke less, participate in more healthy activities and maintain a healthy body weight.

the pantry to grab a handful of nuts or at the refrigerator for a few forkfuls of leftover lasagna. "People think of bites as free calories, especially if they're nibbling on healthy foods," Young says. "But they can really add up." Try to sit down every time you eat, schedule lunch dates with friends to ensure you have a real midday meal, and freeze leftovers when you can so you're less likely to pick at them throughout the day. ●



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# It's All Good

You shouldn't feel guilty about satisfying your sweet tooth, but that doesn't mean anything goes. To help you indulge wisely, we rounded up eight treats that taste sinful but are all under 140 calories and free of trans fats, partially hydrogenated oils and artificial sweeteners. With 13 or fewer grams of sugar per serving (that's about the amount in a packet of instant oatmeal), they'll give you the boost you need without the crash you hate. How sweet is that?

**By Bethany Cianciolo**



**Nonni's Double Chocolate Salted Caramel Biscotti Bites**

"These crunchy biscuits, which are dipped in chocolate and sprinkled with sea salt, crushed my sweet and salty cravings," said one tester. "And they go great with my afternoon cup of coffee." (110 calories for 3)



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### Dagoba New Moon Rich Dark Chocolate

These not only have the fewest calories of any of our winners, they're also individually packaged, so you're less tempted to overeat. "The perfect sweet ending to lunch or dinner," a staffer said. (45 calories per square)



### Yasso Chocolate Fudge Frozen Greek Yogurt Bar

"I'm forever on the hunt for new ways to fit Greek yogurt into my diet, and this is the tastiest one yet," raved a tester. "Plus, each one packs 7 grams of protein. Bonus!" (100 calories per bar)



### Garden Lites Banana Chocolate Chip Muffins

"The first ingredient in these is zucchini—amazing!" marveled one editor. Yet they taste as moist and delicious as a bakery muffin but with one-third of the carbs. (120 calories per muffin)

## What Makes a Winner

Companies submitted 112 new treats to FITNESS. Our experts—Anar Allidina, R.D., a dietitian in private practice in Toronto; Keri Gans, R.D., the author of *The Small Change Diet*; and Stephanie Middleberg, R.D., the founder of Middleberg Nutrition in New York City—helped us determine which ones should move on to the next round. Those finalists were sampled and voted on by FITNESS staffers.



### Gold Emblem Abound Cranberry Oat Bran Cookies

Thanks to rolled oats, flax seeds and dried fruit, these cookies have a hunger-busting 3 grams of fiber—and a "soft, chewy texture that makes them taste homemade." (130 calories for 2)



### Lucy's Berry Best Cookie

Made with lemon oil and real raspberries, these gluten-free treats have a "light, citrusy flavor that's perfect when you need a pick-me-up." (120 calories for 3)



### Fruttare Pineapple

These frozen fruit bars are packed with real pineapple chunks, which explains why each one delivers 20 percent of the vitamin C you need in a day. "So refreshing after a sweaty workout," said a staffer. (60 calories per bar)

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# EDIBLE ENGINEERING



You scan food packages for fiber and whole grains, avoid added sugar and wouldn't even think about buying something with trans fats. Just when you thought you had a handle on how to eat healthy, there's another worry to sort out: genetically modified organisms (GMOs). Some opponents would have you believe these ingredients, which are largely banned in Europe, are the dietary scourge of the decade. But how concerned should you really be?

Ninety-three percent of Americans surveyed say they want foods that contain GMOs to be labeled as such, according to a New York Times poll. And a number of companies are listening. Last year Whole Foods announced it would require all of its suppliers to label their foods and products for the presence of GMOs by 2018. Chipotle became the first national fast-food chain to disclose (on its website) which ingredients are genetically engineered. Trader Joe's now makes



Corn, soy and cotton, which we eat as cottonseed oil, are among the biggest GMO crops.

