



**THE BEST  
QUICKIE  
WORKOUTS  
FOR YOUR  
CRAZY  
SCHEDULE**

**BUSY  
PHILIPPS  
GETS**

*Real*

Motherhood,  
marriage—  
and sharing  
it all on  
Instagram

**\*  
DELICIOUS  
5-INGREDIENT  
DINNERS  
P. 96**

**WANT  
TO GO  
KETO?  
READ  
THIS  
FIRST**

**SCORE  
GLOWY  
SUMMER  
SKIN!**

Say HELLO to my  
chocolate chunky  
American  
farmer supporting  
ALMOND BUTTERY FRIEND  
KASHI® CHEWY NUT BUTTER BARS  
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Team Kashi

Share Your  
Happy



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[Kashi.com/transitional](http://Kashi.com/transitional)

Kashi

## 84

*"My own self-image  
is a constantly  
changing conversation."*

—BUSY PHILIPPS

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COVER PHOTOGRAPHY  
BY ARI MICHELSON

Styling by Lauren Sample for Crosby Carter Management. Hair by Bobby Eliot using Kérastase Elixir Ultime for Starworks Artists. Makeup by Kindra Mann using Charlotte Tilbury for TMG-LA. Manicure by Fariha Ali. Prop styling by Fi Campbell and Tamasin Reid for Still Sets.

To get Busy's dewy look, use these Revlon products: ColorStay Makeup in Fresh Beige, Powder Blush in Melon Drama, ColorStay Crème Eye Shadow in Praline, Volumazing Mascara in Blackest Black, and Kiss Plumping Lip Crème in Apricot Silk; at mass retailers.

For Busy's hairstyle, use these Garnier Fructis Style products: Pure Clean Detangler Air Dry and Smooth Air Dry Anti-Frizz Cream; at mass retailers.

Clothing, cover: Malia Mills swimsuit, maliamills.com. Sydney Evan earrings and bracelet, sydneyevan.com. Dream Collective wedding band, dreamcollective.com. Ban-do necklace, bando.com. Clothing, this page: Alice and Olivia shorts, alicelandolivia.com. Dior sunglasses, dior.com.

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Health® (ISSN 1059-938X) (July/August 2018, Volume 32, Number 6) is published monthly except for combined issues January/February and July/August by Health Media Ventures, a wholly owned subsidiary of Southern Progress Corporation, a subsidiary of Time Inc. Time Inc. is a wholly owned subsidiary of Meredith Corporation. Principal Office: 225 Liberty St., New York, NY 10281-1008. Periodicals postage paid at New York, NY, and additional mailing offices. Postmaster: Send all UAA to CFS. (See DMM 507.1.5.2); Nonpostal and military facilities: Send address corrections to Health Magazine PO BOX 62120 Tampa, FL 33662-2120. Copyright © 2018 by Health Media Ventures Inc. All rights reserved. Health is a registered trademark of Health Media Ventures Inc. Printed in U.S.A. Canada Post Publications Mail Agreement #40110178. GST #R605024 83RT0001. Subscription information and address changes: Call 800-274-2522.

KIRSTY GODSO, TORY RUST, FOOD, GREG DUPREE



Find our easy and delicious recipes (page 96) on Cozi, a free Meredith Corporation app that lets you save meal ideas, then design menus and build grocery lists. Bonus: Your whole family can access and update the lists (as well as activity schedules and to-dos) across multiple devices, so everyone stays on the same page. Download Cozi on iTunes and Google Play.

NEW

# EXPECT MORE FROM YOUR EYE DROP<sup>†</sup>



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# From the editor

## Photography has been a hobby of mine since college,

so when Instagram debuted in 2010, I became an immediate and passionate convert. The platform turned my smartphone into a creative tool, and I found that taking and posting pictures actually helped me slow down and tune in to my surroundings.

But as Instagram's popularity exploded, my relationship with it began to shift. Rather than inspiring me, scrolling through it—and viewing the impossibly fabulous lives of friends and strangers—made me tense up. Rationally, I knew that everyone's feeds were curated and filtered (after all, mine was too). Nonetheless, I systematically unfollowed accounts that made me feel “less than,” which, of course, meant I nixed almost all the influencers and celebrities in my feed. Except for one: Busy Philipps.

I'd been a fan of Busy's since she was Kim Kelly on *Freaks and Geeks*, but after following her on Instagram, I straight-up fell in love. She's posted unfiltered shots of herself bandaged and in a wheelchair after sinus surgery, and videos of her working out with a post-Oscars hangover. How refreshing to follow a celebrity who doesn't take herself seriously, who is honest about her fears and insecurities, who expresses her love for her children without making it seem like motherhood is easy. When we started planning this, our very first “IRL” issue, I knew Busy had to be on the cover, and on page 84 she invites us into her home and opens up even more. Soon television audiences will get to experience Busy's authenticity too—her new talk show, *Busy Tonight*, launches on E! this fall. I can't wait to see how she transforms the mostly male domain of late night. Whatever she does, I know she will keep it real.

**Lori Leibovich**  
editor-in-chief

@lorileibo  
@lorileibovich



**So few celebrities keep it real on Instagram.**

1



2



**1.** From Busy's Instagram account: “It's all fun and games until someone gets slime in their hair.”  
**2.** The adorable Fourth of July cupcakes I saw on Instagram and tried, but failed, to make at home. (Guess which one is mine.)

SELF-TANNING THAT IS EFFORTLESSLY SUBLIME.  
**YOU'RE GOLDEN.**



## SUBLIME BRONZE

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PARIS

peek-a-boo,  
look what's  
new!



# Life@Health

Meet...

## ANTHEA LEVI

Assistant Editor

**My ideal summer Friday:**

A leisurely breakfast. Pilates class. A nap. Wine outdoors with friends. Bed by 11.

**A beauty hack I swear by:**

After curling my lashes, I apply a bit of Vaseline. It makes them look "done"—and no smudging!

**Best advice I ever got:**

You talk to yourself more than anyone else. Make sure you're saying the right things.

**My favorite no-cook meal:**

Zoodles topped with a hearty spoonful (or three) of pesto, plus shaved Parmesan and cracked pepper on top.



### WHO WE'RE FOLLOWING ON INSTA



**@thecynradish**

"I love dietitian Miranda Hammer's veggie-forward feed. If flax pancakes and salmon grain bowls are your thing, you'll probably love her account too."

—Kathleen Mulpeter, senior digital editor

**@kinkysweat**

"Fitness instructor and trainer Alicia Archer is a master of flexibility. Seriously, she takes contorting her body to the next level. She's #goals for getting bendy."

—Rozalynn S. Frazier, senior fitness editor

**@pinenewyork**

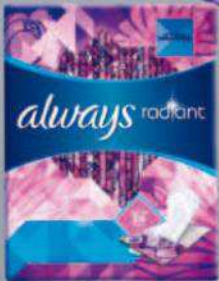
"Chelsea Neff's floral designs are art! They're simple yet unexpected. Every time I see her work, I think of all the people I want to send her arrangements to."

—Patricia Dunn, associate photo editor





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**Jewelry shown: Raquel Twist Bangle \$39, Talia Twist Bangle \$39, Talia Drop Necklace \$49**

# Trending



## Now in Bloom

Go on, stop and smell the roses! From scrubs to toners, rose-infused and -scented products are having a major moment. The nostalgic aroma is perfect for this time of year and will leave you feeling pretty and feminine. Smell the bouquet every day with these sophisticated and soothing floral finds.

1. Skin-Clearing Spritz: Kopari Coconut Rose Toner (\$24; [koparibeauty.com](http://koparibeauty.com)) 2. Wonder Wash: Method Body Pure Peace Body Wash (\$7; [target.com](http://target.com)) 3. Petal-Packed Polish: Good Queen Bess Rose Tea Body Polish (\$24; [thegoodqueenbess.com](http://thegoodqueenbess.com)) 4. Single-Use Scrub: Harper + Ari Rosé Exfoliating Sugar Cubes (\$24; [dermstore.com](http://dermstore.com))



SIP ON THIS

# Orange Wine

Try it: Channing Daughters' Ramato, \$25; [channingdaughters.com](http://channingdaughters.com)

▶ **See ya, rosé—** there's a new It drink of summer. "Orange wine is essentially a white wine made like a red wine," says Lauren Friel, consulting wine director at Dirt Candy, a vegetarian hot spot in New York City. "In modern white-wine-making, the grape juice is separated from the skins after pressing, while the juice in red-wine-making is usually left in contact with the skins for a few

days, weeks, or months." Orange wine (which is made from white grapes) takes cues from red-wine production by letting the juices mingle with the skins a little bit longer. Hence its unique hue. Since many of the antioxidants in wine live in grapes' skins, it's believed that the orange variety could have a higher antioxidant content than its lighter white counterpart. Cheers to that!



VACATION MUST-HAVE

## The New GoPro Hero

Now you can document every single fabulous moment of your summer vacation with the GoPro Hero (\$199; [gopro.com](http://gopro.com)). Not only does it make taking professional-grade photos and video foolproof, but this waterproof cube also automatically syncs and uploads content to an app on your phone via Bluetooth.

The best part: Voice commands (think "GoPro: Take a photo") mean you can shoot hands-free.

## Would You Give Yourself a "Vanicure"?

To encourage women to give their bikini zone some extra love, Scandinavian beauty company the Perfect V offers pH-balancing, paraben-free, and dermatologist- and gynecologist-tested products catered to that delicate area.

**The Vanicure Essentials Kit** (\$58; [theperfectv.com](http://theperfectv.com)) includes a gentle wash, exfoliator, and moisturizer.



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SPRING

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super cute

31339 BKMT



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slip-on

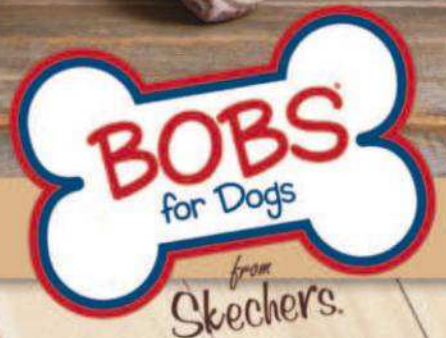
When you purchase BOBS,  
SKECHERS WILL MAKE A DONATION  
to help save the lives of  
**DOGS AND CATS.**



34393 GRY



34392 TPE



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Each year, millions of pets are killed in US shelters.  
Skechers has committed \$3 million to Best Friends Animal Society.

Skechers U.S.A., Inc., 228 Manhattan Beach Blvd., Manhattan Beach, CA 90266, 310-318-3100. Best Friends Animal Society, 5001 Angel Canyon Road, Kanab, UT 84741, 435-644-2001. During the promotion, twenty-five cents will be donated to Best Friends Animal Society per pair of specially marked BOBS from Skechers shoes sold in the U.S., and Skechers has guaranteed that at least \$3 million will be donated to Best Friends to help save the lives of dogs and cats in America's shelters. The promotion runs September 1, 2015 through August 31, 2018.

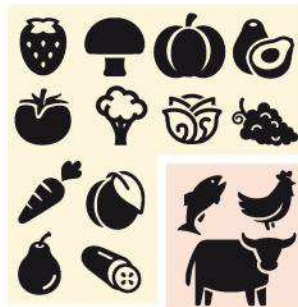
with Skechers  
Memory Foam™

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34305 TPE



**WHAT SHE SAID**  
**"I believe good health and wellness is what real beauty is all about."**  
 —Halle Berry, @halleberry



↑  
**75%**

↑  
**25%**

## What Is the Pegan Diet?

This just in: Some people are fusing the Paleo diet with veganism—and calling it the pegan diet. Here's how it works: About 75 percent of the pegan diet consists of plant-based foods (fruits, veggies, nuts,

seeds), and 25 percent consists of sustainably raised meat, poultry, and fish. Beans and gluten-free grains can be eaten sparingly. Wheat, gluten, and dairy are off-limits, and sugars are an occasional treat. Should we all go pegan? Well, peganism is great, because it prioritizes whole foods and sustainable animal proteins, says Cynthia Sass, RD, *Health*'s contributing nutrition editor. But it also limits key food groups, like whole grains, which are healthy and many people don't need to nix. Sass says that if you do go pegan, don't let it deter you from eating nutrient-rich grains like brown rice and quinoa.

## The New Micellars

You know micellar water works wonders to remove makeup without stripping skin (thanks to micelles—little Pac-Man-like molecules that gobble up dirt and oil). These next-generation formulas take the gentle-yet-effective cleansing technology a step further by targeting different areas.

↑ **Body** Dove Anti-Stress Micellar Water Body Wash (\$6; at mass retailers)

→ **Hair** Pantene Pro-V Micellar Gentle Cleansing Water Shampoo (\$6; target.com)

← **Face** Bioré Charcoal Cleansing Micellar Water (\$7; at mass retailers)

↑ **Lashes** Revitalash Micellar Water Lash Wash (\$36; revitalash.com)

Imagine  
24HRs  
without  
heartburn



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sleeping peacefully  
through the night.  
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from frequent heartburn.**

\*Use as directed. May take 1 to 4 days for full effect. ©2018 Pfizer Inc.

**Trending**



Speedo Printed Marla One-Piece, \$94; amazon.com



We love the peekaboo cutout!

**Swim in Style**

While you may typically turn to Speedo for sport-specific suits, the brand is now taking all that functionality and incorporating it into new fashion-forward options. These are a few of our faves from the collection.



Speedo Helena Bikini Top, \$60, and Print Piper Hipster Bikini Bottom, \$60; amazon.com



Speedo High-Necked Sydney Bikini Top, \$60, and Trinity Hipster Bikini Bottom, \$55; amazon.com

**Kids' Summer Safety**

This season is all about fun in the sun, but staying safe while enjoying the great outdoors is a top priority—especially if you have little ones. Here, three smart strategies.



**First Aid for the Win**

Whether they're playing at picnics or digging up shells on the beach, kids are sure to get cuts and scrapes, so it pays to have a first aid kit around. One we love: **Swiss Safe's 120-Piece First Aid Kit** (\$28; amazon.com) is stocked with essentials like an instant ice pack and antiseptic wipes.



**Sound the (Swim) Alarm**

Children need to be watched around pools at all times. To be sure they never swim solo, install an alarm—like the **PoolGuard PGRM-2** (\$280; amazon.com)—in your home pool. The alarm goes off as soon as one enters the pool, so you'll know ASAP if anyone's wading sans supervision.



**Travel Smart**

Going abroad? Bring an **Allergy Translation Card** (\$8 per card per language; allergytranslation.com) to help communicate what your kids can't eat at restaurants. To keep 'em hydrated on the go, pack a **CamelBak Mini M.U.L.E.** (\$50; camelbak.com), which can hold 50 fluid oz. of water.



A safety message from



## It only takes a second

Keep laundry pacs away from children



KEEP THEM  
UP



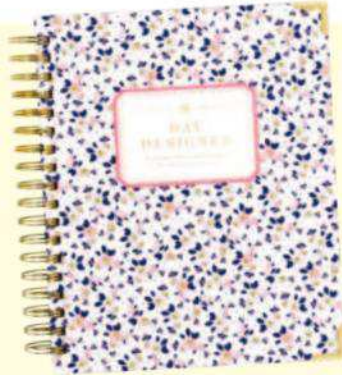
KEEP THEM  
CLOSED



KEEP THEM  
SAFE

Tide PODS now come in a Child-Guard tub and bag

## Trending



### Goal-Getter

Already forgetting what your New Year's resolutions were? No judgment. To revive your drive, pick up a planner that runs from July 2018 to June 2019.

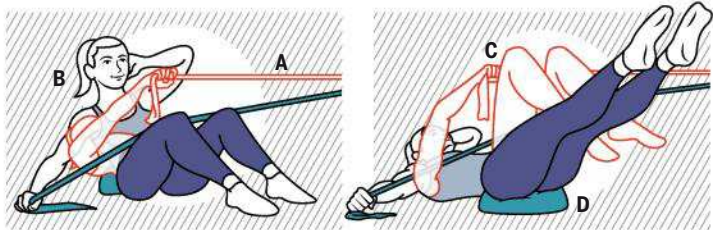
**Day Designer's Academic Year Flagship Edition planner** (\$59; [daydesigner.com](http://daydesigner.com)) lets you note daily to-dos and meal plans. Want to crush more long-term goals? It also has pages where you can outline action plans to work toward tasks on a weekly or monthly basis.



HOT  
MOVE

### Score Stronger Abs

Whether Lauren Cohan is fighting off zombies on AMC's *The Walking Dead* or kicking butt as part of Mark Wahlberg's top-secret command team in her latest flick, *Mile 22* (out this August), there's one thing that remains the same: her amazing abs. The 36-year-old's secret? The Sweet 16s, which work the upper and lower abs. "The body is forced to resist rotational force, which activates the spinal rotators, making it an oblique torcher," explains her trainer, AJ Fisher, creator of the Corectology method. "And the extended exhale helps create a small waist."



► Tie a resistance band to a stable structure, such as a bedpost. Inhale; lean back with low back on a Pilates ball, grabbing band with hand farthest from the tether point (A); pull band taut across body. Keeping spine neutral, crunch up, tapping band to ground 16 times while exhaling

hard (B). Next, lower all the way down to ground, with hips balancing on Pilates ball and legs in tabletop (C). Inhale, and then exhale and extend legs straight out as you pull band taut across body, tapping it 16 times on the floor (D). This is one rep. Repeat entire series 12 times, 3 to 4 times a week.



### Smart Mouth

Keeping your lips and your body hydrated mid-workout just got way easier, thanks to **bkr Paris Water Balm Compact and Compact Cap** (Water Balm, \$22, Compact Cap, \$10; [mybkr.com](http://mybkr.com)), which clicks onto any bkr bottle. The dishwasher-safe flip-top cap houses a sheer, super-moisturizing balm with Mediterranean algae, French rose, and a plumping lipid complex.



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**BUSY PHILIPPS'**

**MUST-HAVES**

Our cover star reveals the stuff she can't live without.

Health, happiness, and honesty keep her Busy: Turn to page 84 to read more.

**FACE REBOOT**

"I use Biologique Recherche Lotion P50. It's like a toner. You use it after you wash your face but before you put your serums on. It feels like your skin's burning...but then you feel beautiful."



**GOOD MORNING**

"My Vitamix is essential. I make my Bulletproof coffee in it—I whip it up, and then it's like a latte. We also make broccoli soup, and fresh tomatillo salsa, and this amazing saag sort of Indian [dish] with spinach and mustard greens."



**ALL DRESSED UP**

"Natalie Martin Collection dresses are so easy in the summer. My 5-year-old daughter calls these 'Mr. Nightgowns' because if I'm out all day, I'll come home and throw one on—and she knows that when Mr. Nightgown comes on, it's bedtime soon."



**SWEAT IT OUT**

"I love Varley and Outdoor Voices for workout gear—especially high-waisted bottoms, because no one likes their lower stomach showing. But I mean, everyone wears high-waisted now, right? Thank you, Kim Kardashian!"

STYLING BY LAWREN SAMPLE FOR CROSBY CARTER MANAGEMENT; HAIR BY BOBBY ELIOT USING KERASTASE LUXIR ULTIME FOR STARWORKS; ARTISTS: MAKEUP BY KINDRA MANN USING CHARLOTTE TILBURY FOR TMG; LA: MANICURE BY FARHA ALI; CLOTHING: LISA MARIE HERNANDEZ SWIMSUIT, LISAMARIEHERNANDEZ.COM; LOREN STEWART EARRINGS, LOREN STEWART.COM; SARAH HENDLER RING, SARAH HENDLER.COM

Dermatologist  
Recommended  
for Scars and  
Stretch Marks.

GfK, 2014



New Packaging Same Formulation

"I struggled with acne for many years. Finally it has passed, but now I have acne scars. I saw an ad in a magazine about Bio-Oil and how a woman tried it on her face. I went to the drug store and got the small Bio-Oil and thought I would try it. The instructions say it takes a minimum of three months but this stuff is amazing! I have honestly tried anything and everything for my acne scars and who knew this might be the answer. Thank you so much, I feel so much more confident than I have ever been before."

Brenna Denexter



# My Dream Day

Lita Lewis, the self-made fitness phenom who advocates for curvy, fit women, programs her perfect 24 hours.

Rise & shine!



**9:00 a.m.**  
**Awake Alfresco**  
"I'll wake up in my tree house in the Humboldt Redwoods forest where the sun kisses my cheeks through the forest canopy."



**12:30 a.m.**  
**After Dark**  
"I'm a night owl—and I'm not proud of that! I aim to get seven to eight hours of sleep, but I need a minimum of six."  
**Good night!**

**10:30 p.m.**  
**Road Map to Success**  
"I'll work on apparel ideas for my brand, Thick Athletics, which is geared toward curvier women."



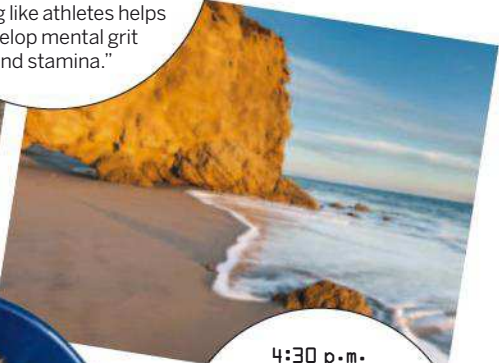
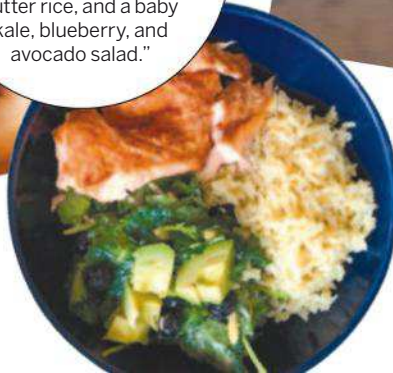
**9:30 a.m.**  
**About Face**  
"Kiehl's Calendula Deep Cleansing Foaming Face Wash makes me feel awake and refreshed."



Kiehl's Calendula Deep Cleansing Foaming Face Wash (\$29; kiehls.com)

**12:00 p.m.**  
**Crew Love**  
"I'll lead my workout warriors in Body Blast Bootcamp at Steadfast Fitness and Performance gym in Coppell, Texas; moving like athletes helps develop mental grit and stamina."

