

# FITNESS MAY 2006 ISSUE HIGHLIGHTS

## - Fitness Editors Available For Interviews-

### Features

#### **Zero-Calorie Foods That Fight Disease -- Page 74**

The secret to fighting disease may be hiding in your spice rack. *Fitness* suggests how to add some zest to your next meal, while combating disease.

#### Cinnamon

- HEALTH BOOST – One-fourth to one-half teaspoon twice daily can lower blood sugar, triglycerides, LDL and total cholesterol in people with type 2 diabetes.
- GET COOKING – Dip berries or banana in low-fat sour cream and then in a mix of 1 teaspoon ground cinnamon and ¼ cup brown sugar.

#### Turmeric

- HEALTH BOOST – Contains curcumin which can inhibit the growth of cancer cells. Aim for 500 to 800 milligrams daily.
- GET COOKING – For an Indian flavor, add ¼ teaspoon to water when cooking one cup of rice.

#### Rosemary

- HEALTH BOOST – Helps prevent cancer and can lower heart attack risk.
- GET COOKING – Mix 2 teaspoons rosemary leaves with 2 teaspoons, seasoning salt and ½ teaspoon thyme leaves for a savory chicken rub.

#### Garlic

- HEALTH BOOST – One to two cloves weekly could destroy cancer cells and may slow the growth of tumor cells.
- GET COOKING – Sauté fresh garlic over low heat and mix with pasta, red pepper flakes and Parmesan cheese.

#### Paprika

- HEALTH BOOST – Contains capsaicin which may lower cancer risk.
- GET COOKING – Combine 1 1/2 teaspoons paprika, ½ teaspoon ground thyme, and ½ teaspoon ground red pepper to spice up popcorn.

#### Ginger

- HEALTH BOOST – Can decrease motion sickness and nausea, may also relieve swelling associated with arthritis.
- GET COOKING – One or two pieces of crystallized ginger can inhibit motion sickness. Try adding ¼ teaspoon ground ginger to carrots, sweet potatoes or peaches for a tasty treat.

#### Oregano

- HEALTH BOOST – Oregano has the most antioxidant properties of 27 fresh culinary herbs.
- GET COOKING – Add 3/4 teaspoon to liven up a can of tomato soup; add ½ teaspoon to 2 cups pasta or pizza sauce.

#### **21 Weight-Loss Tips to Zap Cravings-- Page 92**

Struggling to lose weight in time for bikini season? *Fitness* offers tips to make your diet easier.

##### 1. SAY SO LONG TO SODA

Diet soda can increase your risk of being overweight by 65 percent. Research suggests that artificial sweeteners may also stimulate appetite. Replace soda with plain or sparkling water and add a twist of lemon to flavor.

##### 2. EAT LIKE CLOCKWORK

Erratic eating forces women to consume more calories and burn fewer. Try eating six small meals daily, eating every three or four hours.

### 3. SHOP AROUND, LITERALLY

Walk down the outer aisles of your supermarket as the highly processed, sugary foods tend to be found in the center.

### 4. BUY TO-GO VEGGIES

Make snacking on vegetables as easy as popping a potato chip by purchasing pre-washed, pre-cut packs. Keep fruits and veggies at eye-level in your fridge so they are the first thing you see when the door opens.

### 5. GET SOME SLEEP

People who sleep seven to eight hours tend to be leaner than those who get five or six hours sleep. Sleep deprivation tends to increase appetite. If you're struggling to fall asleep, try exercising in the morning as women who do so tend to fall asleep quicker.

### 6. SHOP FROM A LIST

Grocery shopping with a list reduces the likelihood of impulse buys. Also, avoid going to the supermarket hungry.

### 7. STOCK UP ON FROZEN SHRIMP

A third of the calories of chicken and half that of sirloin, shrimp is a great addition to stir-fries or pastas. With 84 calories per three-ounce serving, shrimp is also a great snack when served with cocktail sauce.

### 8. COUNT TO 100

Stock up on 100-calorie packs of crackers or fruit snacks. Spending extra money on portion controlled bags will force you to eat less than if you had purchased the economy size.