## **You've heard the scary rumors about GMOs, but numerous studies show they don't hurt your health. And guess what? You've already been eating them for years.**

**By Florence Williams    Photographs By Kenji Toma**

Clearly, many consumers are uneasy with the idea of so-called frankenfoods, which are grown from genetically altered seeds. Scientists typically clone a gene from one organism (such as a plant or bacterium) and combine it with the original plant. When this plant produces seeds, they contain the foreign DNA, which alters the plant's characteristics. Bt corn, for example, has been modified with a gene taken from a soil bacterium that allows the corn to produce a toxin that is deadly to corn earworms but not toxic to humans, fish or birds. Defenders of the biotechnology say GMOs are needed in order to double the world's food supply over the next 35 years as the population grows. Opponents argue the technology is profit-driven, risky and short on promises. Three states—Maine, Vermont and Connecticut—have passed GMO-labeling legislation, while voters in California and Washington rejected it. The issue will be on the Oregon ballot in November.

An NPR poll found that 64 percent of respondents were unsure if GMOs were safe to eat. Nevertheless, Americans have been consuming them for a couple of decades, often without knowing it: About 75 percent of processed foods already contain GMOs. That's because most of our two biggest commodity crops—corn and soy—is genetically engineered

to repel insects or to withstand herbicides, and these crops are everywhere in our food supply (think high fructose corn syrup, corn oil, soy lecithin and numerous other additives). Other common genetically modified crops include sugar beets, canola, alfalfa, the Hawaiian papaya, yellow squash and cotton, which we consume in the form of cottonseed oil.

### **Beyond the Hype**

Rumors that foods with GMOs are a health hazard and may be causing everything from immune disorders to allergies persist—especially online. But they're simply not true, according to the American Medical Association and the American Association for the Advancement of Science (AAAS), among other esteemed groups.

"GMOs are probably the safest foods ever put in our food supply because they are the most tested," says biologist Nina Fedoroff, Ph.D., the past president of the AAAS and a member of the National Academy of Sciences. Fedoroff explains that farmers have long genetically manipulated crops through cross-pollination, combining the best features of two different plants to improve outcomes. The modern strawberry was the result of a North American variety meeting a South American one in 19th-century England, for instance. In the last

its private-label foods GMO-free. And Target has pledged not to carry AquAdvantage salmon, which would become the first genetically engineered animal on the market if it ever hits shelves (final FDA approval is pending). Meanwhile, "GMO-free" is the second fastest-growing health and wellness claim on store-brand food products, with dollar sales up 29 percent from 2013 to 2014, according to James Russo, senior vice president at Nielsen, the marketing research firm.

century, agricultural scientists sometimes zapped plants with radiation to see if any useful mutations would result—and they did, hence the ruby red grapefruit and the seedless orange.

After reviewing more than 130 research projects over 25 years, a report from the European Commission, which proposes legislation for the European Union, concluded that “GMOs are not per se more risky than . . . conventional plant breeding technologies.” Fedoroff argues that, in fact, GMOs are even safer than traditionally bred crops because they contain just one or two new proteins (encoded by genes) that are tested by the industry to see if they are toxins or allergens as compared to tens of thousands of never-tested proteins introduced as a result of traditional breeding. They must also be approved by the U.S. Department of Agriculture, the Food and Drug Administration and, when the plants release pesticides (such as Bt corn), by the Environmental Protection Agency.

“Safety just doesn’t seem to be the issue,” agrees Thomas Sherman, Ph.D., an endocrinologist and an associate professor of nutrition at Georgetown University Medical Center, pointing to extensive review studies from both Europe and the United States. “People don’t seem to be forming allergic responses to genetic modifications so far.” Health-conscious consumers, he says, might want to pay less attention to GMOs and more attention to whether food is organic (which, by definition, means it’s non-GMO too). “That’s a bigger issue for health, not so much in terms of nutrients, but in terms of the presence of toxins and hormones,” Sherman says.

After the first GMO tomato in 1994 was a commercial failure, scientists continued tinkering to try to create a new one that is resistant to pests. No GMO varieties are currently on the market.

