

FITNESS AUGUST 2006 ISSUE HIGHLIGHTS

-Fitness Editors Available For Interviews-

Features

10 Reasons You're Healthier Than You Think -- Page 80

Convinced everything you do is unhealthy? *Fitness* explains why hanging out with friends and other staples of your weekly routine are actually good for you.

1. You hang out with friends two or three times a week.

Research shows that women with large social networks of six close relationships or more weighed less and had lower rates of smoking, diabetes, high blood pressure and depression than those with fewer friends.

2. You drink three cups of coffee a day.

Consuming three eight-ounce cups of coffee daily can cut your risk of Parkinson's disease by 40 percent and slash your risk of Alzheimer's 20 percent.

3. You rented *Wedding Crashers*- again- this past weekend.

Laughter really is the best medicine and can be as healthy as exercise. Research suggests that watching a funny movie can cause viewers' blood vessels to expand more effectively.

4. You never sleep for eight hours.

Seven hours of sleep is ideal for your health. Women who slept more than eight hours or less than four have been found to have at least a 15 percent increased risk of dying.

5. You take your lunch hour.

A 15 to 20-minute outdoor break can boost your mood, increase productivity and even prevent disease. Exposure to sunlight can increase vitamin D production and reduce the risk of colon, breast, prostate and ovarian cancers.

6. You brush twice a day.

Brushing your teeth not only preserves teeth and gums, but also may protect against stroke and heart attack.

7. You wear a sports bra when you work out.

Running a mile without wearing a sports bra can cause breasts to bounce nearly 472 feet. To reduce stress on the outer skin and connective tissue, wear a sports bra that fits well and make sure to replace it every six to nine months for optimal elasticity.

8. You read the newspaper this morning.

Your twenties and thirties are the best time to build brain power. Aim to do mentally challenging activities at least three times a week.

9. You had sex last night.

Lovemaking can help reduce stress. Blood pressure has also been proven to increase less in those who have had intercourse.

10. You eat cereal for breakfast.

People who ate cereal for breakfast felt more positive, performed better at memory-related tasks and were less stressed than those who had a cup of coffee, according to studies. Cereal may also ward off colds, as those who eat it report fewer respiratory illnesses.

Stress Summer Vacations -- Page 120

Don't let dirty hotels, canceled flights or fatty foods ruin your trip. *Fitness* suggests how to stay sane and enjoy your warm-weather escape.

SLEEP SOUNDLY – disturbing facts about hotel hygiene and safety.

Pass the Glass.

The likelihood of those paper-topped glasses being clean is slim. Even if they haven't been used to drink from, they have been handled and can put you at risk for germs like the stomach flu. When in doubt, ask for new glasses.

Don't let the bed bugs bite.

Even nice hotels can be infested. Look in the nightstand drawer, under the mattress and in any cracks in the bed frame for reddish brown varmints that are about one-quarter-inch long.

Safeguard valuables.

While an electronic safe is a good bet for stowing valuables, using the hotel safe may be even more secure as it is more likely to be insured. Before leaving your room, close the blinds, turn on the TV and leave on the "Do Not Disturb" sign to discourage thieves.

CHOW DOWN – indulge without going overboard.

Lobster with Butter vs. Fried Clams with Tartar Sauce

- Eat this: 11/4 lb. lobster with 1 tablespoon butter: 185 calories, 12 g fat (7 g saturated)
- 3/4 cup fried clams with a serving of tartar sauce: 719 calories, 56 g fat (11 g saturated)

Margarita vs. Daiquiri

- Have either: One 6.8-ounce margarita: 249 calories, 0 g fat
- One 6.8-ounce daiquiri: 259 calories. 0 g fat

Beer vs. Wine

- Have either: One 5-ounce glass of white wine: 122 calories, 0 g fat
- One 12-ounce bottle of beer: 153 calories, 0 g fat
- Or go for light beer: 103 calories, 0 g fat

Barbecue Chicken and Potato Salad vs. Ribs and Corn on the Cob

- Eat this: Small serving of barbecue chicken with 1/3 cup potato salad: 350 calories, 20 g fat (5 g saturated)
- 3 ounce ribs with corn on the cob with butter: 413 calories, 30 g fat (14 g saturated)

Nachos with Cheese vs. Fries with Ketchup

- Eat this: Small fries with one tablespoon ketchup: 242 calories, 11 g fat (2 g saturated)
- Six nachos with cheese: 346 calories, 19 g fat (8 g saturated)

EXERCISE ANYWHERE – stay fit away from home and far from the gym.

Traveltrainer: Sculpt and stretch with this kit that includes an inflatable ball, pump, yoga mat, resistance bands and an exercise CD. Rolled up it is only 6 by 20 inches long. (\$89.90, travtrain.com)

Yoga: A set of 50 cards: This deck of cards offers 50 different moves to sculpt your body. (\$12.99, amazon.com)

Aquabells Travel Weights: Fill these dumbbells with up to 16 pounds of water each. They weigh less than 2 pounds when deflated and lay flat in your suitcase. (\$59.95, aquabells.com)

iPod Workouts: Listen to music on your iPod and check out podfitness.com (\$19.95/month) for a personalized, daily workout or Pumpone.com (\$19) for two total-body workouts.

KEEP YOUR COOL – instant fixes for bad situations.

Your flight got canceled...Pick up your cell phone to call the airline reservation number. Agents via phone could book you on a new flight faster than those behind the counter.

You're seriously lost...Use your cell phone's browser to access MapQuest Mobile (\$4 per month, mapquest.com/mobile) to find maps and directions from anywhere in the U.S. or Canada.

You got robbed...Call your credit card companies immediately to report the stolen cards. Keep a list of your credit card numbers accessible to expedite the cancellation. If you're left with no money, ask someone to wire you money via Western Union. If your passport was stolen, immediately go to the American embassy or consulate. Make a photocopy of your passport in advance to help with the process.

Beauty

Essential Guide to Pores -- Page 30

Want pores to vanish? *Fitness* provides tips on caring for and minimizing pores.

1. **Keep Skin Clean.** Never go to sleep with makeup on and when washing, spend at least 30 seconds massaging in cleanser. Be sure to use face wash that is suited to your skin. Dry complexions tend to benefit from milky creams, while acne-prone skin often requires foams or gels.

2. **Prevent Blackheads.** Moisten skin and lightly rub a facial scrub on clog-prone areas like the nose, cheeks and chin. Exfoliation removes excess skin that causes blockage. For oily skin, use a scrub that contains alpha hydroxy or salicylic acid three times a week. For dry skin, use a gentle, creamy exfoliator twice a week.

3. **Remove Impurities.** Apply a clay-based mask to your T-zone (forehead, nose and chin) once or twice weekly to remove dirt and oil from the skin's surface. Try to avoid picking your skin.

4. **Absorb Excess Shine.** Soak up oil with blotting sheets or a mattifying cream instead of reapplying powder throughout the day as layering can lead to breakouts.

5. **Use Oil-Free Products.** If you have large pores, avoid cleansers and moisturizers that contain oil which can clog pores. Also, skip waterproof makeup.

Plus, top product picks for smooth skin in the August issue of *Fitness*.

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