### 9. SWITCH TO SALSA

Salsa counts as a serving of vegetables and adds a little kick to baked potatoes, veggies, chicken and even salmon. Two tablespoons of salsa instead of sour cream on a baked potato saves 42 calories and five grams of fat.

### 10. BRUSH IT OFF

Brush your teeth immediately after a meal or snack to hinder your urge to keep eating.

For more tips on losing weight, check out the May issue of *Fitness*.

### **Something About Dairy** -- Page 76

Confused about the benefits of dairy products? *Fitness* investigates the latest claims about dairy to find out what's really true.

#### Headline: Dairy Helps You Lose Weight

Expert Findings: In 2004, Michael Zemel, Ph.D., at the University of Tennessee, found that consuming three servings of low-fat dairy products daily helps burn fat and speed weight loss.

What to do: Incorporate three servings of dairy into your diet to shed pounds, but monitor calorie and fat content. No fondue!

#### Headline: Milk Can Give You Acne

Expert Findings: A study in the *Journal of the American Academy of Dermatology* analyzed 47,000 cases of women. Those who drank more than three servings of milk daily during their teens were 22 percent more likely to have had severe acne than those who drank one or fewer servings weekly. If you tend to break out, dairy could exacerbate it. The hormones in milk could be the culprit.

What to do: If you're concerned, get calcium from alternate sources such as organic milk which is hormone-free.

#### Headline: Dairy Products May Lower Your Breast Cancer Risk

Expert Findings: A 2005 American Cancer Society study found that women who consumed two or more servings of dairy products daily had up to a 20 percent lower risk of postmenopausal breast cancer compared with those who ate less dairy. Calcium and vitamin D are thought to lower the breast cancer risk, while supplements do not have an effect.

What to do: Consume two or three serving of low-fat dairy daily.

#### Headline: Milk May Raise Your Chances of Ovarian Cancer

Expert Findings: A study in the International Journal of Cancer found that women who drank one or more serving of skim or low-fat milk daily had a 32 percent higher risk of ovarian cancer versus those who had three or fewer servings monthly. The lactose in milk could contribute to the risk.

What to do: If you have a high risk of ovarian cancer (i.e. family history), you may want to get your calcium from a supplement.

Headline: Drinking Low-Fat Milk May Help Prevent Diabetes

Expert Findings: Low-fat dairy consumption has been associated with a decreased risk of developing type 2 diabetes; however people who eat low-fat dairy also tend to have healthier diets in general.

What to do: Stick to skim or low-fat dairy products since whole milk products can increase disease risk.

Headline: Milk Every Day Keeps Cardiovascular Disease Away

Expert Findings: A recent Japanese study found that calcium intake from dairy products was associated with a reduced risk of stroke, but it is difficult to determine whether calcium alone reduced the risk.

What to do: Continue eating low-fat dairy products.

## Beauty

### Beauty Breakthroughs -- Page 42

Need a beauty miracle? *Fitness* identifies seven cutting edge products to perk up your spring look.

Stacked Style Gelée de Parfum, \$22.50, sephora.com

- What's cool? This solid perfume can never spill and the unique gel texture delivers long-lasting scent.

John Frieda Luminous Color Glaze, \$9.99, at drugstores

- What's cool? This gloss comes in six different shades to boost shine for blondes, brunettes and redheads.

Joey NY Specialty Quick CTMS2, \$30, joeynewyork.com

- What's cool? One bottle cleanses, tones and exfoliates in only 2 minutes.

Frédéric Fekkai Wash & Wear Instant Shampoo Spray, \$20, sephora.com

- What's cool? One spritz makes grease vanish and instantly freshens.

Almay Smart Shade Makeup, \$13.99, at drugstores

- What's cool? As you blend, this white lotion morphs into a shade that matches your skin tone as you blend.

Stila Floating Eye Shadow, \$16, sephora.com

- What's cool? Light, liquid shadow glides on smoothly and leaving lids dewy. No more creases.

CoverGirl LashExact Mascara, \$6.99, at drugstores

- What's cool? Wireless bristles flex allowing you to cover every lash without clumping.

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