Sometimes genetic engineering aims to boost health. A private-public partnership has been working to develop “golden rice” to include new genes for beta-carotene, a precursor of vitamin A. In some developing parts of the world, children go blind because they are deficient in the vitamin, and enriched rice could help. Other engineered foods are merely convenient, such as the proposed

Arctic apple (expected to be available by 2016) that doesn’t turn brown when you cut it. That’s unlikely to improve our health, Sherman notes, unless it makes more of us eat apples instead of cheese fries.

### Risks and Concerns

It is conceivable, however, that nonfood genes used in GMOs could at some point cause problems. Douglas Gurian-Sherman, Ph.D., director of sustainable agriculture and senior scientist at the Center for Food Safety, argues that GMOs combine genes in wholly new ways, sometimes from organisms, such as some bacteria, that are not normally eaten by people. Health consequences would be difficult to predict. “We don’t have well-understood or reliable tests for possible allergens from nonfood sources,” Gurian-Sherman says. And he points out that current safety testing is not only voluntary but also performed by the food industry, not by independent scientists.

There are environmental repercussions as well. Sherman notes that genetically modified crops have the potential to spread into neighboring fields. “Once you let them into the environment, you lose all control over them,” Sherman says. “That’s not necessarily bad, but you just don’t know.”

Plus, GMO crops sometimes lead to increased use of pesticides. For instance, “Roundup Ready” corn, soybean and cotton are crops engineered by Monsanto, the world’s largest seed company, to withstand the company’s glyphosate herbicide (known as Roundup), which causes the weeds in the fields to perish. Glyphosate is considered a relatively safe chemical, and the idea was that farmers who sprayed it didn’t have to plow up fields to get rid of weeds, thus conserving valuable topsoil. But less than 20 years later, over a dozen weeds have developed resistance to

*“GMOs are probably the safest foods ever put in our food supply because they are the most tested.”*



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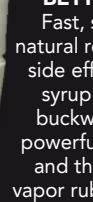


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glyphosate, meaning that farmers have to use more of it, as well as other more hazardous chemicals such as 2,4-D, a powerful herbicide linked to reproductive problems and birth defects, says Chuck Benbrook, Ph.D., a research professor at Washington State University's Center for Sustaining Agriculture and Natural Resources. On the basis of 16 years of pesticide data, collected since GMOs were introduced, Benbrook predicts that use of 2,4-D will increase more than fourfold in the next decade, spurred by new GMO crops. "Twenty years from now we will look back and deeply regret the misuse and mismanagement of current-generation GMO technology," he says.

Monsanto says they are working with farmers to manage resistant weeds through other methods in addition to herbicides. And Jason Clay, senior vice president of the World Wildlife Fund, points out that

## GMOs at the Grocery Store

Even though GMO foods are generally considered safe, some people are choosing to reduce their consumption of them. If you'd like to do the same, follow this advice from Georgetown University's Thomas Sherman, Ph.D.:

**Eat more fresh produce and fewer processed foods.** In the U.S., very few fruits or veggies are genetically engineered, with the exception of the Hawaiian papaya.

**Eat more whole grains.** Wheat, oats and other grains don't (yet) come in GMO varieties.

**Lower your sugar intake.** A growing percentage (over 50 and counting) of commercial sugar comes from genetically altered sugar beets.

**Buy organic.** USDA Organic certification means a product contains no GMOs, antibiotics or hormones; it also rules out most synthetic pesticides and fertilizers.

**Buy products labeled "non-GMO."** These are certified by independent industry groups like the Non-GMO Project ([nongmoproject.org](http://nongmoproject.org)), which conducts on-site visits and testing.

crops will soon be specially engineered to require less water, withstand more heat and produce bigger yields per acre, thereby requiring less land. "The bottom line is, if we take modern genetic engineering off the table, how are we going to produce twice as much food without expanding the land base twice as much?" he asks.

