

Healthy  
Living

EXTRA  
all you

ENJOY LIFE FOR LESS

# DROP 10 LBS. FAST!

These daily habits  
can make it happen

Beautiful,  
*glowing skin*—  
every day

**49** NUTRITIOUS  
RECIPES THAT  
TASTE GREAT

Yes, You Can  
Be a Runner!

Follow our step-by-step  
guide on p. 93

\$56.05  
in Valuable  
Coupons  
Inside!

BONUS!



SET UP  
A HOME GYM



www.allyou.com  
\$5.99





# GET *moving*

 EASY WAYS TO EXERCISE EVERY DAY



## ARE YOU REALLY *pushing it?*

People tend to overestimate how intensely they're exercising, a Canadian study found. Volunteers were asked to walk or jog at a pace they considered light, moderate or vigorous while researchers measured their heart rates. Turns out, the participants were off base about their level of exertion: Few of them maintained the target heart rate, equivalent to exercising moderately, and even fewer reached the rate for a vigorous workout. To be certain you're hitting your goals, take your pulse while you exercise.

### SWEATING FOR TWO

*Got a baby bump? Stay active!*

Recent research from the University of Montreal suggests that working out at a moderate intensity for 20 minutes a day three times per week during pregnancy might boost your baby's brain development. Just check with your ob-gyn first to make sure it's safe for you, and listen to your body and adjust your routine accordingly.

### Three new fitness DVDs worth trying

Do these workouts in the comfort of your home and still reap the calorie burn.

#### BEST FOR NOVICES



► **Jillian Michaels: Beginner Shred** (\$15; amazon.com)

Even people new to exercise can get in a heart-pounding workout. Jillian's boot-camp moves build lean muscle.

#### BEST FOR WALKERS



► **Leslie Sansone: Just Walk Mix and Match Walk Blasters** (\$15; walmart.com)

Not your typical walking workout, this DVD features 10 different 10-minute mini routines, some for specific body parts.

#### BEST FOR DANCING FIENDS



► **Dance Off the Inches: Hip Hop Jam** (\$17; amazon.com)

Losing weight doesn't feel like work when you shake it to high-energy beats. As fun as a night out—and better for you!

### BYE-BYE, CHAFING!

**An uncomfortable truth:** Working out can cause chafing, especially around the thighs and under the arms. To prevent painful skin irritation, never wear cotton when exercising; it holds in moisture, and wetness makes chafing worse. Opt for snug-fitting clothes made of breathable, wicking fabrics (like CoolMax or PolyPro) that pull sweat away from the skin and dry quickly, lowering your

risk of rashes and chafing. You can find such gear almost anywhere you buy workout clothes, including Costco and Walmart. Also, choose designs with fewer seams or, better yet, with flat seams, which reduce friction. To help you stay dry, sprinkle cornstarch on areas where you chafe, or apply a sports lubricant, such as Body Glide or Sportslick, before exercising.

**2,000** Adding this many steps per day (the equivalent of a 20-minute walk) can lower your risk of heart disease by about 10 percent, according to a study in the journal *The Lancet*. So lace up those kicks and get out there!