**7:30 p.m.**  
**Dinner for Two**  
"I love preparing dinner with my better half, Guy Fernandez; together we'd make Cajun salmon, garlic-butter rice, and a baby kale, blueberry, and avocado salad."

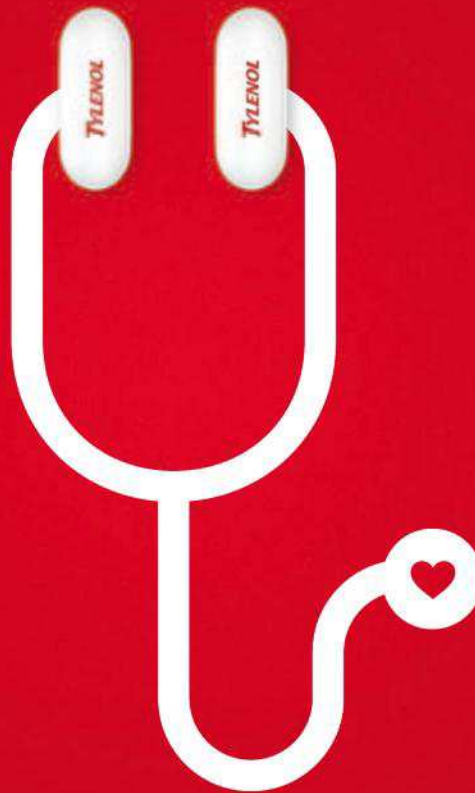


**4:30 p.m.**  
**Be Mindful**  
"Before the sun sets I'll find myself at El Matador beach in Malibu sitting in a meditative state facing the Pacific Ocean. The unwind is real!"



FOREST: GARY KAVANAGH/GETTY IMAGES; BEACH: MATT FRANKEL/GETTY IMAGES; KIEHL'S: COURTESY OF MANUFACTURER; REMAINING IMAGES COURTESY OF LITA LEWIS

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Your doctor doesn't.**



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more than all other brands combined.**

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*For what matters most™*

Use only as directed.

Learn more at [Tylenol.com/youshouldknow](http://Tylenol.com/youshouldknow)

# Do your moderate to severe ulcerative colitis or Crohn's symptoms leave you second guessing?

If your current treatments haven't worked well enough, ask your gastroenterologist about ENTYVIO

- Developed only for UC and Crohn's
- Works at the site of inflammation in the GI tract
- Proven to provide symptom relief and remission

*Individual results may vary.*

## Uses of ENTYVIO® (vedolizumab):

ENTYVIO is a prescription medicine used in adults:

- **With moderate to severe ulcerative colitis (UC) when certain other UC medicines have not worked well enough or cannot be tolerated. ENTYVIO may help to:** begin reducing some symptoms, induce and maintain remission, reduce or stop the use of corticosteroids, and improve the way the lining of your large intestine looks to your healthcare provider.
- **With moderate to severe Crohn's disease (CD) when certain other CD medicines have not worked well enough or cannot be tolerated. ENTYVIO may help to:** begin reducing some symptoms, achieve remission, and reduce or stop the use of corticosteroids.

## Important Safety Information about ENTYVIO®

- Do not receive ENTYVIO if you have had an allergic reaction to ENTYVIO or any of its ingredients.
- ENTYVIO may cause serious side effects, including:
  - Infusion and serious allergic reactions can happen while you are receiving ENTYVIO or several hours after treatment. You may need treatment if you

have an allergic reaction. Tell your healthcare provider or get immediate medical help if you get any of these symptoms during or after an infusion of ENTYVIO: rash; itching; swelling of your lips, tongue, throat or face; shortness of breath or trouble breathing; wheezing; dizziness; feeling hot; or palpitations (feel like your heart is racing).

- ENTYVIO may increase your risk of getting a serious infection. Before receiving and during treatment with ENTYVIO, tell your healthcare provider if you think you have an infection or symptoms of an infection, such as fever, chills, muscle aches, cough, shortness of breath, runny nose, sore throat, red or painful skin or sores on your body, tiredness, or pain during urination.
- Although it has not been reported with ENTYVIO, it may be possible for a person to get progressive multifocal leukoencephalopathy (PML) (a rare, serious brain infection caused by a virus). People with weakened immune systems can get PML, which can result in death or severe disability. There is no known treatment, prevention, or cure for PML. Tell your healthcare provider right away if you have any of the following symptoms:



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confusion or problems thinking, loss of balance, change in the way you walk or talk, decreased strength or weakness on one side of the body, blurred vision, or loss of vision.

- Liver problems can happen in people who receive ENTYVIO. Tell your healthcare provider right away if you have any of the following symptoms: tiredness, loss of appetite, pain on the right side of your abdomen, dark urine, or yellowing of the skin and eyes (jaundice).
- The most common side effects of ENTYVIO include common cold, headache, joint pain, nausea, fever, infections of the nose and throat, tiredness, cough, bronchitis, flu, back pain, rash, itching, sinus infection, throat pain, and pain in extremities. These are not all the possible side effects of ENTYVIO. Call your healthcare provider for medical advice about side effects.
- Before receiving ENTYVIO, tell your healthcare provider about all of your medical conditions, including if you: have or think you may have an infection or have infections that keep coming back; have liver problems; have tuberculosis (TB) or have been in close contact with someone

with TB; have recently received or are scheduled to receive a vaccine; or if you are pregnant, breastfeeding, plan to become pregnant, or plan to breastfeed.

**Please see the Medication Guide for ENTYVIO on the adjacent page and talk with your healthcare provider.**

**You are encouraged to report negative side effects of prescription drugs to the FDA.**

**Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

 **Entyvio**<sup>®</sup>  
vedolizumab

**ENTYVIO.com**

**Relief and Remission within reach.**

**Medication Guide**  
**ENTYVIO (en ti' vee oh)**  
**(vedolizumab)**

**What is the most important information I should know about ENTYVIO?**

**ENTYVIO may cause serious side effects, including:**

- **Infusion and serious allergic reactions.** These reactions can happen while you are receiving ENTYVIO or several hours after treatment. You may need treatment if you have an allergic reaction. Tell your healthcare provider or get medical help right away if you get any of these symptoms during or after an infusion of ENTYVIO: rash, itching, swelling of your lips, tongue throat or face, shortness of breath or trouble breathing, wheezing, dizziness, feeling hot, or palpitations (feel like your heart is racing).
- **Infections.** ENTYVIO may increase your risk of getting a serious infection. Before receiving ENTYVIO and during treatment with ENTYVIO, tell your healthcare provider if you think you have an infection or have symptoms of an infection such as fever, chills, muscle aches, cough, shortness of breath, runny nose, sore throat, red or painful skin or sores on your body, tiredness, or pain during urination.
- **Progressive Multifocal Leukoencephalopathy (PML).** Although it has not been reported with ENTYVIO, it may be possible for a person to get progressive multifocal leukoencephalopathy (PML) (a rare, serious brain infection caused by a virus). People with weakened immune systems can get PML. PML can result in death or severe disability. There is no known treatment, prevention, or cure for PML. Tell your healthcare provider right away if you have any of the following symptoms: confusion or problems thinking, loss of balance, change in the way you walk or talk, decreased strength or weakness on one side of the body, blurred vision, or loss of vision.
- **Liver Problems.** Liver problems can happen in people who receive ENTYVIO. Tell your healthcare provider right away if you have any of the following symptoms: tiredness, loss of appetite, pain on the right side of your stomach (abdomen), dark urine, or yellowing of the skin and eyes (jaundice).

See “**What are the possible side effects of ENTYVIO?**” for more information about side effects.

**What is ENTYVIO?**

ENTYVIO is a prescription medicine used in adults:

- **with moderate to severe active ulcerative colitis (UC) when certain other UC medicines have not worked well enough or cannot be tolerated:**
  - to begin helping some of your symptoms
  - in people who respond to ENTYVIO, to help get UC under control (induce remission) and keep UC under control (maintain remission)
  - for people who respond to ENTYVIO, you may be able to reduce or stop the use of corticosteroid medicines
  - to improve the way the lining of your large intestine looks to your healthcare provider during colonoscopy
- **with moderate to severe active Crohn’s disease when certain other Crohn’s disease medicines have not worked well enough or cannot be tolerated:**
  - to begin helping some of your symptoms
  - in people who respond to ENTYVIO, to help get Crohn’s disease under control (achieve remission)
  - for people who respond to ENTYVIO, you may be able to reduce or stop the use of corticosteroid medicines

It is not known if ENTYVIO is safe and effective in children under 18 years of age.

**Who should not receive ENTYVIO?**

**Do not receive ENTYVIO if you** have had an allergic reaction to ENTYVIO or any of the ingredients in ENTYVIO. See the end of this Medication Guide for a complete list of ingredients in ENTYVIO.

**Before receiving ENTYVIO, tell your healthcare provider about all of your medical conditions, including if you:**

- have an infection, think you may have an infection or have infections that keep coming back (see “**What is the most important information I should know about ENTYVIO?**”).
- have liver problems
- have tuberculosis (TB) or have been in close contact with someone with TB.
- have recently received or are scheduled to receive a vaccine. Talk to your healthcare provider about bringing your vaccines up-to-date before starting treatment with ENTYVIO.
- are pregnant or plan to become pregnant. It is not known if ENTYVIO will harm your unborn baby. Tell your healthcare provider right away if you become pregnant while receiving ENTYVIO.
- are breastfeeding or plan to breastfeed. It is not known if ENTYVIO passes into your breast milk.

**Tell your healthcare provider about all the medicines you take,** including prescription and over-the-counter medicines, vitamins and herbal supplements. Especially tell your healthcare provider if you take or have recently taken Tysabri (natalizumab), a Tumor Necrosis Factor (TNF) blocker medicine, a medicine that weakens your immune system (immunosuppressant), or corticosteroid medicine.

**How will I receive ENTYVIO?**

- ENTYVIO is given through a needle placed in a vein (intravenous infusion) in your arm.
- ENTYVIO is given to you over a period of about 30 minutes.
- Your healthcare provider will monitor you during and after the ENTYVIO infusion for side effects to see if you have a reaction to the treatment.

**What are the possible side effects of ENTYVIO?**

**ENTYVIO may cause serious side effects.** See “**What is the most important information I should know about ENTYVIO?**”

**The most common side effects of ENTYVIO include:** common cold, headache, joint pain, nausea, fever, infections of the nose and throat, tiredness, cough, bronchitis, flu, back pain, rash, itching, sinus infection, throat pain, and pain in extremities.

These are not all of the possible side effects of ENTYVIO.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**General information about ENTYVIO**

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. You can ask your pharmacist or healthcare provider for information about ENTYVIO that is written for health professionals. Do not use ENTYVIO for a condition for which it was not prescribed.

**What are the ingredients in ENTYVIO?**

Active ingredient: vedolizumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, L-histidine monohydrochloride, polysorbate 80 and sucrose

Manufactured by:

**Takeda Pharmaceuticals America, Inc.**

Deerfield, IL 60015

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For more information, go to [www.ENTYVIO.com](http://www.ENTYVIO.com) or call 1-877-825-3327

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Revised: February 2018

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LOVE YOUR

# looks

Our tips  
keep that  
just-  
showered  
vibe alive.

## Smell Good All Summer

Want to stay fresh in the heat?  
These hardworking odor  
stoppers are here to save the day.

By LISA DeSANTIS

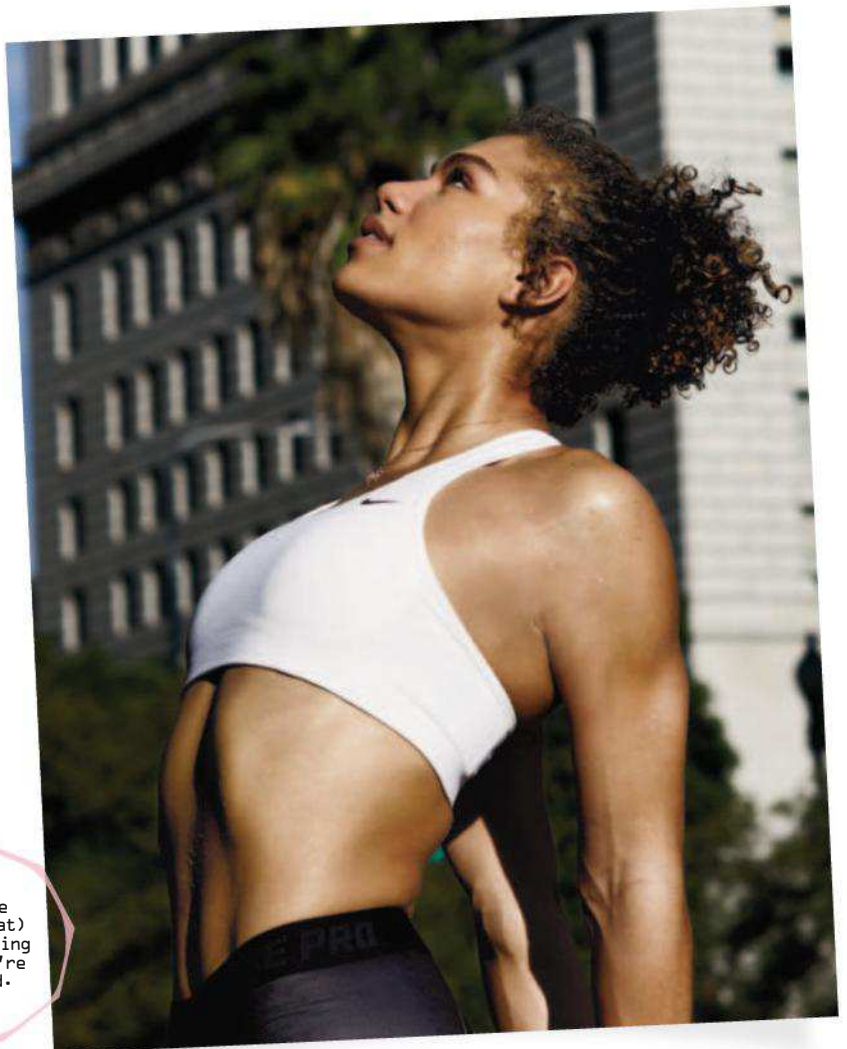
# 1/ PRIME YOUR PITS RIGHT

Feeling iffy about how you smell is enough to make you sweat. But innovative new deodorant formulas make it easier than ever to stay dry. Prep for an intense workout with (1) SweatWellth No Sweat Pre-Workout Hydrating Spray (\$25; sweatwellth.com) from head to toe. The mist contains antimicrobial coconut oil to help fight odor-causing bacteria. On the hunt for a natural option that still gets the job done? Try (2) Biossance Squalane + Bamboo Deodorant (\$16; sephora.com), which utilizes bamboo powder to help absorb sweat. For maximum support, swipe on an antiperspirant like (3) Secret Active Sport Clear Gel (\$5; target.com). The more you sweat, the more odor protection is released for up to 48 hours.



# 2/ REFRESH FAST

For unpredictable stinky situations, keep calm and carry on with these staples. (4) Bliss Refreshing Body Wipes With Natural Deodorant (\$8 for 30 wipes; target.com) are cooling and whisk away stink. Stale strands? Rub an (5) Eva NYC Purse Perfect Hair Towelette (\$8 for 10; target.com) over your crown to nix frizz and make tresses smell good. Tackle unpleasant post-workout odor down there with gynecologist-approved (6) DeoDoc DeoWipes Intimate (\$15 for 10; deodoc.com). Finally, a spill-proof powder fragrance, (7) Byredo Blanche Kabuki Perfume (\$65; byredo.com), is a neat addition to your bag.



Breathe (and sweat) easy knowing that you're covered.

ERIK LIMPHERY/THELICENSINGPROJECT.COM; PRODUCT IMAGES COURTESY OF MANUFACTURERS

### 3/ LAYER ON EXTRAS

Adding pleasant smells in unexpected ways is a great safeguard. Lightly scent your wardrobe by stashing a sachet like (8) The Laundress Lavender Pouch (\$10; thelaundress.com) in one of your drawers or on a hanger in your closet (FYI, fabrics hold scent longer than skin). When you can't wash your hair, revive it with (9) Batiste Dry Shampoo in Fresh (\$8; ulta.com) to remove excess oil and any odor. In the shower, suds up with a fragrant wash like (10) Caress Botanicals Mediterranean Neroli & Green Tea Shower Foam (\$6; at mass retailers), which lingers all day.



Spritz perfume on wrists, but don't rub—it can distort the fragrance.



### 4/ PUNCH UP YOUR PERFUME

The steamy summer months are a great time to switch to a lighter fragrance. Channel a Mediterranean vibe with (11) Dolce & Gabbana Light Blue Italian Zest (\$78 for 50 ml; macys.com). For a sensual option, (12) Glossier You (\$60 for 50 ml; glossier.com) has a spicy pink-pepper top note and heavier base notes (a warm musk). Or indulge your sweet tooth with (13) Ralph Lauren Romance Rosé (\$96 for 100 ml; ralphlauren.com). Make it last by layering unscented lotion over your fragrance.



ARTHUR BELEBEAU/TRUNK ARCHIVE

LOVE YOUR LOOKS | Nail It

**neon pink + gray**

“This combo keeps things feminine but cool,” points out celebrity manicurist Michelle Saunders.

**TRY:** Christian Louboutin Nail Colour in Neoprene (\$30; [christianlouboutin.com](http://christianlouboutin.com)) and Deborah Lippmann x Grey Jason Wu (\$20; [nordstrom.com](http://nordstrom.com))

**bright blue + white**

“I like bright blue for the pedi and white for the mani. It’s a modern take on a nautical look,” explains Saunders.

**TRY:** JINsoon x Flagpole in Plunge (\$18; [jinsoon.com](http://jinsoon.com)) and Lauren B. Beauty in Hollywoodland (\$18; [laurenbeauty.com](http://laurenbeauty.com))

# Polish Power Couples

Whether you’re heading to the pool or a BBQ, these unexpected mani-pedi duos bring the fun.

By LISA DeSANTIS

**turquoise + coral**

“A hot-and-cold pairing like this one pops on all skin tones and is great for those who stick to neutral colors,” says Red Carpet Manicure Ambassador, Mar y Sol.

**TRY:** Dior Vernis in #404 Splash (\$28; [dior.com](http://dior.com)) and Essie Gel Couture in Exhibit A-line (\$10; at mass retailers)

**mint + purple**

“It’s not the norm, which makes this duo so awesome to play with,” says Saunders.

**TRY:** LeChat Dare to Wear in Cucumber Mint (\$7; [lechatnails.com](http://lechatnails.com)) and Sally Hansen Complete Salon Manicure in Pat on the Black (\$7; at mass retailers)

**fuchsia + pink**

“If you want to keep it in the family, stick to pinks—they complement each other,” says Mar y Sol.

**TRY:** OPI Nail Lacquer in You’re the Shade That I Want (\$11; [ulta.com](http://ulta.com)) and Chanel Le Vernis in Halo (\$28; [chanel.com](http://chanel.com))



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- DEFINE YOUR BROWS. EXPRESS YOURSELF.**

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# In Her Bag...

Sarah Potempa, celebrity hairstylist and inventor of the Beachwaver, spills her beauty must-haves.

By LISA DeSANTIS

“When I pick products to carry with me, I consider simple things that enhance my features—like a bold lip shade or a lash curler.”

—Sarah Potempa  
Follow her at @sarahpotempa



1. MZ Wallace Metro Pouch in Laser Print (\$55; [mzwallace.com](http://mzwallace.com))
2. Aveda Hand Relief Moisturizing Creme (\$24; [aveda.com](http://aveda.com))
3. The Beachwaver Co. Mini On Set Pro Brush (\$23; [beachwaver.com](http://beachwaver.com))
4. Tarte Picture Perfect Eyelash Curler (\$18; [tartecosmetics.com](http://tartecosmetics.com))
5. Surratt Beauty Surreal Skin Foundation Wand (\$65; [sephora.com](http://sephora.com))
6. Stila Stay All Day Sheer Liquid Lipstick in Sheer Beso (\$22; [ulta.com](http://ulta.com))
7. Naturally by Stevi Christine Detailed Eyebrow Definer (\$26; [naturallyby.com](http://naturallyby.com))
8. KitschPRO Clear No-Snag Elastics (\$3 for pack of 100; [ulta.com](http://ulta.com))
9. Kai Rose Perfume Oil (\$48; [kaifragrance.com](http://kaifragrance.com))
10. Caudalie Beauty Elixir Mini (\$18; [sephora.com](http://sephora.com))
11. The Beachwaver Co. Darby Clips (\$10 for 2; [ulta.com](http://ulta.com))
12. Sun Bum Flavored Lip Balm (\$4; [target.com](http://target.com))



“A bladder leak pad that’s  
a lot less bulky, and drier too.\*  
Need I say more?”



Leading Bladder Leak Pad



Always Discreet is made differently.  
The super absorbent core turns liquid to gel,  
for drier protection that’s a lot less bulky.\*

Always Discreet. For bladder leaks.



\*Always Discreet 4, 5, and 6 drop pads vs. the equivalent Leading Brand pads.

# 5 Secrets to a Flawless (Faux) Glow

Our favorite self-tanning experts reveal their top tricks so you can score a streak-free, believable bronze at home.

By LISA DeSANTIS

## Slough Smarter

Applying self-tanner to rough skin will lead to a patchy, uneven glow. “So, before slathering on your color, use a scrub to smooth your body. Avoid formulas that are oil-based, since they can leave a residue that interferes with the self-tan development,” advises Sophie Evans, celebrity spray-tan expert. Shaving beforehand is also a good idea. Not only does it naturally exfoliate, but

getting rid of stubble makes for a much easier application, says makeup artist Carrie LaMarca, who recommends an electric shaver like the *clio palmperfect* (\$9; at mass retailers).

## Apply Liberally

“The biggest mistake women make is not using

enough product. You’ll need a decent amount (think tennis ball-size if you’re using a mousse) so that it glides over skin effortlessly. Don’t be scared—you can never use too much, as the skin will only absorb a certain amount of a tanning agent,” says Evans. Plus, when you don’t use enough, you wind up with streaks.

## Treat Dry Spots

After applying tanner, use a damp cloth to wipe knuckles, knees, and ankles for the most natural result—since those areas are drier, they tend to get darker. Do the same to the heels of your hands, explains Alyson Hogg, founder of tanning brand Vita Liberata Advanced Organics. The thought here: The sun won’t naturally hit that area, so having bronzed palms is a giveaway.