Ultimately, the controversy over GMOs may be a distraction from the bigger discussion of what a safe

and sustainable food production system looks like. How can farmers be smarter and more strategic about pesticides? How can regulators better protect us from the overuse of antibiotics and growth hormones? As Melanie Warner, the author of *Pandora's Lunchbox: How Processed Food Took Over the American Meal*, sums it up: "GMOs are just one part of the critical conversation about the future of food." •

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### Coconut-Lime Waffles With Tropical Fruit

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◊  
**Apple, Avocado and Spinach Smoothie**

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## Would You Like a Side of Protein With That?

Five ways to add staying power to your breakfast, none with more than 100 calories. You're welcome.

	amount	protein	calories
Peanut butter	1 T	4 g	95
Hard-boiled egg	1	6 g	78
Veggie sausage patty	1	10 g	80
Low-fat cottage cheese	1/2 cup	13 g	97
Nonfat plain Greek yogurt	6 oz	17 g	100

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SERVES: 12

**Hands-on time:** 30 minutes  
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- 2 cups apple cider
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- 3/4 teaspoon coarse salt
- 1/4 teaspoon baking soda
- 2 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup unsweetened applesauce
- 1/3 cup reduced-fat buttermilk
- 6 tablespoons unsalted butter, softened
- 1 cup sugar
- 2 large eggs

1. Preheat oven to 325°. In a small saucepan, bring cider to a rapid simmer over medium heat. Simmer until reduced to 1/2 cup, about 25 minutes. Set aside to cool. In a medium bowl, whisk together flour, baking powder, salt, baking soda, 1 1/2 teaspoons cinnamon and nutmeg. In a small bowl, combine applesauce and buttermilk.
2. In a large bowl, use an electric mixer to cream butter and 2/3 cup sugar until pale and fluffy. Add eggs one at a time and beat until incorporated, scraping down bowl between each addition. Add flour mixture, alternating with applesauce mixture, in three batches. Fold in 1/4 cup reduced apple cider.
3. Fill each cup of a nonstick muffin tin and bake until puffed and set, 25 to 30 minutes, rotating pan halfway through. Cool pan on a wire rack for 10 minutes. Working one at a time, remove muffins from pan and lightly brush all over with remaining reduced cider. Let cool completely on wire rack. Store in an airtight container at room temperature up to 3 days (refrigerate or freeze leftovers after that). Combine remaining cinnamon and sugar in a small airtight container.
4. To serve, microwave muffin in 15-second increments until warm, then toss it in cinnamon-sugar mixture.

### Nutrition facts per serving:

281 calories, 5 g protein, 50 g carbohydrate, 7 g fat (4 g saturated), 5 g fiber, 293 mg sodium

## COCONUT-LIME WAFFLES WITH TROPICAL FRUIT

SERVES: 6

**Hands-on time:** 40 minutes  
**Total time:** 40 minutes

- 1/2 cups shredded unsweetened coconut, toasted
- 1/2 cups whole-wheat pastry flour
- 1/3 cup cornstarch
- 1 teaspoon baking powder



## LOADED SWEET-POTATO BREAKFAST BURRITOS

SERVES: 6

**Hands-on time:** 40 minutes  
**Total time:** 40 minutes

- 1 large sweet potato, peeled and halved
- 1 medium head broccoli, cut into small florets
- 4 1/2 teaspoons extra-virgin olive oil
- 3/4 teaspoon salt
- Black pepper
- 1 small onion, peeled and diced
- 2 jalapeños, stemmed, seeded and chopped
- 6 large eggs plus 6 large egg whites, lightly beaten
- 6 12-inch sprouted whole-grain tortillas, such as Food for Life Ezekiel 4:9
- 1 cup drained, rinsed low-sodium black beans, lightly mashed with a fork
- 3/4 cup shredded reduced-fat cheddar

