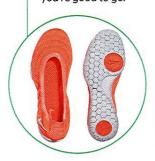
2

The Quick-Change Workout Shoe

Nike's new barely-there kicks give you a grippy surface to prevent slips during yoga, barre, or Pilates classes and protect against germs that barefoot people leave behind (sorry, but it happens). Even better, they come with supportive ribbon and supercute mesh flats that you can wear over the wraps-or alone-to and from the gym. Nike Studio Wrap Pack 3 threepart footwear system (\$120, nike.com).



PRESTO CHANGO! Slip the flats (below) over the ribbonlaced wraps and you're good to go.



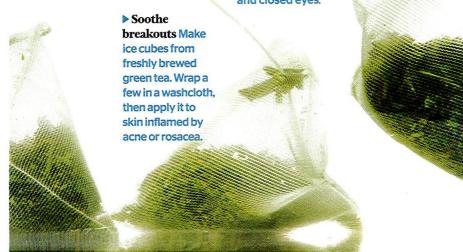
one product, three ways

FIX IT WITH TEA

You know about the potential cancer-fighting and heart-boosting powers of drinking tea. But those little bags are good for a slew of home remedies, too—like these:

▶ Get rid of swollen eyes

Place a warm, wet black or green tea bag on your eyelid to shrink a sty. Or use a chilled one to reduce puffiness. ▶ Treat a
headache Steep
peppermint tea
and pour over
ice. Soak a washcloth with the iced
tea; place over
your forehead
and closed eyes.



4

exercise made easier

USE YOUR NOSE



Chances are you breathe through your mouth during sweat sessions. But Patrick McKeown, breathing trainer and author of *The Oxygen Advantage*, recommends breathing through your nose: It delivers nitric oxide, which helps bring extra blood to your muscles, and cuts down on dehydration. Next time you're on a walk, run, or bike ride, inhale and exhale through your nose while keeping your lips closed. It'll feel weird, but within a few weeks you'll notice you can exercise longer and don't tire as quickly, McKeown says.

5

Speedy Doc Appointments Instead of calling around, snag a slot ASAP—often within 24 hours—through ZocDoc. The free website allows you to search by specialty (to find a new doc) or name (to check if yours is on it), as well as by location and insurance plans accepted. Now if only it could teleport you there....