## Slather On Lotion

“Starting 24 hours after you put on your self-tanner, use a moisturizer daily to keep your glow going and ensure an even fade,” says Tan-Luxe founder, Marc Elrick. “If you want to prolong your color, reapply a gradual-tanning product every few days.”

## Tone It Down

“There are a few tricks to help take off tanner if you’ve overdone it: Exfoliate to fade the tan or try sitting in a sauna. It usually takes about 15 minutes to lessen a tan’s intensity,” says James Read, tanning pro and founder of the eponymous brand. Another option: Mist on Tan-Luxe Glyco Water (\$33; sephora.com). It packs 3 percent glycolic acid to break down remnants of color so you can start with a clean slate.



### Pick Your Formula

- 1/ **St. Tropez Gradual Tan One Minute Pre-Shower Mousse** (\$20; ulta.com)
- 2/ **NKD SKN Organic Natural Gradual Tan Lotion** (\$20; ulta.com)
- 3/ **Vita Liberata Invisi Foaming Tan Water** (\$39; sephora.com)

# BEST **Sh**oe

Tone  
and tighten  
that  
tush this  
summer.

## Boost Your Booty

Score a firmer,  
rounder backside with  
these moves from  
Tracy Anderson.

By **ROZALYNN S. FRAZIER**

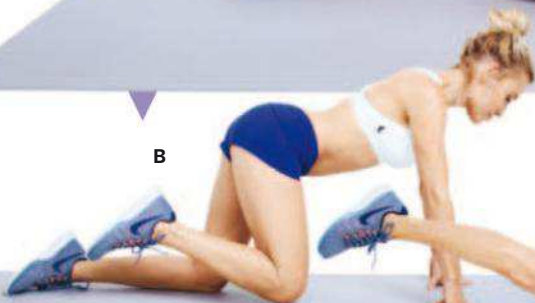
→ **SURE, A TONED BUTT LOOKS AMAZING** in your cutoffs, but the benefits of a sculpted rear go way beyond the visual—like protecting your back, helping you run faster, and amping up your body's overall power. That said, sitting at a desk for long hours each day can wreak havoc on those buns, leaving them weak and unable to fire properly. The good news: This strengthening series will bring those lazy glutes back to life, no ifs, ands, or butts about it!

HAIR BY KOREY FITZPATRICK USING ORIBE HAIRCARE FOR EXCLUSIVE ARTISTS; MAKEUP BY COLBY SMITH USING CHANEL PALETTE ESSENTIELLE FOR ART DEPARTMENT; MANICURE BY LOLLY KOON USING CHANEL LE VERNIS FOR ART DEPARTMENT; STYLING BY JENNIFER HITZGES AT CREATIVE SPACE ARTIST; L'SPACEBIKINI, LSPACE.COM

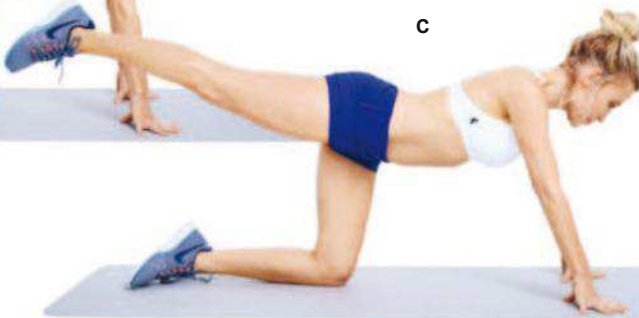
Do 30 reps of each move in the series on one side, then repeat the sequence on the other side. Tracy also recommends 30 to 60 minutes of cardio six times a week.



A



B



C

Knee should not touch ground.

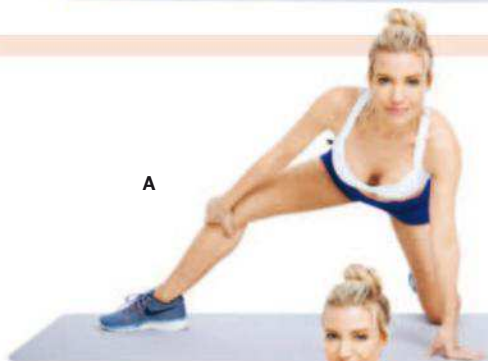
## Rolling Attitude and Kick

► Start on all fours; lift right knee up and out to side until thigh is parallel to floor (A). Holding the position, lower leg so the right knee is facing down and is slightly in front of the left (B). Extend right leg straight back (C). Lower right leg, pulling right knee forward and coming back to "B." Return to "A" and repeat.

## 2

### Sitting Lunge and Arabesque

► Start on your hands and knees; step right foot diagonally forward into a side lunge, placing right hand on right knee (A). Swing left knee in, rotating hip to come to sitting (B). Return to "A," and then extend right leg back and up (C). Repeat.



A



B



C

Sit tall; no hunching.



# 3

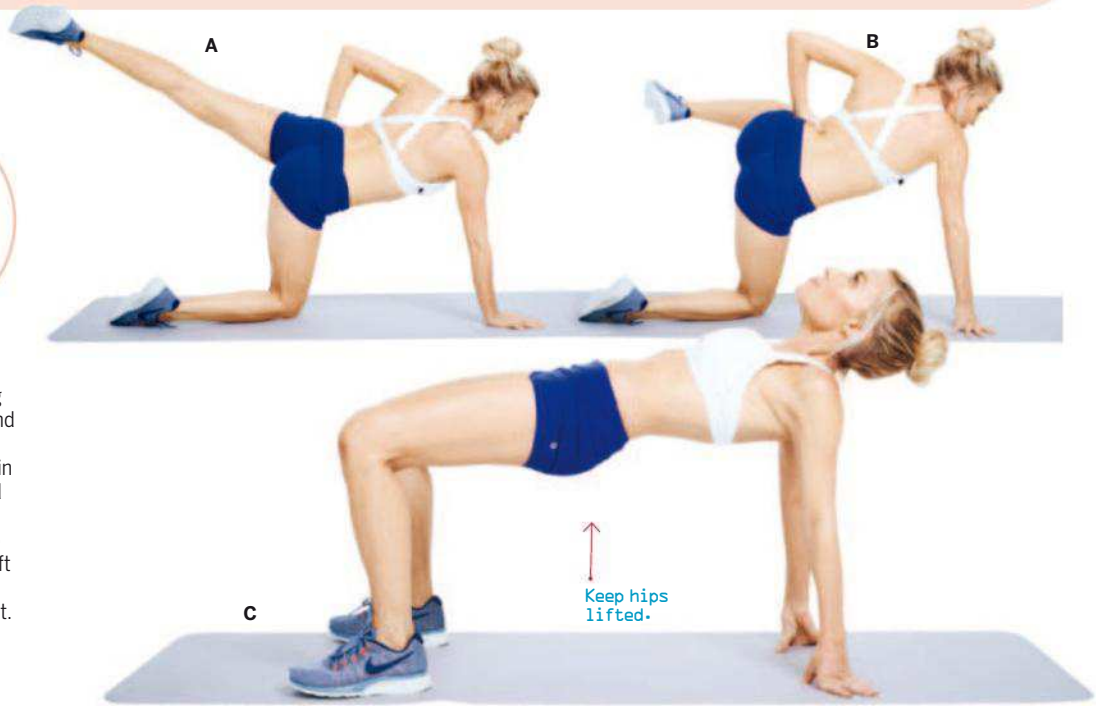
## Twisted Sit with Leg Lifts

► Begin on all fours (A); twist at waist to sit on left hip (B), and then return to "A." Keeping a slight bend in knee, lift left leg up (C). Lower left leg, crossing left knee behind right (D); lift left leg again, this time extending it straight up and out, as you bend arms and lower chest slightly (E). Return to "A" and repeat.

# 4

## Knee Pull and Butt Squeeze

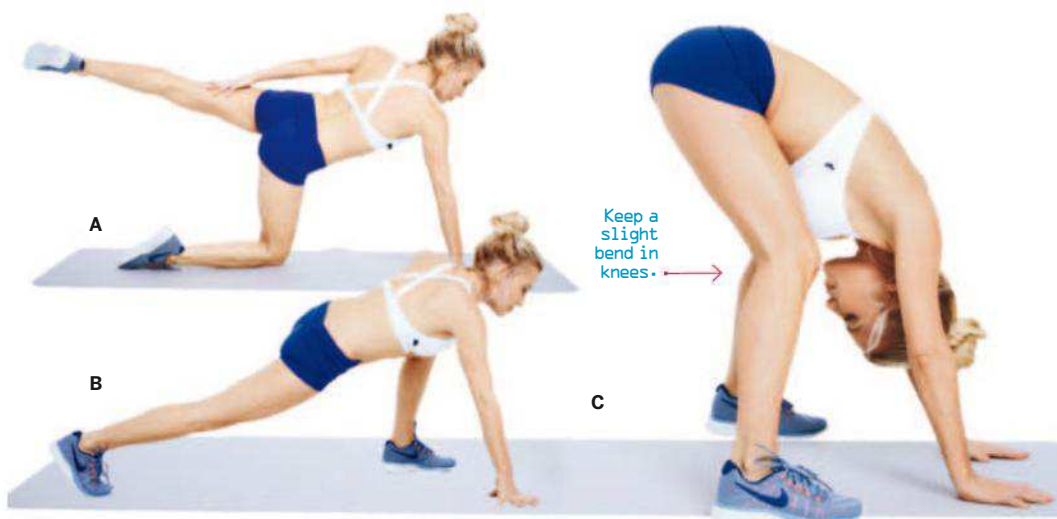
► Start on all fours; bring left hand to hip and extend left leg back and up (A). Bend left knee, pulling it in toward chest (B). Extend left leg back out as you rotate torso to come into a tabletop bridge, with left foot and hand down (C). Rotate back to "A"; repeat.



# 5

## Lunge Stand and Kick

► From kneeling, place right hand down, left hand on left thigh and extend left leg straight back (A). Lower left leg, stepping it forward and lifting right knee to come into a deep lunge (B). Pull right leg forward, stepping right foot next to left to stand with both palms down (C). Reverse motion to return to "A" and repeat.



## 6

### Butt Buster Plank with Alternating Leg Sweep

► Kneel with your left forearm and right hand down; extend left leg straight out with toes on ground (A). Lift left leg up on a diagonal (B). Place left foot back down, and keeping arms in place, lift right leg up with a bend in knee (C). Lower back down to "A" and repeat.

# 7

## Alternating Butt Lifts

► Start on hands and knees; keeping a bend in knee, lift right leg up (A). Return to start, this time dropping left forearm down as you extend left leg up (B). Continue alternating.



*TRACY ANDERSON is a fitness expert with more than 17 years of experience, the creator of the Tracy Anderson Method, and the star of more than 170 DVDs. Her clients include Gwyneth Paltrow, Jennifer Lopez, Victoria Beckham, Nicole Richie, and Maggie Gyllenhaal.*

# How Nutritionists Do Dessert

These RD-approved treats will satisfy your sweet tooth and are packed with good-for-you ingredients. Yes, please!

By JAZMINE POLK

## Frozen Grapes

"When I want to crush a craving with something healthy, I go for frozen grapes. I keep a stash in the freezer. They are a natural source of antioxidants and other polyphenols. And since they're frozen, it takes longer to eat them, which helps my craving pass."

—Marisa Moore, RDN, a nutritionist in Atlanta

**Prep:** Pop grapes in freezer on a sheet pan for 2 to 3 hours. Eat them plain or coated in Greek yogurt, or throw into the blender to make "sorbet."

## Snickerdoodle Fro-Yo

"My family's go-to dessert is homemade frozen yogurt. The beauty is that you can use high-protein Greek yogurt and almond milk with healthy fats—and not too much sugar. One summer we resolved to create a different flavor every week. The cinnamon and vanilla version of this recipe made it an instant favorite."

—Jennifer Bowers, RD, a dietitian in Tucson, Arizona

**Churn it:** Whisk together 3 cups plain vanilla Greek yogurt, 1 cup unsweetened vanilla almond milk, ½ cup sugar, 2 tsp. vanilla extract, 1 Tbsp. cinnamon, and a pinch of salt. Cover and refrigerate for 2 hours. Turn on ice cream maker and pour mixture into frozen freezer bowl. Let mix until thickened, about 20 minutes.

## Ginger-Cinnamon Dark Chocolate Balls

"These little treats star three antioxidant powerhouses.

Ginger and cinnamon also support the immune system, fight inflammation, and boost metabolism.

The recipe calls for tahini, too, which supplies a healthy dose of minerals. So in a nutshell: I'm taking in key nutrients while satisfying a hankering for chocolate."

—Cynthia Sass, RD, *Health* contributing nutrition editor  
**Roll 'em up:** Combine 2 Tbsp. tahini, 1 Tbsp. honey, 2 Tbsp. raw (non-Dutched) cocoa powder, 2 Tbsp. almond flour, ¼ tsp. fresh grated ginger, and ¼ tsp. ground cinnamon. Mix until even. Roll spoonfuls into balls; coat in chia seeds.

## Chocolate-Covered Bananas

"The key is to use a chocolate that's at least 70 percent cocoa. The higher the cocoa concentration, the more flavonoids you'll get. These may help lower cholesterol and reduce inflammation as well."

—Libby Mills, RD, a nutrition and cooking coach in Philadelphia

**Melt away:** Cut four bananas in half crosswise and insert a Popsicle stick into the cut end of each piece. Freeze, about 2 hours. Heat 8 oz. of chocolate until soft. Coat bananas in chocolate; roll in toasted oats, peanuts, or shaved coconut.

Toss frozen grapes in the blender for a sorbet effect.

Allison Pattillo on a trail in June 2017, post-surgery



## “I Almost Lost My Leg. Here’s What I Learned.”

When Allison Pattillo, 48, an avid runner, was sidelined with a staph infection, she thought she’d never run again. Eleven months later, she completed a half Ironman.

➔ **STILL RIDING THE HIGH** after nailing a pre-marathon tempo run, I was totally thrown when I came down with a fever, nausea, and searing pain in my left ankle. Running had been my passion since childhood, and I’d never felt this kind of pain. That evening was back-to-school night for my teenage daughters, Adair and Taylor, and not fainting in one of their classrooms was my top concern. Thankfully, I made it through, and once I was home—after an internet search session—I decided it was “simply” a stress fracture.

When I finally visited an orthopedic surgeon friend a few days later, he was justifiably irritated with my flippant diagnosis and delayed treatment, but also confused. An X-ray and MRI showed no injuries, so he took fluid from my engorged ankle, culturing it over the weekend.

It was Labor Day weekend 2016, which meant I had three long days to writhe in pain. No joke: I had birthed two babies, and this was worse.

Tuesday morning arrived with a text from my doctor saying, “You need to come in today.” My denial was at an all-time high, so I tried to put off the visit, using my husband’s being



out of town as an excuse. Yet my doctor's insistence raised a red flag (as if the pain, need for crutches, and listlessness weren't enough), so I drove myself to his office and hobbled into an exam room around noon. Things got serious quickly: My diagnosis was a staph infection in the ankle joint, and it was making me very sick.

At this point, the doctor was fairly certain he could save my ankle (WTF?!) if he went in and flushed out the infection, and so I was admitted to the hospital that very day.

Somehow, I still balked. My husband wouldn't be back until Thursday. The kids were home alone, and I had the car. Oh, and I didn't like taking medicine. My doctor cut through my feverish haze by explaining that the longer we waited, the sicker I would get. What's more, if I postponed treatment further, I was in jeopardy of losing my foot, part of my leg, or even my life. So at 3 p.m., I entered surgery.

When I awoke, I looked toward my foot. It was

still there! But little did I know, surviving surgery was the easy part. Living as I was used to would be the real test.

Still not grasping the severity of my condition, I wondered whether all the meds I was taking would interfere with my training for the New York City Marathon. Suddenly I felt myself falling into a black hole of hopelessness as it began to dawn on me that I might never run again.

As the infection began to subside, anger took hold. Many people emerge from such events with a newfound gratitude for life. Not me. I was pissed. To deal, I threw myself into relearning how to walk through physical therapy, yoga, Pilates, weight training, and swimming.

**"Many people emerge from such events with a newfound gratitude for life. Not me. I was pissed."**

Movement was my medicine. I would spend two, three, sometimes upwards of five hours a day rebuilding my strength.

Feeling inspired, I decided my therapy would be training for and completing the Ironman 70.3 Boulder, a triathlon composed of a 1.2-mile swim, 56-mile bike ride, and 13.1-mile run. I started biking, and by January 2017 was alternating jogging with walking. Still, it wasn't the same. The infection left me with limited ankle mobility and an awkward stride that caused discomfort in my knees and hips.

Nevertheless, I kept training and finished the Bolder Boulder 10K in Colorado that May. My body continued to rebel—all the years of running and racing no longer mattered, and as far as my body was concerned, "we" were starting over.

Eleven months after I was sitting in a hospital bed, I actually finished that Ironman. And all the anger I had felt was replaced with tearful appreciation as I fell into my daughter Adair's arms at the finish line.

Pushing through and completing the race taught me that anger gets you only so far—and it's exhausting. Grace is my new goal: grace in accepting where I am, in being kind to myself, and in finding humor in the limp that comes when I've done "too much." It's hard, harder than getting across any finish line, but looking at my two feet, I'm grateful. ■

## The Skinny on Staph Infections

### HOW FEROCIOUS ARE THEY?

Caused by staphylococcus bacteria, a staph infection can lead to everything from skin issues (scalded skin syndrome, impetigo, cellulitis, etc.) to more serious conditions like pneumonia, inflammation of the intestinal lining, bloodstream infections, and sepsis.

### WHO IS SUSCEPTIBLE?

Everyone. Here's why: Most people are living day to day with staph on their skin or in their nasal cavities and have no infectious symptoms. However, if you have a compromised immune system or play a contact sport, which often results in breaks in the skin and prolonged contact with others' body fluids, you may be more susceptible.

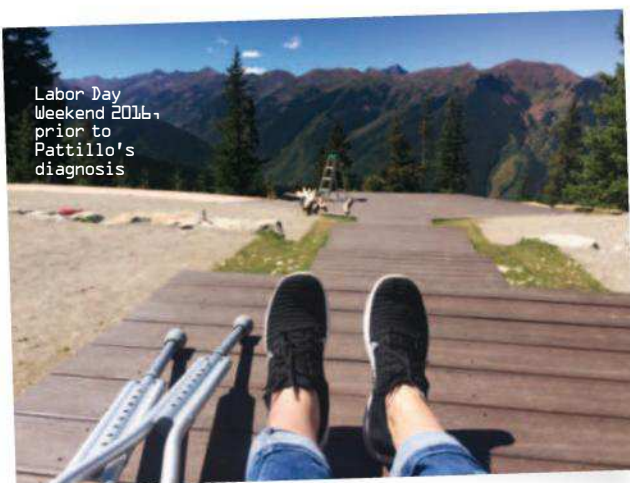
### WHAT ARE THE SYMPTOMS?

Be on the lookout for skin redness, pain, fever, and abscesses.

### HOW CAN YOU PROTECT YOURSELF?

Frequent handwashing with an antibacterial soap, cleaning exercise equipment and shared surfaces (like locker-room benches), covering open wounds with an air- and watertight dressing, and washing your body with an antibacterial soap soon after contact with potentially contaminated surfaces will help prevent the spread of staph.

SOURCE: Mikal N. Bennett, MD, board-certified emergency medicine physician in Atlanta



Labor Day Weekend 2016, prior to Pattillo's diagnosis



# skip sunscreen on a cloudy day? no way.

– Jennifer Garner

Even on the grayest day, the sun is up there shining. So wear sunscreen every day. It's a simple sun-safe habit and one of the best things you can do for the health of your skin.

Blue skies or clouds above, share your favorite under-the-sun moments #EverydayisaSUNday



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Work it, Erica! She'll be extra prepared for her weekly workouts in this gear from Crane & Lion: Keyhole Sports Bra, \$60, Modern Pima Tank Top, \$50, and 7/8 Tights, \$95; craneandlion.com.



BEFORE

**ERICA SHEARER**, 28  
State College,  
Pennsylvania

# The App That Helped Me Shed 100 Pounds

How one download encouraged Erica Shearer to redo her diet and fall for fitness.

As told to **ANTHEA LEVI**

**I COME FROM A BIG FAMILY** that eats huge meals often, so it's no surprise that I took my all-you-can-eat mentality to college. The unlimited cafeteria food plan didn't help either, and by my senior year, I weighed 290 pounds. Yet it wasn't until after I graduated that I found myself faced with constant reminders—worrying whether I'd fit into an airplane seat and feeling ashamed when I lagged behind on hikes—that I needed to make a change. When my heavy frame started to make my joints ache, I became painfully aware (literally) that I had to slim down. Since it was hard for me to stick with diets in the past,

this time I chose the calorie-logging app Lose It!

## TRACKING FOOD

In October 2015, I started using the app, which lets you set goals and monitor food intake and workouts. Immediately, it became obvious that my meals—like my weekend bacon, egg, and cheese bagel—were all loaded with calories. By paring down my portions, I dropped 25 pounds in two months. In the new year, I began cooking more and eating more grilled chicken and broccoli. The healthier I ate, the more active I wanted to be, as I no longer felt "too heavy" to work out.

## ON THE RUN

I bought a Fitbit and started a "couch to 5K" plan in the spring of 2016, first alternating jogging with walking, and eventually running the full distance that summer. Finishing a race showed me that my body was capable of so much more than I imagined. I kept running three days a week, steadily upping my pace, and found myself down 100 pounds total three months later; I was overwhelmed with pride. I've since maintained my 185-pound frame with the help of yoga, weight training, and indoor cycling. I still track calories but also embrace the occasional treat. It feels amazing to no longer worry that I'll be held back by my size. In fact, I just got back from a trip to Morocco, where I walked 50 miles in one week. ■

## GET FIT LIKE ERICA

These smart strategies help Erica stay healthy in mind and body. Want more wellness tips? Go to [health.com/weight-loss-stories](http://health.com/weight-loss-stories).

1

### MORNING GLORY

Eating a breakfast high in fiber and healthy fats helps me start my day energized and sets me up to make smart food choices. My top pick: oatmeal with fruit, nut butter, chia seeds, and a dollop of yogurt on top.