1. Preheat oven to 425°. Cut each sweet potato half lengthwise into 6 wedges. On a rimmed baking sheet, toss sweet potato wedges and broccoli with 1 tablespoon olive oil and arrange in a single layer. Bake until browned and tender, flipping once, for about 15 minutes. Sprinkle with 1/4 teaspoon salt and pepper to taste; let cool.
2. Meanwhile, in a large nonstick pan, heat remaining olive oil over medium heat. Add onion and jalapeños and cook until softened, about 3 minutes. Add eggs and remaining salt and cook, stirring frequently, until eggs are fluffy, about 3 minutes. Remove from heat and let cool.
3. Top 6 pieces of foil with 1 piece of waxed paper and 1 tortilla apiece. Divide beans among tortillas, spreading down the center of each, leaving 1 1/2 inches on either end. Top with egg mixture, sweet potato, broccoli and cheddar. Roll to form a burrito; wrap tightly in waxed paper, then foil and freeze flat in large zip-top freezer bags.
4. To serve, unwrap and microwave on high 2 1/2 minutes. Or defrost burritos overnight in refrigerator and heat in a large cast-iron or nonstick skillet over medium-low heat until browned on both sides and heated through, about 5 minutes.

### Nutrition facts per serving:

388 calories, 24 g protein, 41 g carbohydrate, 15 g fat (4.6 g saturated), 8 g fiber, 679 mg sodium

## APPLE, AVOCADO AND SPINACH SMOOTHIE

SERVES: 6

**Hands-on time:** 5 minutes  
**Total time:** 5 minutes

- 4 Granny Smith apples, peeled, quartered, cored and chopped

- 2** large avocados, pitted, flesh scooped from skin  
**2** cups unsweetened apple juice  
**2½** cups low-fat plain yogurt  
**5** ounces baby spinach  
**¼** cup agave nectar
- Working in 2 batches, blend apples, avocados, apple juice, yogurt, spinach and agave nectar on high until smooth.
  - Divide mixture among 6 zip-top sandwich bags, removing as much air as possible. Lay bags flat on a small tray and freeze at least 4 hours.
  - Remove bag from freezer 30 minutes prior to serving; gently knead bag, then pour into glass.

**Nutrition facts per serving:**

310 calories, 7 g protein, 50 g carbohydrate, 11 g fat (2.3 g saturated), 8 g fiber, 669 mg sodium

## BUCKWHEAT CHOCOLATE-CHIP PANCAKES WITH CHERRY-MAPLE SYRUP

**SERVES: 6****Hands-on time:** 40 minutes**Total time:** 40 minutes

- 1** cup buckwheat flour
- ¾** cup whole-wheat pastry flour
- 2** teaspoons baking powder
- 1** teaspoon baking soda
- ½** teaspoon salt
- 1** large egg, lightly beaten
- 2** cups reduced-fat buttermilk
- ½** cup maple syrup
- 1** teaspoon vanilla extract
- ¾** cup semisweet chocolate chips
- 1** 10-ounce bag frozen sweet cherries, thawed
- 2** teaspoons unsalted butter

- In a large bowl, whisk together flours, baking powder, baking soda and salt. In a medium bowl, whisk together egg, buttermilk, 2 tablespoons maple syrup and vanilla. Stir wet ingredients into dry until just combined; fold in chocolate chips.
- In a small saucepan, combine cherries plus their juices and remaining maple syrup. Bring to a simmer over medium heat and cook until cherries begin to collapse and liquid thickens slightly, about 5 minutes. Let cool completely, then refrigerate.
- Heat a nonstick griddle or large nonstick pan over medium-low heat. Butter a paper towel and wipe griddle with it. Pour batter onto griddle in scant  $\frac{1}{4}$ -cup amounts. Cook about 2 minutes a side, then transfer to a rimmed baking sheet and let cool completely in slightly overlapping layers. Make 6 stacks of 3 pancakes, with parchment paper in between each pancake; wrap



## Put a Lid on It

We're obsessed with pint-size mason jars, and for good reason: They're cheap (\$12 for 12, [freshpreservingstore.com](#)), they don't retain food smells or colors the way plastic can, and they're the perfect size for portioning out a big batch of our carrot-cake oatmeal—as well as for toting smoothies, yogurt parfaits and chia seed pudding (just combine  $1\frac{1}{3}$  tablespoons chia seeds with half a cup of vanilla almond milk and a little maple syrup and let soak overnight).

each stack in plastic wrap, then foil and freeze in large zip-top freezer bags.

