

FITNESS MARCH 2006 ISSUE HIGHLIGHTS

-Fitness Editors Available For Interviews-

FEATURES

5 BEST FOODS FOR ENERGY -- Page 60

In honor of National Nutrition Month, *Fitness* suggests the foods you need to fight fatigue.

28% OF YOU DON'T GET ENOUGH E

- What you need – 15 milligrams daily protects against heart disease and boosts immunity.
- Why you're missing it – Following a low-fat diet may deny you the vitamin-E rich fat found in nuts and seeds.
- Eat a cup of fortified cereal like Total.

12% OF YOU ARE IRON-DEFICIENT

- What you need – 18 milligrams a day helps oxygen travel through the body.
- Why you're missing it – Eating less meat provides less heme iron. The redder the meat, the more iron absorbed.
- Eat steamed clams and lean proteins such as beef, chicken or pork.

MOST OF YOU CONSUME LESS THAN HALF THE RDA OF POTASSIUM

- What you need – 4,700 milligrams daily helps muscles contract and regulates fluid/mineral balance when sweating.
- Why you're missing it – Need more fruits and veggies.
- Eat a baked potato, white beans or tomato sauce.

LESS THAN HALF OF YOU ARE GETTING ENOUGH ZINC

- What you need – 8 milligrams a day regulates your metabolism.
- Why you're missing it – You haven't bought wheat germ lately.
- Eat vegetarian baked beans.

MOST YOU OF YOU GET ONLY 72% OF THE MAGNESIUM YOU NEED EACH DAY

- What you need – 320 milligrams daily produces energy and helps muscle function.
- Why you're missing it – Skimping on seafood.
- Eat halibut, All-Bran cereal, cooked spinach or black beans.

BEAUTY

SPRING FLING -- Page 100

Cold weather blues? *Fitness* heats up with must-have spring makeup tips and products for your cheeks, eyes and lips.

CHEEKS

- Choose the right formula – For oily complexions or large pores, use powder blush for a long-lasting effect. Those with dryer cheeks should apply a cream or gel to achieve a dewy look.
- Find flattering shades – Fair skin works best with a light pink/orange. Deep peach with red tones flatters medium to tan skin.
- Get an effortless glow – Layer two shades to get a natural flush. Apply one across cheekbones and dab pale shimmer on apples of cheeks.
- Try – Biotherm Blush! In #20, \$17, bitotherm-usa.com; M.A.C. Blushcreme in Pearl Blossoming, \$16.50, maccosmetics.com.

EYES

- Keep it simple – Choose one shade of shadow and apply sheer layer to eyelid with brush.
- Use liner to save time – Apply liner from inner to outer corner.

- Fake bigger eyes – Use darker shade of liner on upper lid and lighter shade on lower lid.
- Make it last – Use shadow as base for liner.
- Try – Wet ‘n’ Wild MegaEyes Shadow Pot in Blue Lagoon, \$1.99, at drugstores; Lorac Eyeshadow/Liner Sparkle Pencil in Blue Topaz, \$16, sephora.com.

LIPS

- Smooth move – For the softest pout, exfoliate before applying gloss or lipstick. Try using a warm, wet washcloth or lip scrub.
- Go natural – Sheer pink or nude gloss flatters everyone and works everywhere from the gym to the office.
- Lock it on – Translucent lip liner helps gloss adhere to lips.
- Add dimension – Lipstick plus gloss creates the illusion of full lips.
- Try – Sally Hansen Maximum Plumping Lip Treatment in Clearly Happy, \$3.29, at drugstores; YSL Rouge Pure Shine Sheer Lipstick SPF 15 in 16, \$26.50, at department stores.

The February issue of Fitness is on newsstands Dec. 27, 2005.

Launched in 1992 and reaching 6.4 million readers, Fitness is today's preeminent lifestyle magazine for the Mind, Body, and Spirit. Editors are available for interviews. www.fitnessmagazine.com

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Contact:

Zoë Lampel, 212.455.1077; zoe.lampel@meredith.com
Holly Fussell, 212.551.7053; holly.fussell@meredith.com

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