2

### MEASURE UP

Using a food scale was key. And now that I know what correct portions look like, I'm less likely to overeat—be it at home or in a restaurant.

3

### GROUP FITNESS FTW

I'm a naturally competitive person, so I work even harder when I exercise in a group. It's also way more motivating when you're all trying to reach a goal together.

4

### COOKING AS A RITUAL

I used to eat whatever was most convenient (hello, boxed mac and cheese!). But I now think of cooking as part of my self-care routine, and so Sunday meal prep feels as restorative as it is productive.

# Hue Look Good!

These fun, color-blocked outfits are perfect for summer workouts.

By **SUSAN BRICKELL**

## Go Bright

Consider this color-blocking made simple: Pick solid pieces in equally vibrant tones for a bold look that's still cohesive.



**Top:** Adidas by Stella McCartney (\$80; [adidas.com](https://www.adidas.com))

**Leggings:** Lanston Sport (\$128; [lanstontees.com](https://www.lanstontees.com))

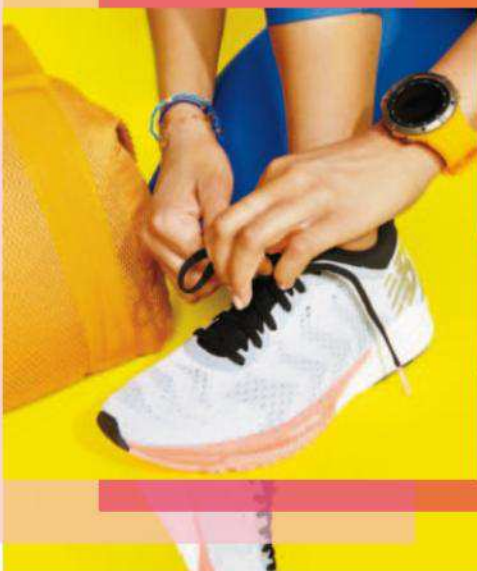
**Bag:** Dagne Dover (\$125–\$185 depending on size; [dagnedover.com](https://www.dagnedover.com))

**Sneakers:** New Balance (\$120; [newbalance.com](https://www.newbalance.com))

**Earrings:** Nissa Jewelry (\$38; [nissajewelry.com](https://www.nissajewelry.com))

**Watch:** Suunto (\$329; [suunto.com](https://www.suunto.com))

**Bracelets:** Ettika assorted bracelets (\$30–\$45; [ettika.com](https://www.ettika.com))





**Soften Up**  
Proof that sherbet shades can be cool! A pastel-blocked jacket is fresh and modern when matched with slightly more saturated items.



**Jacket:** Lukka Lux (\$135; [lukkalex.com](http://lukkalex.com))  
**Tank Top:** Free People (\$20; [freepeople.com](http://freepeople.com))  
**Leggings:** Elisabetta Rogiani (\$94; [rogiani.com](http://rogiani.com))  
**Sneakers:** Athletic Propulsion Labs (\$165; [athleticpropulsionlabs.com](http://athleticpropulsionlabs.com))  
**Water Bottle:** Cool it! (\$28; [bando.com](http://bando.com))  
**Watch:** Garmin (\$200; [garmin.com](http://garmin.com))  
**Headphones:** Happy Plugs (\$35; [happyplugs.com](http://happyplugs.com))



HAIR BY NATHAN ROSENKRANZ AT HONEY ARTISTS; MAKEUP BY NATASHA SMEE FOR EXCLUSIVE ARTISTS USING HOURGLASS COSMETICS

# 6 Sips to Skip

Experts reveal the hazards of these popular summery drinks.

By ALLANA AKHTAR

→ PEOPLE PUT A LOT OF THOUGHT INTO THE DRINKS THEY ORDER—BUT DON'T ALWAYS consider the pitfalls. Some cocktails are sneaky diet busters; others pack a hidden punch. Then there are dive-bar items that might make your stomach turn. If you want to kick back without unexpected regrets, these are the drinks you should stay away from.

## 1. Frozen drinks

Frozen drinks may be fun, but they're also filled with sugary juices and other caloric mixers—and are often served in festive oversize glasses, says Keri Gans, RDN, author of *The Small Change Diet*. The typical piña colada has nearly 500 calories, compared with 120 for a glass of white wine, according to the National Institutes of Health.

## 2. Draft beer in a dirty bar

Should you order draft beer at a dive? N.Y.C. comedian and bartender Timothy Dunn says he checks the bathrooms first. His logic: Bars that don't clean their bathrooms regularly may not be maintaining their keg lines either. And who wants to drink contaminated beer?

## 3. Mojito

Mojitos seem like a harmless refreshment, but the drink could be carrying bacteria from spoiled mint leaves. The problem, says Adam Levy, writer of the popular blog the Alcohol Professor, is that most bars don't serve all that many mojitos, so it's rare they keep fresh mint on deck. The upshot: It's a better drink to make at home or to order at a specialty bar where it's a signature cocktail.

## 4. White Russian

Cocktails like White Russians are made with cream or milk—ingredients that don't keep long and that bars may forget to restock. "It's never quite cold enough in beer fridges, which keep opening and closing all night long," says Dunn.

## 5. Long Island Iced Tea

This tornado of half a dozen liquors with a splash of cola contains well above the suggested amount of alcohol you should consume per hour, says Leslie Bonci, RD, owner of Active Eating Advice in Pittsburgh. Plus, while the recipes vary, some could have as many as 780 calories, says Jenna Braddock, RDN, blogger at Make Healthy Easy.

## 6. Red Bull mixed with...any booze

A different set of health hazards attend any beverage mixed with Red Bull. The energy drink may mask both the taste of liquor and the feeling of being drunk, giving you a false sense of security. "Alcohol is a depressant, and caffeine is a stimulant," says Bonci. "The caffeine negates the inebriation effect of alcohol, and people end up drinking far more than they should."



# LOSE WEIGHT, FEEL GREAT

## BREAK THROUGH YOUR WEIGHT LOSS PLATEAU

BY AMBER RIOS

**B**eing a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the

creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying, "As

a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the grain-fed whey found in most shakes, **metabolism boosting raw coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella,** and clinically tested **cognitive enhancers for improved mood and brain function.** The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Health readers: if you order this month, you'll receive \$10 off your first order by using promo code **"Health10"** at checkout. You can order INVIGOR8 today at [www.DrinkInvigor8.com](http://www.DrinkInvigor8.com) or by calling 1-800-958-3392.

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# The Key to Keto

Bacon, cheese, butter—yup, high-fat foods are fair game on this buzzy diet. Intrigued? Read on for all the facts.

By **ARIELLE FRANKLIN**

➔ **THESE DAYS, YOU CAN'T** go anywhere without hearing about the ketogenic diet. Celebs like Kourtney Kardashian and Halle Berry have done it, Pinterest is flooded with recipe ideas for it, and #keto has been used more than 6 million times on Instagram. There's definitely something behind all the hype. "If the diet is done right, you can lose a substantial amount of weight," says Josh Axe, doctor of natural medicine and clinical nutritionist. But weight loss aside, is it actually a healthy way to live? Here, everything you need to know before trying it.

### How It Works

The premise of going keto is straightforward: Eat moderate amounts of protein, increase fat consumption, and reduce carb intake, explains Eric Westman, MD, director of the Duke Lifestyle Medical Clinic. In fact, on this plan, you should only have 20 to 50 grams of carbs per day. For reference, a small bowl of plain pasta has around 40 grams.

Here's the science behind it: Carbohydrates that come from sugary foods and starches are converted into glucose, which our bodies naturally burn for energy. However, when you bring carb consumption down, your body is forced to find a new fuel source. So it turns to stored fat, breaking it down into molecules called ketone bodies that it uses for energy (a process called ketosis). The result? Weight loss. "You can lose a pound or two a week," says Westman.

### There Are Benefits Beyond Weight Loss

Interestingly enough, doctors used the ketogenic diet as a method to treat childhood epilepsy in the 1920s. When monitored by a physician, it was found to help control seizures—especially for kids who didn't respond to anti-seizure medications. Nowadays, experts often recommend going keto for other brain-related reasons. "The diet has been found to increase alertness and improve cognitive function," says Westman. Though no formal studies have concluded why, he suspects this boost may



Tip: Skip low-fat cheese and milk—both typically have more carbs than whole-fat options.

### WHAT TO EAT

The best way to get started is to keep it simple, says Pegah Jalali, RD, a dietitian at Middleberg Nutrition in New York City. Below, a satisfying menu that keeps your carb intake low.

#### BREAKFAST

2 scrambled eggs with ½ cup sautéed spinach (cooked in 1 tablespoon coconut oil)

#### LUNCH

Arugula salad with a can of tuna (mixed with 2 tablespoons mayo), 8 toasted almonds, and lemon zest

#### DINNER

¼ rotisserie chicken with 1 cup roasted cauliflower (cooked in 1 tablespoon olive oil), and half an avocado on the side

come from the combination of energy-packed ketones and a reduction in sleep-inducing carbohydrates.

### But Is It Safe?

This super-restrictive regimen is not suggested if you are pregnant or breastfeeding, or if you suffer from gallbladder or liver conditions. "In some people, it overtaxes your liver in the long term," explains Axe. Beyond that, studies are inconclusive on how going keto affects cholesterol levels. Because of all this,

it's smart to check with a doctor before starting.

In the clear to give it a whirl? Axe suggests trying it for 90 days. After that, alternate two days of keto eating with one carb day, where 30 to 40 percent of your food intake comes from healthy sugars and starches, like sweet potatoes and berries. "Incorporating some carbs with a keto-cycling approach is much more doable and is something many people can maintain for the rest of their life," says Axe. ■

## There's an App for That

These resources will make #ketolife easier.



**Carb Manager** (free; iTunes and Google Play) This easy-to-use calculator makes carb-counting a cinch.



**Low Carb Recipes & Meal Plan** (free; iTunes) These simple-yet-delicious meals make it possible to reach your goals.



**KetoFinder** (free; iTunes and Google Play) Using its library of more than 250 restaurants, you'll find a keto-approved option on any menu.



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# 5 Ways to Stay Fit on Vacation

Because a week at the beach shouldn't make you feel like you need to spend a month at the gym.

By **ASHLEY MATEO**

Cycle through your next adventure—your body will thank you.

➔ **IT USED TO BE THAT YOU'D CHECK YOUR HEALTHY HABITS** at the airport right along with your luggage. Vacation meant relaxation—not just mentally, but also from all your fitness and diet rules. As more and more people embrace exercise in their everyday lives, though, their getaway rituals are changing. So much so that, according to a recent Expedia.com study, 53 percent of Americans believe it's important to exercise while traveling. But that can be easier said than done when you're confronted with a change of routine and poolside daiquiris on repeat. To stay on track, try working these easy-to-accomplish fitness tips into your next trip.

**1/SKIP THE TOUR BUS** Traversing a city by foot will help you accomplish two big goals. First, you'll be well on your way to meeting your daily 10,000 steps. The other perk? "Walking lets you truly experience a region like a local," says Jamen Yeaton-Masi, the vice president of tour

development at Country Walkers, a walking-tour company. "It forces you to slow down and be present in the moment." Another way to cover more ground: Hop on a bike. Element Hotels offers free two-wheelers to guests, or check out Cycle Cities, which gives guided bike tours in major hubs around the world.

**2/PICK A FIT HOTEL** The days of dingy, ill-equipped hotel gyms are long gone—now accommodations make getting sweaty part of the experience. At Westin hotels, guests can rent New Balance gear for \$5 and then hit up a 3K or 5K running route plotted



### DID YOU KNOW?

Wellness tourism represents more than 1.5 percent of total tourism revenue—and it's one of the fastest-growing travel categories.

by RunWestin concierges. Similarly, at Fairmont Hotels, President's Club members can borrow Reebok workout clothes as well as a yoga mat and stretch band. Indoor cyclists will love staying at select Westin locations where they can live-stream Peloton classes on a bike in a WestinWORKOUT studio. The Standard Hotels in Miami, L.A., and New York offer Peloton bikes, too. Finally, Hilton has Five Feet to Fitness, where select rooms (for a higher rate) offer more than 11 pieces of equipment and accessories to make in-room workouts easier.

### 3/ TRY A NEW OR LOCAL WORKOUT

When you travel to Italy, you don't pass on the pasta, right? Apply that same mind-set to getting active. Not only do destination-specific activities (like rock climbing in Joshua

Tree National Park or surfing in Waikiki) burn a ton of calories, but they are also way more fun than slogging it out on the treadmill. You can also book unique fitness outings with Airbnb Experiences, which are "activities led by locals who are passionate about sharing their talents and interests in sports, wellness, and getting outdoors—think Muay Thai in Bangkok or a hike to waterfalls in Vancouver," says Riccardo Ulivi, Airbnb Trips market lead, North America. "Whatever you're into, you can get a real taste of the destination without sacrificing your workouts."

### 4/ BOOK A WELLNESS TRIP

More and more, the importance of self-care is being recognized and embraced—yay! Now, that attitude is carrying over to trip planning. "People want experiences that deliver physical, emotional, spiritual, and environmental health—along with pleasure," says Beth McGroarty, director of research and PR at the Global Wellness Institute, a nonprofit research and educational organization for the global wellness industry. A few go-to outfits: Look for yoga retreats with Yogascapes, immersive outdoor getaways with REI Adventures, and biking escapades with DuVine or Trek Travel.

### 5/ BRING A TRAINER WITH YOU

If you like guided workouts, travel-friendly choices abound. Download the Nike Training Club app for 100-plus free workouts (such as yoga, circuit training, mobility, etc.). Another cool tech find: For \$40 a year, you can subscribe to the Fitbit Coach app, which offers personalized body-weight and video workouts plus audio coaching based on your fitness level—just sync the brand's Ionic or Versa (\$300 and \$200; fitbit.com) with the app. Beyond that, lots of new streaming platforms are bringing niche workouts to everyone, including Obé (\$27 per month; ourbodyelectric.com) and ClassPass Live (\$70 for a starter kit and \$15 per month; classpass.com). ■

### WORK OUT WHILE YOU WAIT

Your layover is no excuse to be lazy, especially with tons of airports offering fitness services in their terminals.

Sneak in exercise at these spots before you head to your gate.

#### ROAM FITNESS:

**Baltimore–Washington International Airport**  
A \$25 day pass gets you access to a 1,175-square-foot gym with cardio equipment, free weights, a stretching space, and reservable showers.

#### PHX FITNESS TRAIL:

**Phoenix Sky Harbor International Airport**  
Get your steps in on a free interior fitness trail between Gate A30 and Gate D8. It's two miles round-trip and offers stunning views of Camelback Mountain and Piestewa Peak.

#### YOGA ROOMS:

**San Francisco International Airport**  
The original yoga room here was so popular, the airport opened a second one. The space and mats are free in both.

#### GOODLIFE FITNESS:

**Toronto Pearson International Airport**  
Rent Reebok gear for \$10 and work out on the cardio machines and free weights for \$15 a day.

#### G-FORCE HEALTH CLUB:

**Dubai International Airport**  
Swim a few laps or work out 24/7. It's \$13 to use the gym or \$38 for a three-hour package that includes the gym, pool, and sauna.

#### FLYFIT:

**Heathrow Airport**  
Later this year, travelers can take instructor-led interactive strength, restorative yoga, and cardio classes.

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# LIVE healthy

## The ABC's of Catching Z's

Snooze your way to a full eight hours by following our expert advice in three key sleepy-time areas.

BY ARIELLE FRANKLIN

**WE GET IT, LIFE IS BUSY. BUT HERE'S SOMETHING YOU SHOULD KNOW: SLEEP USED TO** be considered one of the three pillars of health and wellness, along with diet and exercise. Today, though, research points to sleep being *the* foundation to living a better life, says Terry Cralle, RN, certified sleep educator for the Better Sleep Council. Here, we review what to focus on in order to get the rest you need.



A

### IS FOR ATMOSPHERE

Set yourself up for snoozing success by arranging the most restful room possible.

#### BLOCK OUT NOISE

You may not recall the racket caused by yesterday's midnight garbage pickup, but your body probably does. Even if you don't wake up, noise can disrupt your slumber and cause restlessness, increased heart rate and blood pressure, and changes in breathing patterns, explains Cralle. "These interruptions can lead to fragmented sleep, which makes it harder to reach the deeper, more restorative stages." Earplugs are a great way to avoid disturbances. Try Mack's Sound Asleep Soft Foam Earplugs (\$6 for 12 pairs; amazon.com). They mold to the shape of your ear canal, filtering out noise almost completely. Another idea: Consider buying a fabric headboard or a plush rug to help minimize noises.



Make mid-sleep bathroom runs less disruptive by keeping overhead lights off. Instead, plug in a dim night-light so you can safely find your way to the toilet.

#### TAKE A WHIFF!

Creating a bedtime ritual that includes diffusing (a process of dispersing) essential oils 30 minutes before sacking out is a simple and effective way to cue the body to rest, says Sara Pantoni, essential-oil expert and cofounder of Vitruvi. Not only are there certain scents that encourage drowsiness, but the very act of setting up a routine helps signal to your brain that it's time to start shutting off. Pantoni suggests this blend for ultimate rest: seven drops of lavender, four drops of frankincense, four drops of cedarwood, and two drops of bergamot. (Vitruvi Essential Oils, from \$10 to \$15 each; vitruvi.com)



#### IMPROVE VENTILATION

Room stuffiness can hike nasal congestion and hinder your ability to breathe while you doze. Per a study in the journal *Indoor Air*, people who kept their window open overnight felt more alert the next morning than they did when it had been kept closed. If you live in a city and opening your window exposes you to noise, crack it open for 15 minutes during the day instead. No windows? No problem. Invest in a plant like a peace lily, which naturally purifies air.

#### DIM THE LIGHTS EARLY

Not only does light send "stay awake" alerts to the brain, it also has an effect on circadian rhythm, which controls your body's natural sleep-wake cycle, explains Lawrence Epstein, MD, assistant medical director of Brigham Sleep Medicine at Brigham and Women's Hospital. Brightness also stops the production of melatonin (the tired hormone), suppressing your sleep signal. While you likely kill the lights before you get in bed, you actually need to dim them much sooner. Switch from overhead lights to lamps around dinnertime to help your body wind down.

#### STAY SLIGHTLY CHILLED

Body temperature regularly fluctuates throughout the day—it's usually at its highest in the afternoon and lowest in the early a.m. So if your room is hot, your body will work all night to cool down—and if you're sweating, you're more likely to wake up. The sweet spot: 65 degrees, according to the National Sleep Foundation. The easy-to-install Nest Learning Thermostat (\$249; nest.com) can help you keep the temperature just right.







## NATURAL IS BETTER

Our mattresses are crafted with the finest natural, organic and non-toxic materials, and handmade to order in sunny California. Our mission is to be the most respected source for green mattresses and bedding at affordable prices — while maintaining environmentally conscious, ethical and sustainable business practices — to help safeguard your health and protect our planet.

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**AVOCADO**  
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## B IS FOR BED

To fully maximize your rest, you've got to be comfy. So buy a mattress that helps solve your greatest sleep needs, says Mike Magnuson, mattress expert and CEO of GoodBed.com. The three below are all Magnuson-approved.



### THE PROBLEM:

**You wake up with a sore back.**

**CONSIDER:** Purple Mattress, \$999 for a queen; purple.com

**WHY:** It's made out of a supportive hyper-elastic polymer that is crafted in a honeycomb shape for maximum give-and-take. The unique construction allows heavier areas of your body—like your hips—to sink, while parts that need more support stay afloat. This makes it especially great for side sleepers.

**EXTRA PERK:** No need to hit up the store. Order your mattress online, and it will arrive on your doorstep a few days later—all rolled up. Just unroll and it's instantly sleep-ready.

### THE PROBLEM:

**You sweat all night long.**

**CONSIDER:** Serta iComfort Hybrid, starting at \$1,099 for a queen; serta.com

**WHY:** This pick is the perfect blend of old- and new-school. The quilted top and innerspring center are reminiscent of a traditional mattress, but it also incorporates modern gel foam, which helps keep your body cool while you sleep.

**EXTRA PERK:** There are lots of variations—choose anything from a plush pillow-top model to something that's super firm.

### THE PROBLEM:

**Your partner's tossing keeps you up.**

**CONSIDER:** Spindle Natural Latex Mattress, \$1,350 for a queen; spindlemattress.com

**WHY:** This one is constructed out of three layers of 100 percent natural latex, which has an innate elasticity that allows it to absorb motion and impact well. That means your partner can toss and turn, and you won't feel a thing.

**EXTRA PERK:** It's American-made and composed of natural materials, including organic cotton and wool. The ethically sourced Eco-Wool wicks away moisture and creates a flame barrier sans chemicals.

## REST YOUR HEAD RIGHT

Below, Michael Breus, PhD, sleep specialist and founder of TheSleepDoctor.com, prescribes the best pillow based on your go-to position, plus editor-tested picks.



### SIDE SLEEPER

If this is your nighttime move, you'll want to fill the space between your ear and shoulder, explains Breus. He suggests a medium-plump bolster (six or seven inches high) that keeps your nose aligned with your chest. **TRY:** Z by Malouf Gel Convolution Pillow in Queen High Loft, \$108; maloufsleep.com

"The supportive gel core kept me cool and perfectly cradled my neck."  
—Anthea Levi, assistant editor



### STOMACH SLEEPER

"When you're lying on your stomach, anything underneath your head lifts it backward and can cause lower-back problems," says Breus. He recommends a thinner option that will keep your head, neck, and spine aligned while you snooze. **TRY:** The NIGHT Beauty Pillow in Standard/Queen, \$150; discovernight.com

"This was the perfect height, and the silk encasement protected my hair and skin."  
—Bethany Heitman, executive editor



### BACK SLEEPER

Once again, it's all about alignment. "You want a flatter pillow that won't push your chin to your chest," says Breus. "It can be firm or soft, as long as it's low."

**TRY:** Isotonic Indulgence Back/Stomach Sleeper Pillow in Standard/Queen, \$30; bedbathandbeyond.com

"It was squishy, hypoallergenic, and so snooze-worthy!"  
—Arielle Franklin, contributing senior editor

## IS IT TIME TO REPLACE?

Experts agree that these are the general life spans of your key bedtime gear.

7  
YEARS

The Better Sleep Council suggests upgrading to a new mattress this often.