- To serve, remove foil and plastic wrap and microwave 3 pancakes on high until hot, about 1½ minutes. Remove parchment paper and transfer to a plate. Microwave  $\frac{1}{3}$  cup cherry syrup on high 20 seconds and pour over pancakes.

**Nutrition facts per serving:**

396 calories, 10 g protein, 69 g carbohydrate, 11 g fat (5.9 g saturated), 7 g fiber, 669 mg sodium

## CARROT-CAKE OATMEAL

**SERVES: 6****Hands-on time:** 40 minutes**Total time:** 40 minutes

- 4** medium carrots, peeled
- 4½** teaspoons unsalted butter
- 1** cup steel-cut oats
- ½** teaspoons ground cinnamon
- ¼** teaspoon coarse salt
- ½** cup raisins
- 4** cups water
- ¼** cup sugar
- ½** cup walnut halves
- ¾** cup low-fat milk

- Coarsely grate 3 carrots to make  $2\frac{1}{2}$  cups. Very thinly slice remaining carrot into rounds, cover with water and refrigerate.
- In a medium pot, melt 3 teaspoons butter over medium heat. Add grated carrots and cook, stirring occasionally, until they begin to soften, about 2 minutes. Stir in oats, cinnamon, salt and raisins. Stir in water and bring mixture to a boil. Reduce heat to a gentle simmer, cover and cook, stirring frequently to prevent sticking, until oats are cooked through and carrots are tender, about 20 minutes. Stir in  $2\frac{1}{2}$  tablespoons sugar.

- While oats are cooking, line a large plate with parchment paper. In a small nonstick pan, combine remaining butter and sugar with walnuts over medium heat. Cook, stirring constantly, until sugar is melted and walnuts are coated, about 5 minutes. Transfer to a parchment-lined plate and spread nuts apart to avoid clumping. Let cool completely, then store in an airtight container.

- Divide oatmeal among 6 pint jars and let cool. Cover and refrigerate. To reheat, remove lid, add 1 tablespoon water and microwave until hot, about 2 minutes; stir. Top with 2 tablespoons milk; drained, sliced carrot; and candied walnuts.

**Nutrition facts per serving:**

282 calories, 7 g protein, 43 g carbohydrate, 11 g fat (3 g saturated), 5 g fiber, 126 g sodium

## sweepstakes details

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## What the Tech?

### I had to show my ab flab I meant business

decided to hit the ground wired: Fitbit, heart-rate-sensing earbuds, a clip that measures the height of my squat jumps, a headband that takes my temp as I rock the treadmill, a Withings scale that threatens to tattle my weight on Facebook and an alphabet soup of apps.

Day one: My new scale mercifully beams my body-fat percentage only to the MyFitnessPal tracking app I downloaded—not to my entire social media universe (phew!). My Fitbit tells me I've "nailed it" when I take the stairs. Go, me! Then it gently shames me away from consuming "Nutella, 20 Tbs, 2,000 calories" (which would appear not only in scarlet-letter red on my food log but also on my ass). My Nudge app then sucks the diet and exercise data out of my Fitbit app and gives me a daily overall score (57!) and a random nickname

(henceforth, I shall be known as "Crackerjack"). I jumped for joy (a good foot high, per my Vert clip) at the thought of how fit I would surely become and didn't overheat (thanks, Spree headband!) as I hit the exercise zone (nice, iRiverOn earbuds).

But soon things got ugly. Disagreements between my many apps and devices escalated into full-on turf wars, with one trying to starve me with 500 daily calories fewer than the other suggested. When I complained that being ravenous made me #sad to iMoodJournal (a mood-tracking app that asks me "How are you feeling?" more frequently and sincerely than any boyfriend), my happiness chart dipped below "meh."

So now it's just me and my Fitbit. Crunching all those numbers made my head hurt—and did nothing for my belly. For that, I'll still have to do some real crunches.

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