1.5-2  
YEARS

Polyester and down-fill pillows should last about this long, says Breus.

3-4  
YEARS

"Memory foam lasts longer," says Breus. Keep it for twice as long as a traditional pillow.



# YOU CAN DO IT WITHOUT FINGERSTICKS\*



## Discover the FreeStyle Libre system

The FreeStyle Libre system is an FDA-approved continuous glucose monitoring (CGM) system that lets you accurately<sup>1</sup> check your glucose with a painless<sup>2</sup> one-second scan instead of a fingerstick.\* It's available with a prescription at participating<sup>3</sup> pharmacies. Ask your doctor about getting a FreeStyle Libre system today.

You can learn more at [FreeStyleLibre.us](http://FreeStyleLibre.us).



\*Fingersticks are required for treatment decisions when you see Check Blood Glucose symbol, when symptoms do not match system readings, when you suspect readings may be inaccurate, or when you experience symptoms that may be due to high or low blood glucose.

**REFERENCES:** 1. FreeStyle Libre User's Manual. 2. Data on File. Abbott Diabetes Care. 3. Participating pharmacies are subject to change without notice. Patients with medical benefit coverage, visit [FreeStyleLibre.us](http://FreeStyleLibre.us).

### INDICATIONS AND IMPORTANT SAFETY INFORMATION

The FreeStyle Libre Flash Glucose Monitoring system is a continuous glucose monitoring (CGM) device indicated for replacing blood glucose testing and detecting trends and tracking patterns aiding in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments in persons (age 18 and older) with diabetes. The system is intended for single patient use and requires a prescription.

**CONTRAINDICATIONS:** Remove the sensor before MRI, CT scan, X-ray, or diathermy treatment.

**WARNINGS/LIMITATIONS:** Do not ignore symptoms that may be due to low or high blood glucose, hypoglycemic unawareness, or dehydration. Check sensor glucose readings with a blood glucose meter when Check Blood Glucose symbol appears, when symptoms do not match system readings, or when readings are suspected to be inaccurate. The FreeStyle Libre system does not have alarms unless the sensor is scanned, and the system contains small parts that may be dangerous if swallowed. The FreeStyle Libre system is not approved for pregnant women, persons on dialysis, or critically-ill population. Sensor placement is not approved for sites other than the back of the arm and standard precautions for transmission of blood borne pathogens should be taken. The built-in blood glucose meter is not for use on dehydrated, hypotensive, in shock, hyperglycemic-hyperosmolar state, with or without ketosis, neonates, critically-ill patients, or for diagnosis or screening of diabetes. Review all product information before use or contact Abbott Toll Free (855-632-8658) or visit [www.freestylelibre.us](http://www.freestylelibre.us) for detailed indications for use and safety information.

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## IS FOR CONSUMPTION

We're not talking just about what you eat! All types of intake—food, technology, supplements, even mouthwash—can significantly impact your ability to fall, and stay, asleep.

### SKIP THAT CHOCOLATE DESSERT

Whether it's ice cream, brownies, cookies, or candy—all cocoa contains caffeine. Which means your nightly choco habit could be costing you precious z's. If you want to indulge your sweet tooth, consider yogurt (high in muscle-relaxing magnesium) topped with fresh cherries (which contain melatonin).

### PASS ON THE BOOZE

Alcohol is a double-edged sword. Yes, that nightcap might initially help you doze off, but don't be fooled—it reduces sleep quality, explains Dr. Epstein. That's because while booze is linked to increasing certain sleepy feelings, it also causes you to wake up repeatedly, interfering with restorative sleep. Instead of pouring yourself a glass right before you hit the hay, take your last sips two hours earlier.

### PUT DOWN YOUR PHONE

In theory, a feature like Apple's Night Shift is supposed to help reduce the impact of melatonin suppression (a.k.a. that wired feeling you get from staring at your phone) by enabling users to make screen light "more warm." However, a study

in the journal *Lighting Research & Technology* showed that changing screen color alone does not completely eliminate the impact on melatonin levels. Unfortunately, scrolling yourself to sleep is a bad idea no matter how you look at it. Just as with alcohol, it's suggested that you try to avoid staring at any screen one to two hours before bedtime.

### THINK ABOUT WHAT YOU BRUSH WITH

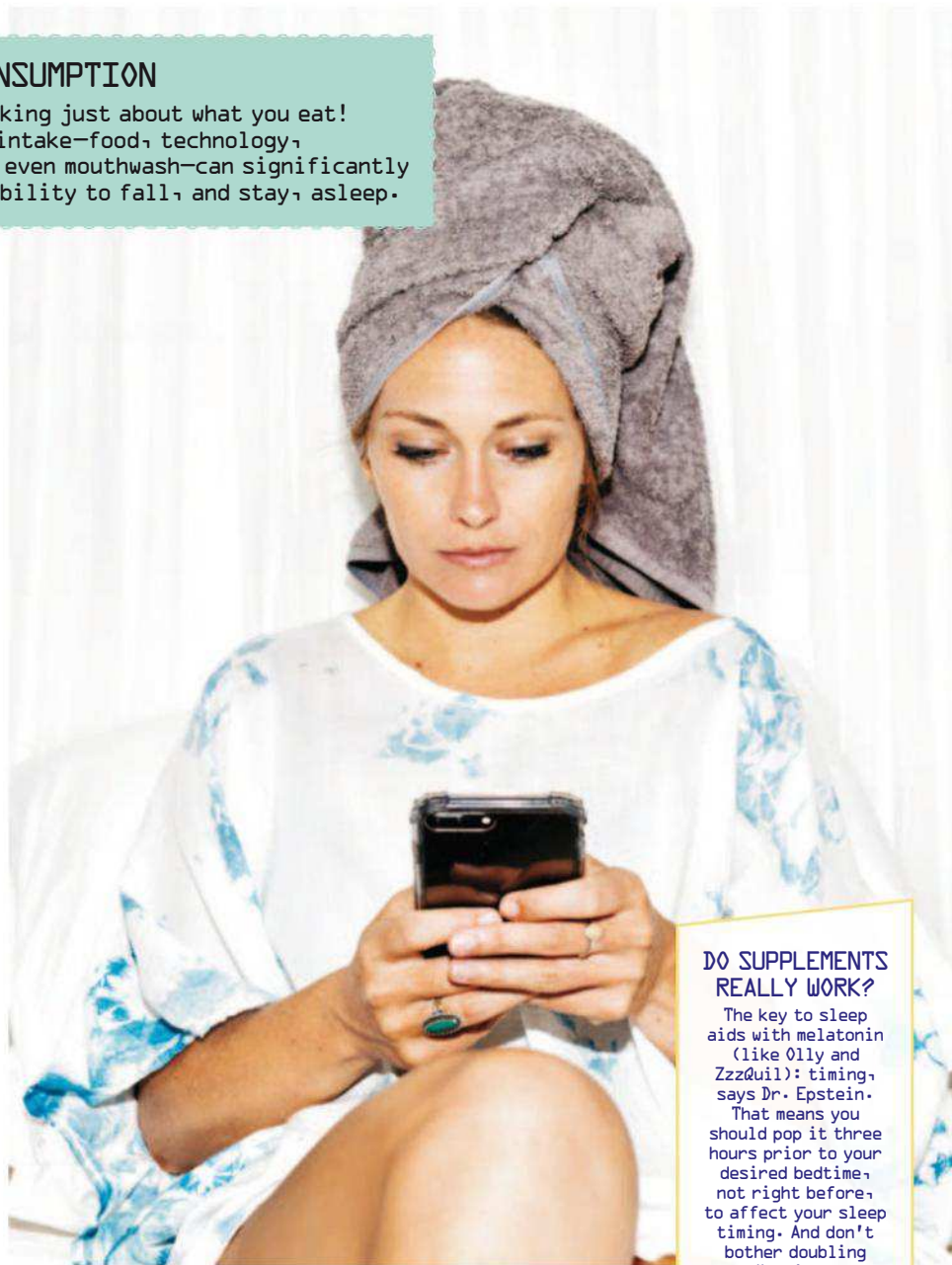
Peppermint toothpaste and mouthwash might help bad breath in the morning, but it should be avoided at night. Minty flavors keep us alert, explains Cralle. Instead, opt for something milder, such as Weleda's Calendula Toothpaste (\$8; weleda.com). The fresh fennel taste makes you feel clean and calm.

### BE CAREFUL WITH MEDS

Along with some cough and cold remedies, certain over-the-counter migraine medications are packed with caffeine and could be the culprit for keeping you up. Make sure you check the label and go for pain relievers without the stimulant. ■

### DO SUPPLEMENTS REALLY WORK?

The key to sleep aids with melatonin (like Olly and Zzzquil): timing, says Dr. Epstein. That means you should pop it three hours prior to your desired bedtime, not right before, to affect your sleep timing. And don't bother doubling up—"taking more doesn't make it work better," he says.





HEATHER HAZZAN/THELICENSINGPROJECT.COM

# Finally Find Body Peace

In an effort to deal with her lifelong struggle with emotional eating, writer **Sunny Sea Gold** visited a non-diet wellness retreat. Here, she shares the life-changing lessons she learned.

➔ **ON A BRIGHT MARCH** morning in a small town in Vermont, women of different shapes, sizes, and ages sit at a table with bowls of whole-milk Greek yogurt, honey, fruit, and nuts in front of them.

Hailey appears slightly curled in on herself, her shoulders slumped. The 21-year-old student from California is easily the

slimmest woman at the table, but has been body-shamed by her family since childhood, she says. “My dad started making me ride the exercise bike every morning before school when I was 6.”

Next to her sits a cheerful 25-year-old, Stephanie. She has a new engagement ring on her finger and a good job as an accountant. But she’s been binge-eating in secret for years, and deep down, she worries that her weight and disordered eating will keep her from “being anything important” in life. Rachel, 47, is a yo-yo dieter who’s tried everything. Last year, after signing up for a popular weight-loss program for the sixth time, the medical professional and mother of three hit a wall: “I said, ‘That’s it, I’m over this! I can’t do this anymore.’”

These women and a half dozen others were having breakfast in the dining room of the country’s oldest retreat for women who struggle with weight or emotional eating: Green Mountain at Fox Run. Unlike at weight-loss spas, there’s no talk of calories or fat-blasting cardio. There isn’t even a scale. The program takes a non-diet and weight-neutral approach, based on research showing that mindful eating and regular exercise have major benefits—such as lower blood sugar, better body image, and less depression and anxiety—whether people lose weight or not.



The workshops, workouts, and even the dining-room menu focus on helping visitors develop healthy, sustainable habits, free from obsessions over weight and food.

I first visited in 2016 when, after a decade of solid recovery from my binge-eating disorder, I began to struggle with weight gain and emotional overeating again. What I learned was so influential that I decided to go back a few months ago, this time as a reporter for *Health*. Get ready: The lessons shared here could change the way you think about your body forever.

**Lesson #1:  
You Didn't Fail at Dieting;  
Dieting Failed You**

“Many of the women who come here are professional dieters—they’ve tried everything and feel like failures,” says Kari Anderson, former Green Mountain executive director and licensed clinical mental health counselor now working as an eating disorder specialist in Phoenix. “But the vast majority of people can’t stick to a diet or strict eating style. You may do well for a month or two, but inevitably life happens and you rebound. You eat terribly and feel awful. Then, when you

can’t take that feeling anymore, you do it all over again,” she explains.

In Anderson’s decades of clinical experience with women, she’s found that labeling certain foods “bad” or “off-limits” creates a sense of scarcity that your brain and body react to in the same way they would if you lacked access to food because of outside factors like poverty. “It’s called ‘food insecurity,’ and it increases your desire for foods you can’t have, and can lead to binge-eating or obsessive thoughts,” says Anderson. With a more flexible philosophy, in which all foods can fit, you’re better able to make

intuitive choices instead of getting stuck in a cycle of feast or famine, she says.

**Lesson #2:  
Body Comparisons  
Are Pointless**

So your best friend does spin class five times a week and seems to thrive on Paleo: That doesn’t mean you should do that too, says Haica Rosenfeld, PsyD, a clinical psychologist at Green Mountain. “Every one of us really does have unique needs, abilities, and genetics. What works for one person isn’t necessarily right or even possible for someone else.”

To illustrate her point, Rosenfeld likes to show

participants in her class on body image a cartoon about dogs. In the short film by the Association for Size Diversity and Health, fluffy poodles believe they're the epitome of health, and that other dogs should be more like them. But what if you're a mastiff? Or a terrier? A starved, permed mastiff will never be a poodle. "You could be the most fit mastiff, but if you're trying to be a poodle," Rosenfeld says—"You're going to feel like s---!" a participant calls out. Exactly.

The lesson here is to try to feel neutral about your body, as opposed to loving it. That concept was freeing for me. Because I'm a self-help author and advocate for size acceptance, I sometimes felt like I was never allowed to have negative thoughts about my shape. Now I know that body neutrality is enough: It allows you to respect and care for your body as it is.

#### Lesson #3: Your Body Will Tell You What It Needs

If all foods are allowed, won't we just stuff ourselves with pizza until we die? If you've ever craved a salad after an especially indulgent couple of days, you know the answer: No. Guilt-free access to formerly off-limits foods actually decreases your cravings for them, says Green Mountain at Fox Run's lead dietitian Dana Notte, RD.

If we tune in, our bodies will send us signals about what we need. "On my way home from Green Mountain I stopped at a Vermont Country Store

and ordered a sandwich, broccoli salad, and a slice of pie," says Mary Beth, 53, a tech professional who has struggled with binge eating for decades. "I was eating slowly and realized I was full after the salad and half of the sandwich. Later, after dinner, I was mindfully eating the pie for dessert, and after a few bites, I'd had enough. That was a big change for me."

I had a similar experience recently after eating junky takeout dinners several days in a row: By day four, I couldn't stand the thought of another french fry or pizza slice. All I wanted was a salad. Luckily, you can get those as takeout too.

#### Lesson #4: Mindful Eating Makes Food Taste Really Good

Each table in the Green Mountain dining room had a card with a mindful-eating tip. My favorite: "If your food is starting to lose its flavor, that may be a sign you've had enough." That lesson, like so many others learned here, is almost revolutionary in its simplicity. A big part of mindful eating is just slowing down and limiting distractions while you eat so that you actually notice the food—and catch your body's cues about whether you're full.

Being quiet can make a big difference, I discovered one night during "silent" snack time. The plates held two thick squares of delicious Vermont white cheddar; after mindfully eating the first, really tasting the sharpness and creaminess of the cheese, I realized I didn't need

"Body neutrality is enough: It allows you to respect and care for your body as it is."

the second square. I was a little sad about it—the cheese was so good! But I was happy to know that if I stopped to listen, my body would tell me what it needed (or didn't!).

Others felt the same. "Some foods I thought I enjoyed, I'm finding out that I don't so much, like the fries," says Hailey. "I ate them by the handful. But when my boyfriend and I went for burgers recently, they were kind of tasteless. I had a few and then put them aside."

#### Lesson #5: The Scale Might Hurt More Than It Helps

Green Mountain used to offer women the option of being weighed the day they arrived and before they left, but the scales were tossed in 2016, says fitness manager Bibiana Sampaio. "We found that even if women had made huge strides, like being able to do exercises they never thought they could or feeling comfortable in their clothes, they would deflate if the number wasn't what they wanted."

There are four possible outcomes when you step on a scale, says Notte: It says what you want it to say, it says you've lost but not as

much as you expected, it says exactly the same thing it said last time you stepped on it, or it says you've gained. "Three out of four of those scenarios kind of suck. There's a greater chance that any time you step on the scale, it's not going to tell you what you want to hear," she says. "What happens then?" she asks participants in her workshop. "You feel guilty," one woman answers.

Negative feelings and reactions aren't helpful for your journey, says Notte. Besides, the scale is not as accurate a representation of what's happening in your body as you may think: Weight changes with hormonal fluctuations or water retention, if you gain lean muscle, or if you have food in your digestive tract.

Some women do notice changes in their size when they leave—it makes sense that things would shift after a week of mindful eating and plenty of exercise. Hailey told me she had to buy new bras when she got home. She can also easily crank out half an hour on the elliptical, when she used to get winded after the first few minutes. She's holding herself differently, too.

Stephanie also feels more confident after her stay. "I'm empowered to take care of myself—which seems like the simplest thing, but it's not," she says.

Looking to make some changes in your own life? Check out [sizediversityandhealth.org](http://sizediversityandhealth.org) for resources near you. ■

*Sunny Sea Gold is a health journalist and author of the book Food: The Good Girl's Drug. Follow her on Twitter and Instagram at @sunnyseagold.*

My scar is small.  
But to me,  
it's huge.

It's been there forever.

I see it every morning when I get ready.

Or put on a bathing suit.

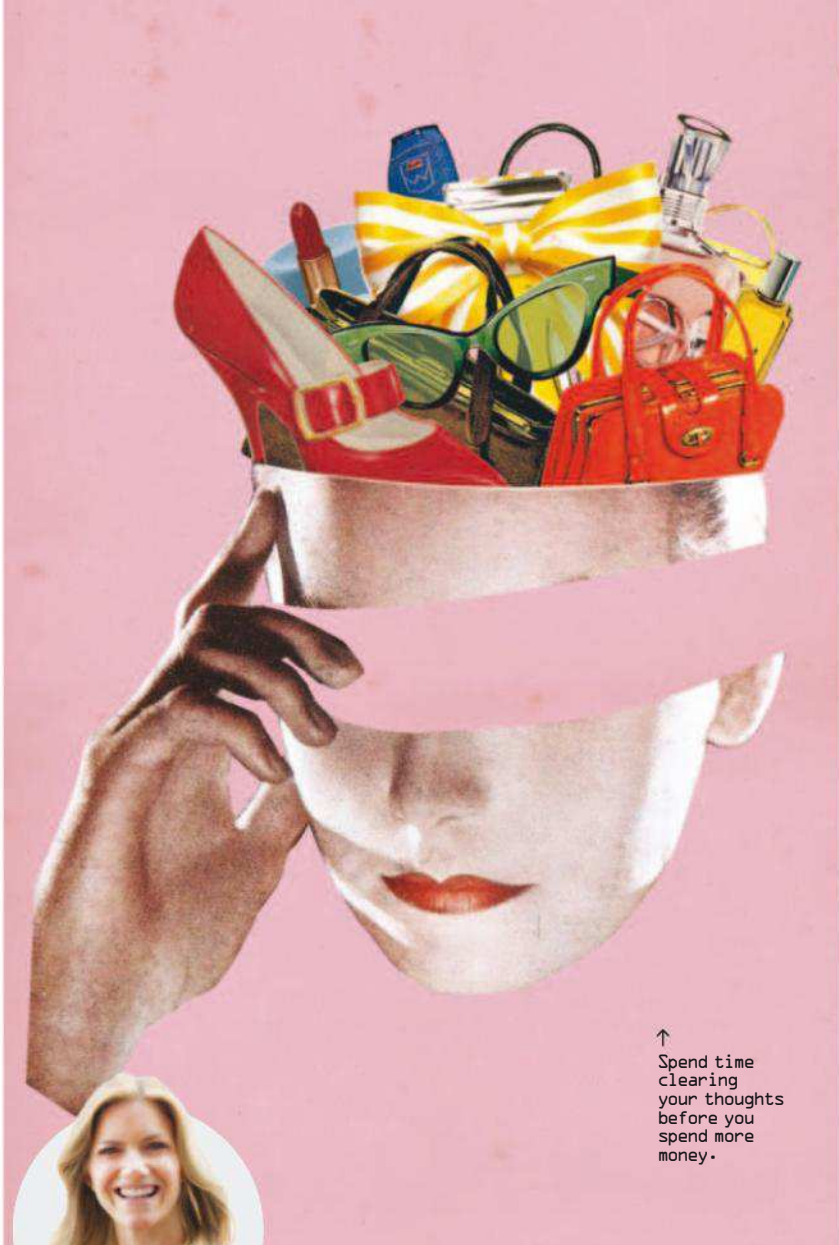
It's sort of become a part of me.

And I wish it hadn't.



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↑  
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Dr. Lynn

*LYNNSALADINO is a clinical psychologist in New York City specializing in weight management, relationships, and life transitions.*

## Let's Talk It Out!

Mental health pro Lynn Saladino, PsyD, helps you get a handle on retail therapy, #MeToo triggers, and more.



**Whenever I feel blue, I go shopping—and spend way too much. How concerned should I be about my retail-therapy habit?**

► We've all been there. You're feeling down and decide that if you're going to be sad, you might as well be wearing a fabulous pair of shoes! This is a fine choice in moderation, but if retail therapy is your only way of coping, or if you're spending more than your budget allows, it may be time to press pause on the purchases. Shopping is similar to other quick-fix coping mechanisms like



eating comfort food or drinking alcohol, both of which distract you and provide a fast high that shifts your mood almost instantly. While the shoes last longer than a tequila buzz, so do the credit card bills.

To determine if you're spending in an unhealthy way, take time to think about what element of the experience you find most enjoyable. Is it having people cater to you for a change? Is it the potential of getting noticed when you wear that new makeup? Or is it simply the ability to walk around a store for an hour of me time? By tuning in, you can gather information that may help you better understand the real reason behind your shopping—and maybe avoid spending \$100 on another pair of luxe leggings.

**I take on more of the domestic chores by choice—I'm just better at them than my partner is. But then I get overwhelmed. How can I ask for help and make sure things get done the right way?**

It sounds like you and your partner have different opinions of what it means to do chores the "right way." Typically, "right" means the extent to which something has to be done in order for you to feel good about it. Some people aren't rattled by a little dirt on the floor or bills that are "almost" paid on time, while others will lose sleep over it. To get on the same page as your partner, be specific about what he or she can do to help you. For example, "Clean the bathroom" might be too vague, but "Please wipe down the sink so all the toothpaste is gone" may get you closer. This can feel like hand-holding, but it pays to be specific so the task is completed the way you would like it to be.

It's also helpful to pass along tasks that your partner is naturally good at. Many household chores require attention to detail, which doesn't come naturally to everyone. Some people are better at strategy, research, social, or creative tasks. If your significant other is artistic or extroverted, ask him or her to cook meals or organize weekend plans instead of making the bed.

Finally, make a point to sit down and decide together who will do what at home. This helps set expectations and allows you both to choose tasks you prefer. It also eliminates the feeling that you are "nagging" or (even worse) the dreaded "I'll just wait to see how long it takes him to notice" approach, which never ends well.

**I always experience food guilt after eating a big meal out. How can I justify it and move on?**

Guilt is the result of breaking a rule you've set for yourself. When it comes to

#### WHO KNEW?

# 10

THE NUMBER OF MINUTES OF DAILY MEDITATION THAT CAN HELP ANXIOUS PEOPLE FOCUS BETTER.

SOURCE: *Consciousness and Cognition*

eating, there are often so many contradicting rules in our heads that we're bound to mess up at almost every meal. For example, if you're restricting sugar, gluten, and dairy and trying to achieve the perfectly "balanced" life everyone is always talking about, you'll likely fall short somewhere.

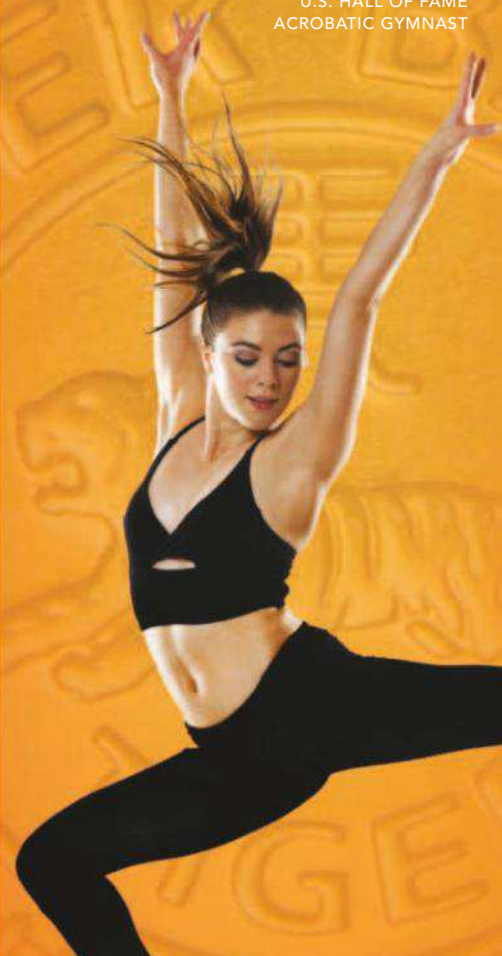
Evaluate the rules you've set for yourself, and consider whether they truly create an approach that suits your lifestyle and health goals. Ask

yourself some questions. Are there times when eating unhealthy foods is worth it to you? Are you satisfied with eating a salad at lunch but not at dinner with friends? Are you particularly upset if you are pressured off your meal plan? Use this info and write, "I want to be a person who..." and fill in the blanks. If you want to be a person who "eats healthy during the day but enjoys delicious meals when the food is high-quality and you're laughing with friends," that bigger meal out can feel more acceptable and your guilt may go down. You'll also be able to identify times and treats that don't feel as worth it (think: movie popcorn), which will help you curb unhealthy eating before you make choices that spur a guilt spiral.

**At first, the #MeToo movement made me feel so empowered; it validated my own experiences. But lately, I've felt anxious and panicky every time I read another story or think about it. What gives?**

I've been hearing this from many people, so you're not alone. It's wonderful the movement made you feel validated and maybe even helped you see that the abuse you experienced wasn't your fault. One reason you may feel panicky now is that revisiting these types of experiences can bring them out of the triple-padded vault in your mind—and into your daily consciousness. As a result, you may relive the feelings—like fear, shame, panic, anger—that you had around the time of the event. When you hear other people's stories of abuse or just think about your own, these feelings can come rushing back. It's like taking a monster out of a cage, but now it's lightly sleeping and can wake up at any time.

Although validation of your experience can be helpful, it's often not enough to make you feel better long-term. Your options? You can lock down those difficult feelings once again or get professional help to process and heal them. If you attempt to silence your emotions, there's a good chance they'll rise back up. Getting help can offer you more control and less panic. The event may always be a part of you, but working through its impact with a counselor can help you process it so it feels like less of a monster. ■



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# 3 Times You Need to Speak Up

Certain scenarios call for bluntness.

It may feel uncomfortable, like you're crossing a line. But really, you're just standing up for yourself.

By ANTHEA LEVI

## 1/ WHEN YOU KEEP GETTING CUT OFF

Ever been in a meeting and had a male colleague interrupt you...repeatedly? What gives? It's a gender thing, says Danny Wallace, author of *F You Very Much: Understanding the Culture of Rudeness—and What We Can Do About It*: "Men are encouraged to be aggressive and pushy because it's deemed manly." Ladies, not so much: "If a woman displays those traits, it's seen as threatening," he points out.

Perhaps even more maddening is the fact

that agreeable women are penalized at work too. A study from Cornell University found that rude men earn up to 132 percent more than nice women.

So how do you handle an interrupter? With a firm tone, simply say, "I'd appreciate it if you'd let me finish." This calls out the offender's ill-mannered behavior and lets everyone know you won't stand for it.

## 2/ WHEN YOUR DOCTOR ISN'T LISTENING

We wish every MD had a perfect bedside manner. But alas—as anyone who's

dealt with a condescending or distracted doc knows—that's not the case.

To be fair, our overloaded medical system forces physicians (even the best ones) to be über-efficient. And computers in exam rooms certainly don't help the patient-doctor dynamic. "Much of the time, the provider is communicating with the screen instead of the patient," says Mary Jane Minkin, MD, an ob-gyn at Yale School of Medicine.

But if your doctor is dismissing your symptoms, you must speak up: "You can say, 'I don't think I made myself clear. Let me explain this again so you understand my concerns,'" suggests Dr. Minkin. In matters of health, directness is imperative.

## 3/ WHEN YOU'RE HAVING SO-SO SEX

You know that great sex requires communication—and you've tried articulating what turns you on. But if sex still isn't working for you, it's OK to take a hands-on approach, so to speak: Grab your partner's fingers and put them where you want to be touched. Or reposition a hand, or butt, so you're both in the exact right spot. It might feel bold to give physical directions, but showing sometimes works better than telling, and your partner will likely be grateful for the guidance.

What's more, the benefits of being assertive in bed extend beyond in-the-moment pleasure, says Stephen Snyder, MD, a New York City sex therapist and author of *Love Worth Making*. When you convey your needs, "you're more likely to feel like the relationship can accommodate you fully," he explains, "without having to hold back some part of yourself."

# Save \$\$\$ on Meds

Five expert tips that will score you the lowest possible price on all your prescriptions.

By KAREN PALLARITO

## Check the app

Depending on your insurer, the copays for two similar medicines may be wildly different. But when your doc writes you a script, how are you supposed to know if that's the most affordable drug on your plan? Here's where your phone may come in handy: Many insurers now have apps that can tell you if a lower-cost option is available, says Rich Sagall, MD, president of NeedyMeds, a nonprofit that helps people get access to medication. That way you can look up the drug while you're in the exam room and ask your doc about cost-effective alternatives on the spot.

## Get a discount card

Lots of organizations offer drug-discount cards. (If you're a AAA member, you might already have one in your wallet.) They can get you a break at the pharmacy—up to 80 percent, in some cases—if you're paying cash, as opposed to using insurance.

Some cards are free; others have fees or eligibility requirements. And the amount of savings you'll get may vary by

drug and pharmacy, says Dr. Sagall. Two options to consider: Blink Health and ScriptSave WellRx.

## Try a sample

Before you fork over the cost of a month's supply of a pricey new script, see if your doctor can give you a coupon to try it for free—or at a significant discount. If not, look for coupons online (at GoodRx.org, for example). “It's nice to get that first month discounted to make sure you can tolerate the drug, and that it's going to have the desired effect,” says Michael Munger, MD, president of the American Academy of Family Physicians.

## Split your pills

Sometimes it's cheaper to divide, say, a 20-mg tablet into two 10-mg doses—because not all medicines double in price for double the dosage. As long as a pill is “scored” down the middle (meaning it has a visible groove) you can break it in two using a pill splitter. But certain meds are not easily divided, like time-release pills. And you shouldn't cut pills before you are

Last year, 90% of drugs dispensed in the U.S. were generics, but they accounted for just 23% of total drug costs.

SOURCE: Association for Accessible Medicines

ready to take them because oxygen degrades each surface. When in doubt, ask your pharmacist.

## Go to the source

If discount cards and coupons aren't cutting it, you may be eligible to get a drug for free or at minimal cost. Many pharmaceutical companies have patient-assistance programs to help uninsured individuals and people of low or modest means. Under some programs, even people making more than 400 percent of the federal poverty level (that's roughly \$83,000 for a family of three) can qualify, Dr. Sagall notes. To search for a program, go to NeedyMeds.org.



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# Work Out— With Your Pup!

Expert-approved ways to get fit with your furry friend this summer.

By ANTHEA LEVI

This takes "partner workouts" to a whole new level.



→ **THERE ARE SO MANY** reasons why exercising with your dog is a great idea. Unlike your BFF, a dog won't bail an hour before your running date. Also: "Studies show exercising with pets helps owners increase their cardiovascular health, improve their mental health, lose weight, and relieve stress," says Justine Lee, DVM, a veterinary emergency-care specialist in St. Paul, Minnesota. Here are three ways to sweat with your pup, plus helpful tips for every activity.

## ► Fetch 2.0

Bump up the intensity by doing your own exercises every time your pup runs after the ball. A quick series of squats, push-ups, or lunges will get you sweaty while your pet gets her heart rate up. To buy yourself more time between throws, use the Chuckit! Classic Launcher (\$10, petmate.com). "I love using this sling; it helps me throw the ball really far," says Dr. Lee. "It's a great way to exercise your dog, as long as he's trained so you know he'll come back to you."

## ► Paddle Away

Stand-up paddleboarding (SUP) sounds tough to pull off with animals, but the sport is actually ideal for dogs who enjoy the water. "Swimming is an excellent form of exercise for dogs, especially those with orthopedic issues," says Diarra Blue, DVM, a veterinarian on Animal Planet's *Vet Life*. "It offers low-impact resistance, so it's safe for joints and good for the cardiovascular system too." Since an hour of swimming is too tiring for most breeds,

stand-up paddleboarding can be a smarter choice. "SUP lets dogs swim alongside you and jump on your paddleboard whenever they need a rest," explains Jt Clough, a Maui-based dog trainer. Dogs that need more help getting into the swim of things can also benefit by wearing a canine life vest.

## ► Take a Hike

A study published in the journal *BMC Public Health* found that dog owners walk 22 more minutes a day

compared with folks who don't have a dog. That may not sound like a lot, but it could help you burn another 100 calories every day. To turn up the burn, bring your hound on a hike. According to Dr. Lee, dogs often walk at a faster pace than people, so they may motivate you to climb quicker. Just be sure to obey leash laws and practice other safety measures when you hit the trail. "If you live somewhere with rattlesnakes or if your dog tends to chase wildlife, make sure he is leashed while you hike," says Lee. ■

## Like Fitbit, but for dogs

► Did you know dogs can use activity trackers too? One option: the FitBark 2 dog activity and sleep monitor (\$70, fitbark.com), which sends pet owners health insights to help them track their pup's mobility. Even more adoggable, you can link the FitBark 2 with your own tracker and view your progress side by side. Don't be surprised if your dog becomes your biggest motivator.

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A photograph of a woman lying on a brown sofa in a living room, reading a book. She has her feet propped up. In the foreground, there is a round glass coffee table with a vase of pink flowers, a pink toy microwave, and two teacups. To the right, a pink harp stands on the floor. In the background, there is a dark wood bookshelf filled with books and a teal typewriter. A modern circular chandelier hangs from the ceiling. The scene is brightly lit, suggesting daytime.

# Busy IRL

*The doyenne of Instagram gets real about paralyzing anxiety, mom guilt, and how she balances it all by finding some happy every day.*

**By Amy Spencer**





Photography by  
**Ari Michelson**

Yeah, so this isn't exactly how Busy usually hangs at home with her daughters—Birdie (far left), 10, and Cricket, 5. But, hey, why not go glam sometimes?

## One thing's for sure: You never have to ask Busy Philipps what she's been up to—just follow her on Instagram, and you'll get the full scoop.

In a funny, confessional way, Busy, 39, constantly shares random thoughts (often starting off with, "Guys...") with her one million followers while she sweats through her favorite morning workout at LEKfit, gets her hair dyed, or eats a salad in her car. There are also many relatable parenting moments featuring her daughters, Birdie, 10, and Cricket, 5. One example: This past spring Busy cried while talking about the #MomGuilt she was feeling because Birdie's stuffed bears were left behind on vacation in Hawaii. What ensued was dozens of Insta Stories about friends and hotel staff searching for the bears—Radar was found safe, but sadly Flat Bear remains MIA.

So while we all became familiar with Busy when she starred on shows like *Freaks and Geeks* and *Dawson's Creek* (where she met bestie Michelle Williams), this unfiltered look into her life is what has turned her into everybody's dream BFF. And we have a feeling her recently announced talk show on E! and as-yet-untitled book of essays (out this October) will just cement that.

When she sits down with us at a sidewalk café in Los Angeles—wearing a flowy dress, sneakers, and her requisite oversized sunglasses—it's no surprise that people stop to chat with her every 20 minutes as if she's a female Mister Rogers who knows all the people in her neighborhood. "I'm the mayor of Hollywood," she laughs. Today, over afternoon lattes, Busy opens up about even more, revealing the stuff she'd never share on Instagram, the funny issue she has with "eating clean," and what keeps her healthy in body and mind.

### What's the motivation behind sharing so much of your real life on Instagram?

It's never occurred to me, ever, since I became a professional actor at 19 years old, to not be as honest and truthful as I could be, publicly. Before social media and the Internet really existed, it was a lot more difficult to get across who you really were. So for me, the advent of Twitter, then Instagram and Stories was incredibly freeing, because I felt like I had a direct line to expressing exactly who I feel I am and the things that I struggle with.

### So what is your ultimate goal with your social presence?

I don't f---in' know! [Laughs] I really don't know. But [my husband] Marc [Silverstein] and I always talk about, like, if it ever gets to a point where I don't wanna do it, or if the girls ever say that they don't wanna be on it... I am very conscientious. There are definitely things that I don't share.

### Like what?

People are like, "Your girls always look so sweet," and I'm like, "Yeah, because I'm not gonna post their horrible moments for you to see!" That's not fair to them. And there's some private stuff that I don't talk too

*"It's never occurred to me to not be as honest and truthful as I could be."*

intensely about. There's stuff with Marc and our relationship that I don't think is appropriate for me to put out publicly because of my children. I've been vocal that marriage is not easy. It's complicated. We had a really hard summer [last year], with him directing [*I Feel Pretty*—and the specifics of what that is and what that means, I don't think is super important, publicly, to get into. Everyone is working and struggling to make it work, you know? But I think being honest about how difficult marriage is, and succeeding in long-term relationships is—I think that's a great conversation to be had.

### What has been the relationship secret to help you guys succeed long-term so far?

Complete honesty is key for us. We're just in a place where we're incredibly open and honest with one another about literally everything. It took us years to get to that place—and some of it was f---ing brutal, you know? And like, not great—you don't wanna hear it! But it really is incredibly helpful, 'cause [your partner knows] you better than anyone, probably. I like being very open and honest. And sometimes that means saying, "I'm sorry," and sometimes that means saying, like, "I need you to say, 'I'm sorry.'"

### You've also been very vocal about your struggle with anxiety.

I grew up in a family where mental health issues are...we've got 'em! I've had that since I was a kid—racing thoughts, unable to get control of my thoughts, spinning out into paralysis of not being able to do anything and crying hysterically about it, or just feeling totally helpless.

### When's the last time that happened?

Uh...like, the day before yesterday? I was in New York and almost the whole day was, like, a full panic attack. Part of it was circumstantial, part of it was being away from my family, and I hadn't been working out as much. For me, getting

the endorphins and the sweat every morning is part of what I think helps me keep it in check. I've also done acupuncture for it; the infrared sauna helps, and the CBD and THC gummies, which I'm a very strong proponent of now.

### Going back to the movie your husband codirected, *I Feel Pretty*—you costarred in it with Amy Schumer, and it really addressed that eternal issue of body confidence. Where are you now with yours?

Yeah, OK, let's get into it. Because I get so angry that I'm always hard on myself, and the things that I fundamentally hold to be true as a feminist somehow do not apply to me. Which makes no sense! This is me being very honest, because I would love to tell you, like, "Oh my God, I love my body, and I'm so happy all the time with the way I look." But...I don't. It's a struggle for me to remember to keep it in perspective. My own self-image is a constantly changing conversation.

### When you're having negative thoughts, what's the conversation?

Well, I really hate what I call "my ruined stomach" from [giving birth to] my two daughters. So the conversation is that. I'm so unbelievably lucky. I've had so many friends who have gone through fertility issues and have struggled to carry their own children—and here I am pregnant right away both times, with two beautiful, healthy kids. And so what that they ruined my lower stomach?! Like, I'll live, you know? I'm gonna wear this wrinkly skin with a lot of pride.



**And what do you 100 percent love about yourself?**

I have never not loved my nose. And I love my moles—which took a little bit longer for me to kind of embrace. When I was on *Dawson’s Creek*, the makeup artists had been told that they were to cover up all my moles. And it was such a moment of reckoning for me as a young actress—of “Oh wait, my uniqueness is not wanted here? You don’t want me to look like me?” It was really horrible. And by the way, you can’t cover up moles; it’s a ridiculous proposition! After the first two episodes, it was like, “Forget it. Let’s just see if they notice...” And they didn’t say anything, so then we got away with it. But it was a pretty intense experience.

**Day-to-day, how do you measure your happy place with your body?**

It’s, like, a feeling. And a pair of vintage Levi’s that I have: I fit into them yesterday, and I felt really good about it. I stopped weighing myself almost two years ago, because I noticed that it was giving me anxiety and really affecting my mood.... If you are somebody who wants to make a life change and that scale gets you the motivation of, like, “Yes, I got down two pounds this week!” I for sure get that. But for me, just being stable in my body has helped me a lot.

**How do you choose your food—what are your healthy go-tos?**

Well, I do Bulletproof coffee every morning, and I love it, because I felt like the smoothies were just, like, too much sugar. I do it with two tablespoons of ghee, a tablespoon of the Brain Octane Oil from

Bulletproof, and two scoops of collagen protein powder. And then I don’t eat until about 1 o’clock. I do enjoy a salad for lunch—like an arugula salad with salmon or chicken on top of it and veggies in there. It’s also just dependent on the day. If I had a really super-hard workout, I eat a brown rice bowl. Because if I don’t listen to what my body needs, I end up making a bad decision later. Listening to your body is key. So sometimes that means eating a piece of bread—you’re gonna be fine. Get some carbs in there, you’re gonna be OK!

**What’s your most common craving?**

Gummy candy. I have a cinnamon-gummy-bear addiction. I used to crave salty-crunchy, and now I get the, like, 3 p.m. sugar snack crave, or right after dinner. That was one of the good things about doing Whole30...it helps to break you of those habits of needing a sweet treat after dinner.

*“I have it in my head that quitting just isn’t an option.”*





**What's the best thing you've ever done for your body?**

I work out seven days most weeks, but I'm also not hard on myself. If I wake up and I'm exhausted and I can't f---ing do it, then I'll give myself a break. I also think there's a point where I know to push through, 'cause I'll feel better after I do it. The best thing you can do if you're hungover is work out, and then you feel 100 percent better—even if you're still drunk when you get on the SoulCycle bike. [Laughs]

**You Instagram during your LEKfit workouts. How have they changed your body?**

You should ask Marc that question! He says it's definitely changed my body. I think my ass may have gotten higher and tighter, and my legs are pretty amazing, if I do say so myself. I go to the studio in L.A., but I did the streaming when I was in Boston all summer. Before my mini trampoline came, I just did the dance cardio version of it. You don't have to commit immediately to a mini tramp—although I would, if I were you, 'cause that's part of the thing that's made it so addictive, fun, and silly.

**If we could read your thought bubble during a workout, what would it say?**

I'm an incredibly self-motivated human. For almost everything, I have it in my head that quitting is not an option, ever. You can't leave a class early. You can't leave a movie early, even if it sucks. Like, you cannot quit. Except for smoking, which I quit when I was in my 20s. I think that's the best decision I ever made.

**Is there a health trend you're totally against?**

That code word for people who are "eating clean"—that's code for, like, "I don't f---ing eat." Yeah. "Oh, oh...you're eating clean? Oh, OK." Eye roll. Sometimes I read these "What I eat in a day" things. I'm like, really? You had your [puts on a posh voice] "boiled chicken breast and three ounces of kale"? Like, what are you talking about?! I don't know, maybe some people can exist in that manner. It's not a viable option for me. I definitely eat nachos. I think you make choices in your life, and my choice is to go out for dinner with friends and my husband and my family and eat food that sometimes is not on the diet.

**Speaking of hanging out with your family, how do you deal with mom guilt? Do you compare yourself to other moms or worry about people judging you?**

I care deeply what everyone thinks about me, right? Everyone does. I don't really know anyone who doesn't. It's like the "clean eating"—there are a bunch of lies

For more Busy IRL, check out our video interview: [health.com/busy-philipps](https://www.health.com/busy-philipps).



we tell ourselves to get through the day. But by and large, I find that my biggest moments of mom guilt come from myself, not from external forces shaming me in any way. Like, being away from them for work is hard. Tonight I have to go to an event, and I know [Birdie] will be like, "What? You have to go to a party at night?"

**So how do you shake that guilt? Like, when you have to go work?**

We try logic. We have a lot of conversations about doing things that you love, and how important that is for how good you feel about yourself: "I have to work,

because it makes me feel really good about myself, and then I can be a nicer mom." But a lot of times, children's emotions override logic, so sometimes you can't shake it; sometimes you have to just sit in it for a while, and I think that's OK. I think that there's a lot of pressure that's put on people to get rid of bad feelings immediately, and I think that it's OK to sit with bad feelings. It's just a part of life.

**What are you most proud of yourself for?**

Perseverance. In all aspects of my life. This business isn't easy; life isn't easy; marriage isn't easy; kids isn't easy; friendship isn't easy. So just sticking to it is important. Sometimes you just have to show up, and the rest of the stuff will fall into place.

**What are you working on with yourself right now?**

Trying to figure out how to be the healthiest version of myself as I get closer to 40 and beyond—physically and mentally. I'm doing, like, the physicals, and getting my thyroid checked, and going to the dentist more regularly. My kids never miss their dentist appointments, but I didn't go for two years!

**How do you define happiness overall—and how do you get it?**

Happiness is an elusive thing. I don't know anyone who's super happy all the time. I think you just have to enjoy the moments of joy that come into your life on a daily basis and know that other moments are gonna suck. ■

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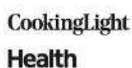
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A close-up photograph of a woman's face, focusing on her right eye. Her hand is gently touching her forehead, with her fingers visible. The skin shows signs of aging, such as fine lines and freckles. The eye is green and looking slightly to the side.

## Your Top Skin Concerns

**SOLVED**

**TRUTH:** We believe that aging skin is beautiful. We also believe that a woman has a right to tackle the signs of aging if she chooses. For many women, that means finding ways to soften things like the fine lines, brown spots, and undereye circles that tend to pop up as we mature. If you're in that camp, we're here to help with dermatologist-approved at-home remedies; we've also got the lowdown on the most effective in-office treatments.

by HEATHER MUIR MAFFEI





**Concern:**  
**FOREHEAD  
WRINKLES**

Genetics, sun exposure, pollution, sugar consumption, and facial expressions like smiling, squinting, and frowning are all responsible for those furrowed lines. They start as dynamic wrinkles, only noticeable when your muscles contract, and, over time, turn into static wrinkles, which show up even when your face is at rest. Being diligent about wearing sunscreen and applying moisturizer can help prevent them from getting worse, but there are easy ways to smooth them, too.

**At-Home Solution:** “A topical retinoid like retinol stimulates collagen and elastin to strengthen the skin foundation and fight off wrinkles,” advises Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York City. Go further with a one-two punch of products. “I like pairing a retinol with a lactic acid so you’re getting a stimulant plus an exfoliant to help smooth,” says Dr. Shereene Idriss, MD, a dermatologist in New York City. Try Skinbetter Science AlphaRet Overnight Cream (\$110; skinbetter.com), which has both gold-star ingredients. “Every other night, use a pea-size drop all over your face, followed by a lightweight moisturizer until you



build up a tolerance and can use more frequently,” says Dr. Zeichner. Oh, and don’t skip SPF—retinols make your skin more sun-sensitive.

**In-Office Fix:** Dermatologists agree that neuromodulators, such as Botox, Dysport, or Xeomin injections, are your best plan of attack for softening forehead lines. “The safe-for-you toxin is injected by a tiny needle directly into the underlying muscle, causing it to temporarily relax,” says Dr. Zeichner. On average, most patients require six injections at a time, which costs approximately \$400 and lasts from three to five months (results can take up to two weeks to be seen). It feels like a pinch, but some doctors offer topical anesthesia or ice to numb the area prior to the procedure, which minimizes discomfort.

**Concern:**  
**CROW'S - FEET**

Orbicularis oculi contractions are muscle movements that happen when you squint, scowl, laugh, or smile. Wearing sunscreen (SPF 30 or higher), sunglasses with thick sides to prevent squinting, and your reading glasses to prevent straining—and using an eye cream to keep the thin skin hydrated—will help ward them off.

**At-Home Solution:** Similar to forehead lines, retinol is the go-to for wrinkle smoothing. Once only available with a prescription, Differin 0.1% Gel (\$11.50; target.com) was recently approved by the FDA for over-the-counter use. “Build tolerance by patting a dot onto the outer corners of your eyes with your ring finger—the weakest—twice a week, working your way up to every night, or mix it with your moisturizer to dilute it,” suggests Dr. Idriss.

A gentler alternative: “Look for an eye cream with antioxidants to calm inflammation and promote healthy collagen production,” says Dr. Zeichner. One to try: Drunk Elephant C-Tango Multivitamin Eye Cream (\$64; sephora.com), which has five types of vitamin C.

**In-Office Fix:** “Fractional lasers resurface the skin by targeting certain areas with specific

wavelengths of light,” says Dr. Idriss. There are a few different laser treatments you can choose from, but Fraxel is tops for this specific area. “Fraxel is a great option, because it pokes microscopic holes in the skin, creating a controlled wound, and as the skin heals, it does so in a healthier way,” explains Dr. Zeichner. The result? You end up with softer fine lines and smoother skin around your eyes, plus less noticeable pores and dark spots. Each session takes about 30 minutes—some people need only one treatment, while others require a few. A word of caution: You may experience redness, swelling, and flaking for a few days as the skin repairs. And the procedure can be uncomfortable—even with numbing cream. It’s also expensive at \$1,500 to \$3,000 per treatment.

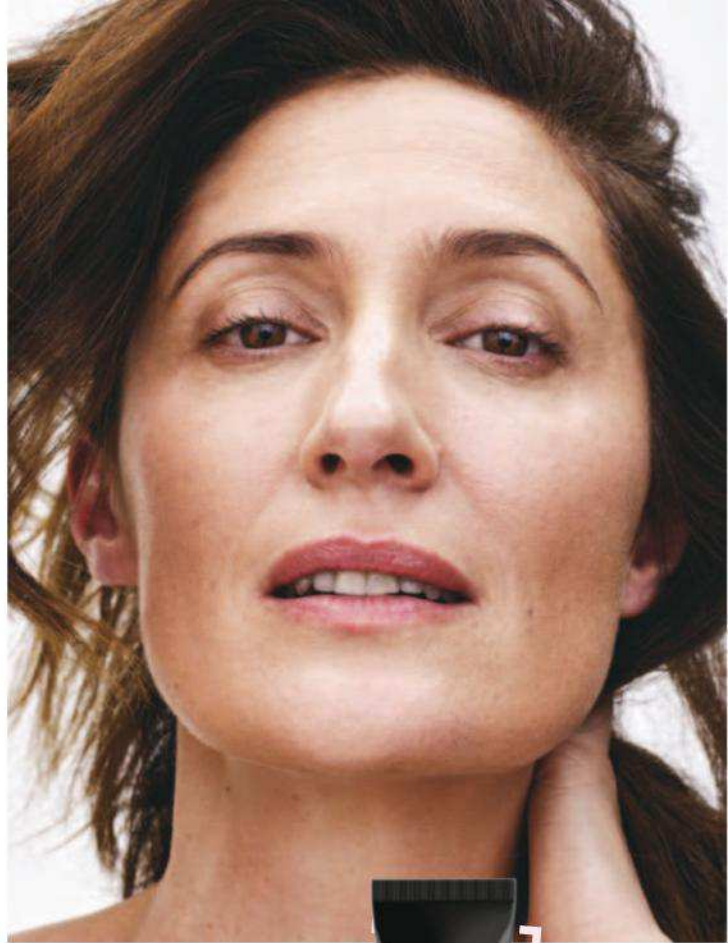
**Concern:**  
**DARK CIRCLES**

Thin skin, often handed down from Mom or Dad, is to blame for your dark circles. Other culprits: Increased pigment from rubbing your eyes or sun damage. Some preventive measures you can take: Stay hydrated, sleep more, and pass on alcohol a few hours before bedtime. But if that doesn’t get the job done, you may need to pull out the heavy artillery.

**At-Home Solution:** “Totally erasing circles at home is tough, but a product that contains peptides *will* help brighten,” says Dr. Idriss. Try patting Dr. Brandt Needles No More No More Baggage Eye De-Puffing Gel (\$42; drbrandtskincare.com) underneath eyes. Along with the peptides, the formula has a peach tint, which counteracts those darker tones that pop up in the area. Beyond that, this gel contains caffeine, which can help with other undereye issues. “Caffeine constricts blood vessels, dehydrates fat, and eliminates excess fluid to minimize the appearance of bags,” says Dr. Zeichner.

**In-Office Fix:** “Fillers like Restylane hide bags by plumping the

hollows beneath them,” explains Dr. Zeichner. “On average, most of my patients need about one to two syringes. You see immediate improvements, and the effect lasts for several years,” he adds. It’ll run you about \$800 per syringe, and you may experience mild discomfort, bruising, and swelling.



○ **Concern:**  
**SAGGING  
JOWLS**

As we clock birthdays, elements like fat, collagen, and elastin in our skin break down, resulting in a lack of firmness. “And when there’s a loss in bone density, skin looks like a fabric that’s been stretched out,” says Dr. Zeichner. Weight loss, pollution, and UV light can also cause droopiness.

**At-Home Solution:** Look for products with growth factors—natural substances the skin makes to stay healthy. “They act like messengers that tell your skin cells to function like they did when they were young,” says Dr. Idriss. On top of that, growth factors rev up activity of collagen-producing cells to provide a stronger frame for your face, adds Dr. Zeichner. SkinMedica TNS Recovery Complex (\$220; skinmedica.com) is almost 94 percent stabilized human growth factor. Apply it twice a day, and be patient, as results take at least six weeks.



*Growth factors rev up collagen-producing cells to provide a stronger frame for your face.*

**In-Office Fix:** Skin-tightening procedures like Thermage, which uses radio frequency, cause collagen to unravel, so as it heals, it refigures itself in a tighter way,” says Dr. Zeichner. “Think of it as a Slinky—it loosens, then goes back to a tighter state,” he says. The good news: Although these treatments can be uncomfortable (most derms offer numbing; you’ll feel cool and warm sensations), you’ll only need one session (typically about 45 minutes and around \$2,500) to see results, which can take up to six months to notice as your body heals and produces collagen.

○ **Concern:**  
**BROWN SPOTS**

These pesky dark marks are a result of increased melanin production, caused by UV and visible light (think: light bulbs), any kind of irritation (acne, a rash, or simply scrubbing too hard), or hormones. Your best line of defense to preventing more from popping up: You



gussed it—faithfully apply (and reapply) sunscreen every day.

**At-Home Solution:** “Vitamin C interferes with abnormal pigment production to help fade dark marks,” says Dr. Idriss, who recommends applying a vitamin C-infused product in the morning under your sunscreen.

Try Sunday Riley C.E.O. C+E Antioxidant Protect + Repair Moisturizer (\$65; sephora.com), which contains a potent form of vitamin C that’s known to be less irritating than others. “[The marks] won’t go away overnight, but with daily use, you should see results in six to eight weeks,” adds Dr. Zeichner.

**In-Office Fix:** “Intense Pulsed Light [IPL] isn’t actually a laser, but it delivers results similar to laser resurfacing by emitting multiple wavelengths of light, which penetrate the skin and target to eliminate dark and red pigmentation, resulting in brighter, more even skin tone,” says Dr. Zeichner, who suggests two or three treatments (each costs about \$750) spaced one month apart. “Patients

describe the feeling as a rubber-band snap and tend to experience redness,” he says. “Brown spots get darker before flaking off within a few weeks.”

○ **Concern:**  
**LAUGH LINES**

Nasolabial folds are the creases at the sides of the nose and the corners of the mouth, which become more pronounced over time due to UV light, repeated facial expression, weight loss, stress, lack of sleep, and sleeping on your side or stomach.

“As cheek volume drops, fat separates, and the folds become more prominent,” explains Dr. Idriss.

**At-Home Solution:** “Apply a product with hyaluronic acid, which draws moisture into lines to help plump them,” says Dr. Zeichner. Smooth on Kiehl’s Double Strength Deep Wrinkle Filler (\$39; kiehls.com) and let dry before applying makeup.

**In-Office Fix:** “Fillers such as Juvaderm are the go-to for laugh lines,” says Dr. Idriss. “They contain hyaluronic acid to lift these lines back up.” The treatment is about 15 minutes, feels like a prick, and produces immediate results (which last a year) with no downtime. It’ll cost you about \$1,000 per syringe, and you’ll need one to two of them, according to Dr. Zeichner. ■



**EFFORTLESS**

# 5 INGREDIENT MEALS

Dinner planning is a snap with recipes that rely on just a handful of items and some pantry staples.

Recipes developed by

**Robin Bashinsky**

Photography by

**Greg DuPre**

**Primary  
Ingredients**

sea bass,  
corn, zucchini  
tomatoes,  
and basil

Food styling by  
**Anna Hampton**

Prop styling by  
**Audrey Davis**

*(recipe on page 100)*

**GRILLED BASS WITH  
SUMMER VEGGIES  
AND SMOKY  
TOMATO SAUCE**

## OAXACAN SHRIMP TACOS

Active Time: 20 minutes

Total Time: 20 minutes

Serves: 4

- 2 Tbsp. grapeseed oil, divided
- 2 medium poblano chiles, seeded and cut into strips (1½ cups)
- 1½ cups fresh corn kernels (2 ears)
- 1 tsp. finely ground sea salt, divided
- ¾ tsp. black pepper, divided
- 12 oz. large peeled, deveined raw shrimp
- 8 5-in. corn tortillas
- 1 ripe avocado, sliced
- Lime wedges

**1** Place 1 tablespoon of the oil in a large cast-iron skillet; heat over high. Add chiles; cook, stirring occasionally, until slightly softened, about 5 minutes. Add corn; cook, stirring occasionally, until corn and chiles are charred and

softened, about 10 minutes. Stir in ½ teaspoon of the salt and ¼ teaspoon of the pepper. Transfer mixture to a plate; cover to keep warm. Wipe skillet clean.

**2** Add remaining 1 tablespoon oil to skillet; return to high heat. Add shrimp and remaining ½ teaspoon each of salt and pepper; cook, stirring occasionally, until just opaque, about 3 minutes. Remove from heat; cover to keep warm.

**3** Warm tortillas according to package directions. Divide shrimp, corn-chile mixture, and sliced avocado evenly among tortillas. Serve with lime wedges.

**PER SERVING (2 tacos):** 393 Calories, 18g Fat (2g Sat.), 107mg Chol., 8g Fiber, 18g Pro., 48g Carb., 5g Sugar (0g Added Sugar), 715mg Sod., 1mg Iron, 88mg Calcium

### Primary Ingredients

shrimp,  
poblano chiles,  
corn, tortillas,  
and avocado



**Primary  
Ingredients**  
bacon, arugula,  
tomatoes,  
mayonnaise,  
and multigrain  
bread

**KNIFE AND FORK BLT**

Active Time: 15 minutes  
Total Time: 15 minutes  
Serves: 4

- 6 slices peppered bacon, cut crosswise into thirds
- 1 lb. multicolored heirloom tomatoes, cut into 1/2-in.-thick slices
- 4 cups baby arugula

- 2 Tbsp. extra-virgin olive oil
- 1 1/2 Tbsp. balsamic vinegar
- 1/2 tsp. black pepper
- 4 Tbsp. olive oil mayonnaise
- 4 2-oz. multigrain sourdough bread slices, toasted

1 Place bacon in a large skillet; heat over medium-high. Cook, turning

occasionally, until all fat is rendered and bacon is crispy, about 8 minutes. Drain on paper towels.

2 Place tomatoes and arugula in a large bowl. Add olive oil, vinegar, and pepper; toss gently.

3 Spread 1 tablespoon mayo on each toasted bread slice.

Top evenly with tomato-arugula mixture and cooked bacon. Serve open-faced.

**PER SERVING (1 open-faced sandwich):** 415 Calories, 26g Fat (5g Sat.), 22mg Chol., 5g Fiber, 14g Pro., 31g Carb., 7g Sugar (0g Added Sugar), 636mg Sod., 2mg Iron, 139mg Calcium



### Primary Ingredients

peaches,  
red onion, basil,  
goat cheese,  
and pizza dough

## GRILLED PEACH AND GOAT CHEESE FLATBREADS

Active Time: 20 minutes  
Total Time: 20 minutes  
Serves: 4

- 2 medium (6 oz. each) peaches, unpeeled and cut into 12 wedges total
- 1/2 medium-size (8-oz.) red onion, cut into 12 thin wedges (root end left intact)
- Olive oil cooking spray
- 3 cups fresh basil leaves (about 3 oz.)
- 3 Tbsp. water
- 2 Tbsp. avocado oil
- 1 1/2 Tbsp. red wine vinegar
- 4 oz. goat cheese, divided

- 12 oz. prepared pizza dough, divided into 4 equal parts
- All-purpose flour, for work surface
- 1/4 tsp. finely ground sea salt
- 1/4 tsp. black pepper

**1** Preheat grill to medium-high (400°F to 450°F). Generously coat peach and onion wedges with cooking spray. Grill peach and onion wedges, uncovered, until charred on both sides, 1 to 2 minutes, and about 4 minutes, respectively; set aside. When onions are slightly cool, separate into "petals."

**2** Place basil, water, avocado oil, vinegar, and 1 ounce of the goat cheese in a blender; process until smooth, about 1 minute. Set aside.

**3** Roll each dough portion into a 5- to 6-inch circle on a lightly floured surface. Coat dough with cooking spray on both sides; grill over medium-high, uncovered, until golden brown and stiff, about 1 minute per side. Remove from heat. Reduce grill temperature to medium (350°F to 400°F).

**4** Spread basil mixture evenly over grilled dough rounds, leaving a 1/2-inch border. Top evenly with grilled peaches and onion. Crumble remaining 3 ounces goat cheese evenly over tops. Grill over medium, covered, until goat cheese is warmed, about 1 minute. Remove from heat. Sprinkle with salt and pepper, and serve.

**PER SERVING (1 flatbread):**  
417 Calories, 16g Fat (6g Sat.), 16mg Chol., 8g Fiber, 16g Pro., 50g Carb., 8g Sugar (0g Added Sugar), 669mg Sod., 3mg Iron, 116mg Calcium

(pictured on page 96)

## GRILLED BASS WITH SUMMER VEGGIES AND SMOKY TOMATO SAUCE

Active Time: 40 minutes

Total Time: 40 minutes

Serves: 4

- 1 medium (½-lb.) beefsteak tomato, cut in half crosswise
- 5 Tbsp. grapeseed oil, divided
- ¼ cup loosely packed fresh basil leaves, plus more for garnish
- 1 Tbsp. balsamic vinegar
- 1 tsp. finely ground sea salt, divided
- 1 tsp. black pepper, divided
- 4 5-oz. skinless sea bass fillets
- 2 small ears corn, husks removed, cut in half crosswise
- 2 6-oz. zucchini, cut in half lengthwise

**1** Preheat grill to high (450°F to 500°F). Brush cut sides of tomato halves with 1 tablespoon of the oil. Place tomatoes cut side down on oiled grates; grill, uncovered, until charred, 4 to 5 minutes. Carefully flip with a spatula. Grill until charred and tomato juices bubble, about 4 minutes. Transfer to a blender; add basil, vinegar, 2 tablespoons of the oil, ¼ teaspoon of the salt, and ¼ teaspoon of the pepper. Remove center piece of blender lid to allow steam to escape; secure lid on blender and place a clean towel over opening to prevent splatters. Process until smooth, about 30 seconds. Set aside.

**2** Brush fillets, corn, and zucchini with remaining 2 tablespoons oil. Sprinkle fillets with ½ teaspoon of the salt and ¼ teaspoon of the pepper. Place fillets, corn, and zucchini on oiled grates over high heat. Grill fillets, uncovered, until fish flakes easily, 10 to 12 minutes, turning once. Grill corn, uncovered, until charred, 10 to 12 minutes, turning occasionally. Grill zucchini,

uncovered, until charred, about 3 minutes per side. Remove fillets, corn, and zucchini from grill. Sprinkle corn and zucchini with remaining ¼ teaspoon salt and ½ teaspoon pepper.

**3** Spoon ¼ cup tomato sauce on each of 4 serving plates. Top each plate with 1 fillet, ½ corn ear, and ½ zucchini. Garnish with additional basil.

**PER SERVING (1 fillet, ½ corn ear, ½ zucchini, ¼ cup sauce):** 350 Calories, 21g Fat (3g Sat.), 58mg Chol., 2g Fiber, 29g Pro., 13g Carb., 6g Sugar (0g Added Sugar), 673mg Sod., 1mg Iron, 50mg Calcium



### Primary Ingredients

watermelon,  
wheat berries,  
cucumber,  
ricotta salata,  
and radish  
sprouts

### WATERMELON GRAIN BOWL

Active Time: 15 minutes

Total Time: 1 hour

Serves: 4

- 1½ cups uncooked wheat berries or farro
- 3 Tbsp. extra-virgin olive oil
- 2 Tbsp. red wine vinegar
- 1½ tsp. honey
- ¾ tsp. finely ground sea salt
- ½ tsp. black pepper
- 3 cups cubed seedless watermelon (from 1 16-oz. watermelon)
- 2 cups thinly sliced unpeeled English cucumber (from 1 medium cucumber)
- 2 oz. ricotta salata cheese (about ½ cup), thinly sliced
- 1 cup radish sprouts (2 oz.)

**1** Prepare wheat berries according to package directions. Drain; rinse with cold water, and drain again.

**2** Whisk together oil, vinegar, honey, salt, and pepper in a large bowl until smooth. Add watermelon, cucumber, and cooked wheat berries; toss to coat. Divide mixture evenly among 4 shallow serving bowls; top with ricotta salata and sprouts.

**PER SERVING (about 2 cups):** 434 Calories, 16g Fat (4g Sat.), 15mg Chol., 10g Fiber, 13g Pro., 66g Carb., 10g Sugar (2g Added Sugar), 658mg Sod., 0.6mg Iron, 24mg Calcium

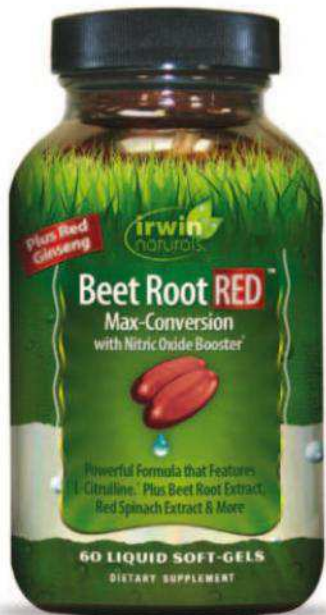


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> Get these and other healthy recipes with Cozi, a free meal-planning app from Meredith Corporation. See page 2 for details.



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IN

15 | 20 | 30

*Running low on time? Don't write off your workout just yet. This full-body routine helps you get it in, no matter how busy you are.*

by **Rozalynn S. Frazier**  
photography by **Tory Rust**

When you have a mile-long to-do list, sweat sessions are often pushed to the bottom. The problem? Skipping exercise can wreak havoc on your physical and mental health. Instead of ditching your workout completely, try maximizing the minutes you do have with this customizable Swiss ball-based circuit developed and demoed by Nike master trainer and PyroGirls cofounder, Kirsty Godso. “No matter how much time you have, you are going to feel it,” explains Godso. “It allows you to strengthen and lengthen your muscles at the same time, and the use of the Swiss ball, which incorporates stability work, forces you to really be engaged.” Even better, you’ll never use time (or your lack thereof) as an excuse again.

“Exercise and movement is such a gift to ourselves. Try and be present, patient, and purposeful.”

—Kirsty Godso



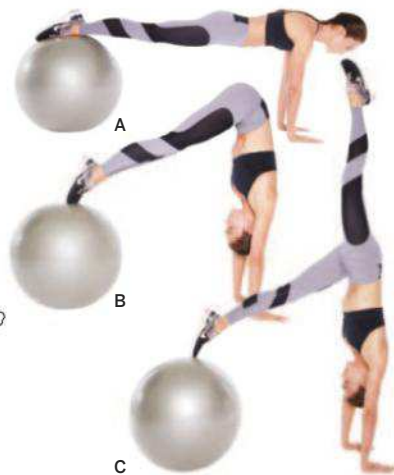
Hair by Nathan Rosenkrantz at Honey Artists; makeup by Natasha Smeed for Exclusive Artists; using Hourglass Cosmetics. Clothing, this page: Nike; lights, \$55, nike.com; Nike sports bra, \$40, nike.com; Clothing, opposite page: Nike sports bra, \$30, nike.com; Nike leggings, \$100, net-a-porter.com; Nike shoes, trainer's own

**GOT 15  
MINUTES?**  
Repeat circuit 2x

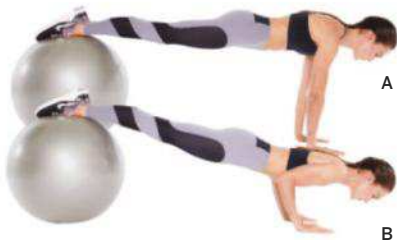
**GOT 20  
MINUTES?**  
Repeat circuit 3x

**GOT 30  
MINUTES?**  
Repeat circuit 4x

*Aim  
to do this  
workout at least  
two days a week,  
three times if you aren't  
supplementing  
with any other  
exercise.*



**1/ Swiss Ball Pike**  
Get into a high plank with hands on floor under shoulders and feet on ball, laces down (A). With abs engaged, tuck chin and lift hips up, rolling ball forward until toes are on top of ball (B). For an advanced option: Keeping core tight, raise right leg straight up (C). Slowly lower down, reversing motion back to "A."



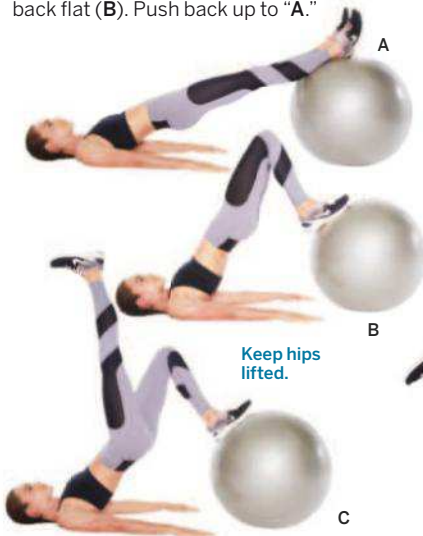
**2/ Swiss Ball Push-Up**  
Get into a high plank with hands on floor under shoulders and feet on ball, laces down (A). Bend arms, keeping elbows tucked into sides, and lower chest down as far as possible while keeping back flat (B). Push back up to "A."



**3/ Single Leg Swiss Ball Squat**  
Stand about three feet in front of ball with hands clasped in front of chest. Place right foot on ball with laces down, tighten abs, and bring shoulders down and back (A). Bend both knees, drawing back knee forward in line under hip as you squat down (B). Rise back up to "A."



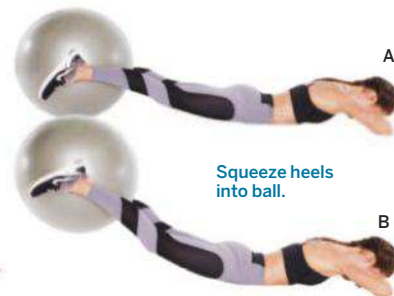
**4/ Swiss Ball Hip Lifts**  
Lie faceup with knees bent and heels on ball; palms facedown. Ball should be a foot away from butt (A). Dig heels into ball and lift hips (B). Slowly lower back down to "A."



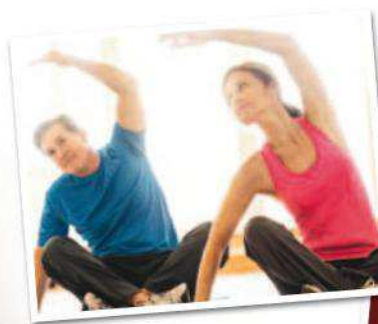
**5/ Swiss Ball Hamstring Curls**  
Lie faceup with legs straight, heels on ball; palms facedown (A). Dig heels into ball to lift hips, and draw legs in (B). Keeping core tight, lift right leg up (C). Slowly reverse motion back to "A."



**6/ Swiss Ball Rollout**  
Get into a high plank with hands on floor under shoulders and feet on ball, laces down (A). Push body back, slowly rolling back on ball until forearms are as close to ground as possible and thighs are resting on ball (B). Reverse motion to come back to "A." Don't overly squeeze glutes.



**7/ Reverse Leg Lift with Swiss Ball**  
Lie facedown with arms folded, forehead resting on hands, and a ball between feet (A). Lift legs up (B), making sure thighs are off ground. Slowly lower back down to "A."



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GREAT

# food

*(recipe on page 107)*

SOUTHWESTERN  
CORN SOUP  
WITH GRILLED  
PEPPERS AND  
SHRIMP



## Summer in a Bowl

As a side or as a meal all on their own, these chilled soups make the most of fresh garden flavors.

FOOD STYLING BY ANNA HAMPTON; PROP STYLING BY AUDREY DAVIS

PHOTOGRAPHY BY GREG DUPREE

JULY/AUGUST 2018 HEALTH.COM 105



## CHUNKY GARDEN GAZPACHO

Active Time: 15 minutes  
Total Time: 4 hours, 15 minutes  
Serves: 4

- 5 large (about 8 oz. each) ripe red tomatoes, divided
- 1 large (about 8 oz.) ripe yellow tomato, chopped
- 1 medium-size English cucumber, chopped (1 ½ cups)
- ½ cup chopped yellow bell pepper (from 1 medium-size bell pepper)
- 1 jalapeño, seeded and minced (2 Tbsp.)
- 3 Tbsp. fresh lemon juice (from 1 lemon)
- 1 tsp. finely ground sea salt
- ½ tsp. black pepper
- 2 Tbsp. fresh basil leaves

**1** Cut 4 of the red tomatoes into chunks. Place in bowl of a food processor and process until smooth, about 1 minute. Pour tomato puree into a large bowl.

**2** Chop remaining red tomato; stir into tomato puree. Stir in yellow tomato, cucumber, bell pepper, jalapeño, lemon juice, salt, and black pepper. Cover mixture; chill until cold, at least 4 hours. Divide among 4 bowls. Thinly slice basil; garnish and serve.

**PER SERVING (1 ½ cups):**  
78 Calories, 1g Fat (0g Sat.), 0mg Chol., 5g Fiber, 4g Pro., 17g Carb., 11g Sugar (0g Added Sugar), 579mg Sod., 1mg Iron, 47mg Calcium

## CREAMY SUGAR SNAP PEA SOUP

Active Time: 20 minutes  
Total Time: 4 hours, 20 minutes  
Serves: 4

- 1 Tbsp. olive oil
- $\frac{3}{4}$  cup chopped yellow onion (from 1 small onion)
- $1\frac{1}{4}$  lb. sugar snap peas, cut crosswise into  $\frac{1}{2}$ -in. pieces
- $1\frac{1}{2}$  tsp. honey
- $\frac{1}{2}$  tsp. finely ground sea salt
- 2 cups low-sodium chicken or vegetable broth
- $\frac{3}{4}$  cup plus 2 tsp. half-and-half, divided
- 1 Tbsp. fresh lemon juice (from 1 lemon)
- 2 Tbsp. sour cream
- Chopped fresh chives
- Fresh chive flowers

**1** Place oil in a large skillet; heat over medium. Add onion; cook, stirring often, 5 minutes. Add sugar snap peas; cook, stirring often, until bright green and crisp-tender, 5 to 6 minutes. Add honey and salt; cook, stirring constantly, 1 minute. Remove from heat.

**2** Stir together broth and  $\frac{3}{4}$  cup of the half-and-half in a medium bowl. Transfer half of the sugar snap pea mixture and half of the broth mixture to a blender. Process on high until very smooth, 30 to 60 seconds. Pour through a fine wire-mesh strainer into a large bowl. Repeat

procedure with remaining sugar snap pea mixture and broth mixture. Stir lemon juice into blended mixture in bowl. Cover and chill until cold, at least 4 hours and up to 12 hours.

**3** Stir together sour cream and remaining 2 teaspoons half-and-half in a small bowl. Ladle  $1\frac{1}{4}$  cups chilled soup into

each of 4 serving bowls. Dollop or swirl each bowl with about  $\frac{1}{2}$  tablespoon sour cream mixture. Garnish with fresh chives and chive flowers.

**PER SERVING (1 $\frac{1}{4}$  cups):**  
202 Calories, 10g Fat (5g Sat.), 22mg Chol., 4g Fiber, 8g Pro., 19g Carb., 11g Sugar (2g Added Sugar), 358mg Sod., 3mg Iron, 140mg Calcium



(pictured on page 105)

## SOUTHWESTERN CORN SOUP WITH GRILLED PEPPERS AND SHRIMP

Active Time: 20 minutes  
Total Time: 4 hours, 30 minutes  
Serves: 4

- 1 large (9 $\frac{1}{2}$ -oz.) red bell pepper, stemmed, quartered lengthwise, and seeded
- 1 large (2-oz.) jalapeño, stemmed, halved lengthwise, and seeded
- $1\frac{1}{2}$  Tbsp. olive oil, divided
- $\frac{1}{2}$  cup chopped yellow onion (from 1 small onion)
- 4 cups fresh corn kernels (4 ears)
- 1 tsp. minced garlic (from 1 garlic clove)
- 2 cups low-sodium chicken or vegetable broth
- $\frac{3}{4}$  tsp. finely ground sea salt
- $\frac{1}{8}$  tsp. black pepper

- $1\frac{1}{2}$  Tbsp. fresh lime juice (from 1 lime)
- 1 tsp. ground cumin
- 2 Tbsp. chopped fresh cilantro, plus more for garnish
- $\frac{1}{2}$  lb. medium peeled, deveined cooked shrimp
- 1 small ripe avocado, chopped ( $\frac{2}{3}$  cup)

**1** Preheat a grill to medium-high (400°F to 450°F), or heat a grill pan over medium-high. Brush quartered bell pepper and halved jalapeño evenly with  $\frac{1}{2}$  tablespoon of the oil. Grill, uncovered, turning occasionally, until slightly charred on both sides, about 5 minutes per side. Transfer to a small bowl and

cover with aluminum foil. Chill at least 30 minutes and until ready to serve.

**2** Place remaining 1 tablespoon oil in a large skillet; heat over medium-high. Add onion; cook, stirring often, until softened, about 5 minutes. Add corn and garlic; cook, stirring often, 3 minutes. Stir in broth, salt, and black pepper. Bring to a boil over high; reduce heat to medium-low and simmer, stirring occasionally, 6 minutes.

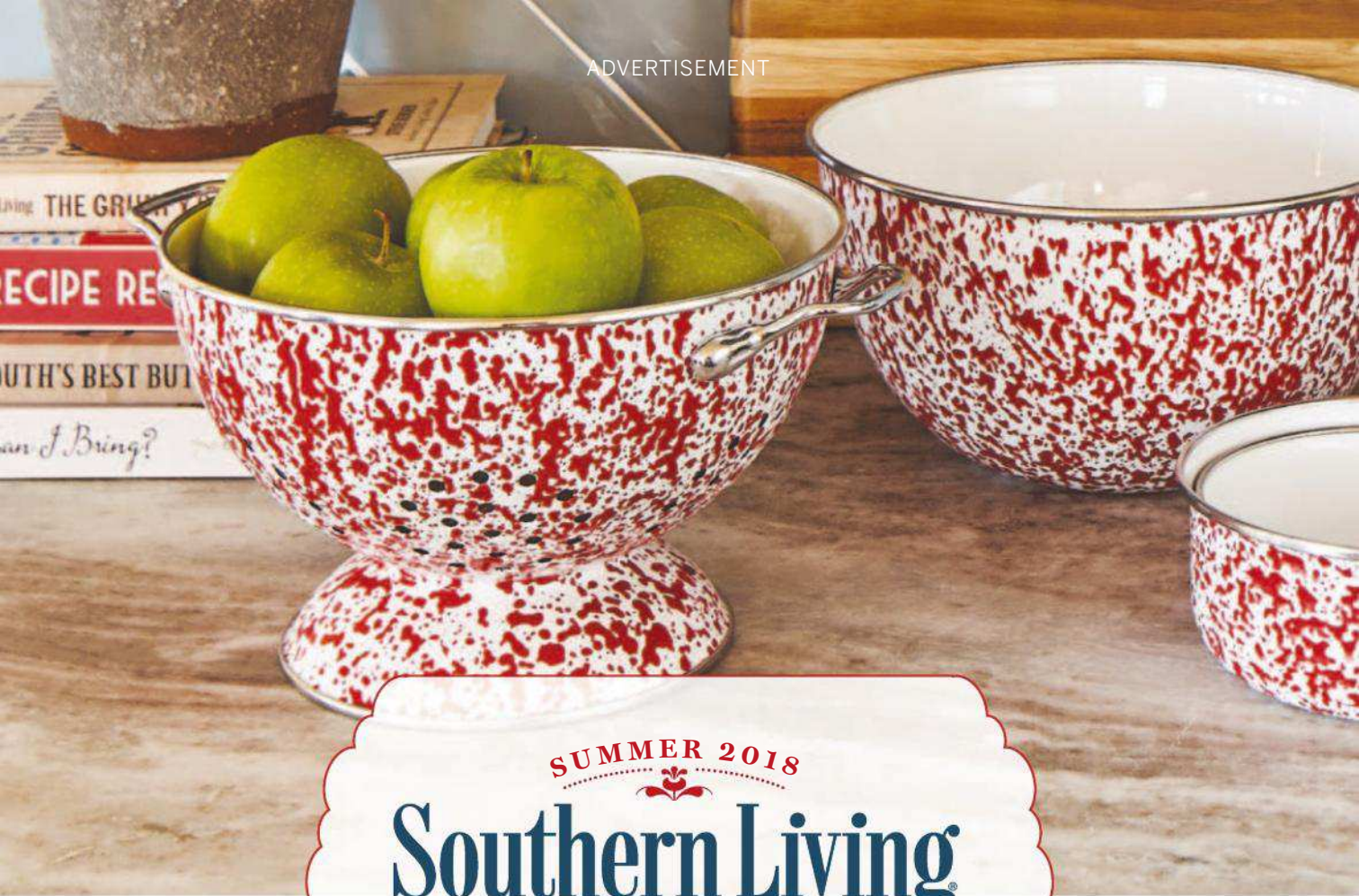
**3** Pour corn mixture into a blender. Remove center piece of blender lid to allow steam to escape; secure lid on blender and place a clean towel over

opening to prevent splatters. Process until smooth, about 2 minutes. Pour into a medium bowl; stir in lime juice and cumin. Cover and chill until completely cold, at least 4 hours.

**4** Chop chilled roasted bell pepper and jalapeño; stir into chilled corn mixture. Stir in cilantro. Ladle soup into 4 serving bowls. Top evenly with shrimp and chopped avocado; garnish with additional cilantro. Serve immediately.

**PER SERVING (1 cup soup, 2 oz. shrimp, 2 $\frac{1}{2}$  Tbsp. avocado):**  
298 Calories, 12g Fat (2g Sat.), 71mg Chol., 6g Fiber, 16g Pro., 36g Carb., 12g Sugar (0g Added Sugar), 567mg Sod., 2mg Iron, 54mg Calcium

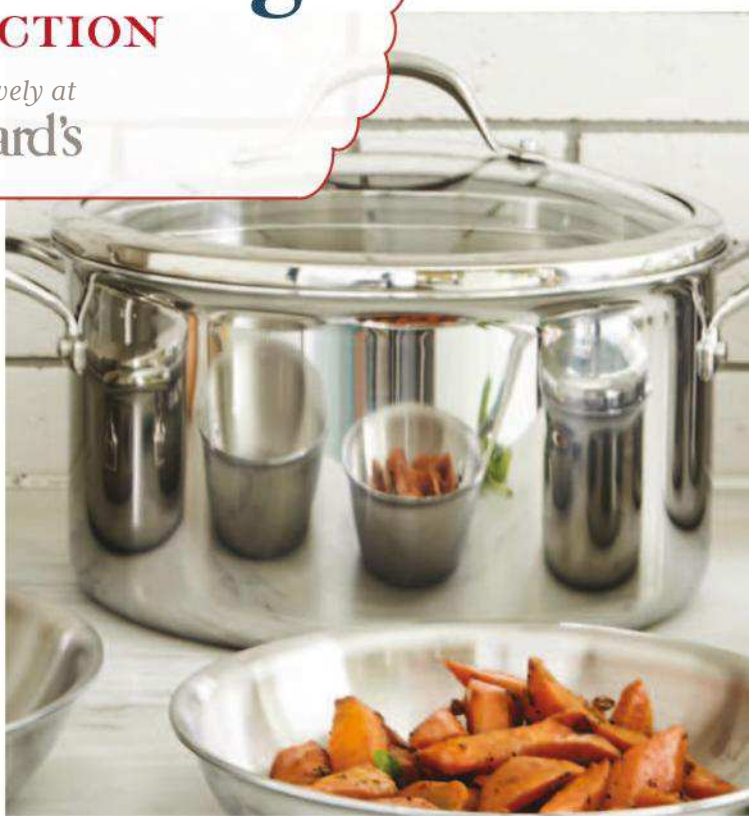
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(recipe on page 111)

Brussels  
Sprout Skewers  
with Green  
Olive Dipping  
Sauce

**Put  
a Stick  
in It!**

Perfect for this time of year, these kebab recipes from Mark Bittman's new book, *How to Grill Everything*, are easy and satisfying.

## Seafood Skewers with Croutons and Orange

**Active Time:** 30 minutes

**Total Time:** 30 minutes

**Serves:** 4

**1½ lb.** 1-in.-thick skinless fish fillets or steaks

**1** loaf crusty Italian bread

**6** Tbsp. olive oil

**Salt and pepper**

**3** oranges

**1** If you're using bamboo or wooden skewers, soak them in water for 30 minutes.

Meanwhile, start the coals or

heat a gas grill for medium-high cooking. Make sure the grates are clean.

**2** Cut the fish and the bread into 1- to 1½-inch cubes. Toss the fish with 2 tablespoons of the oil in one bowl and the bread with the remaining 4 tablespoons oil in another. Season with salt and pepper.

**3** Slice off the peel at the top and bottom of an orange and set it, flat side down, on a cutting

board. Cut downward to remove the peel, pith, and membrane to reveal the fruit. Then cut each orange section on both sides to remove it from the membrane. As you work, put the sections in a bowl. Repeat with the remaining oranges. Thread the fish, bread, and orange sections onto skewers, alternating them; save any juice that has accumulated in the bowl.

**4** Put the skewers on the grill

directly over the fire. Close the lid and cook until the croutons are golden and the fish is just cooked through (peek inside in a few places to check), 4 to 5 minutes per side. Transfer to a platter, pour over any reserved orange juice, and serve.

**PER SERVING:** 687 Calories, 35g Fat (6g Sat.), 112mg Chol., 5g Fiber, 41g Pro., 52g Carb., 12g Sugar (0g Added Sugar), 578mg Sod., 3mg Iron, 110mg Calcium

### 5

#### Fish to Use for Kebabs

These options offer good flavor and will stay together on the skewer.

**1/** Tuna

**2/** Swordfish

**3/** Salmon

**4/** Mahi-mahi

**5/** Bluefish

(pictured on page 109)

## Brussels Sprout Skewers with Green Olive Dipping Sauce

Active time: 25 minutes

Total time: 30 minutes

Serves: 4

Salt

- 16 small brussels sprouts
- 3 Tbsp. olive oil
- 1 cup lightly packed fresh parsley leaves
- 2 Tbsp. fresh lime juice
- 1 small clove garlic, peeled
- ½ cup pitted green olives

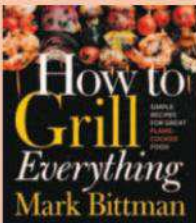
**1** If you're using bamboo or wooden skewers, soak them in water for 30 minutes. Meanwhile, start the coals or heat a gas grill for hot direct cooking. Make sure the grates are clean.

**2** Bring a large pot of salted water to a boil. Trim the brussels sprouts and remove any discolored outer leaves. Add the sprouts and blanch until just soft enough to pierce with a skewer, 8 to 12 minutes. Drain, then pat dry with paper towels. Toss with 1 tablespoon of the oil in a bowl. When cool enough to handle, thread 4 to 6 sprouts on each skewer.

**3** Make the dipping sauce: Put the parsley, lime juice, garlic, and remaining 2 tablespoons oil in a blender or food processor and process until chopped, stopping to scrape down the side of the container if necessary. Add the olives and pulse until the mixture is a rough puree. Taste and add a little salt if you'd like. Transfer to a small serving bowl.

**4** Put the skewers on the grill directly over the fire. Close the lid and cook, turning once or more, until the brussels sprouts are tender all the way through and browned, 3 to 5 minutes per side. Transfer to a serving plate and serve with the dipping sauce on the side.

**PER SERVING:** 143 Calories, 12g Fat (1.5g Sat.), 0mg Chol., 3g Fiber, 3g Pro., 9g Carb., 2g Sugar (0g Added Sugar), 178mg Sod., 2mg Iron, 55mg Calcium



Adapted from *How to Grill Everything*, © 2018 by Mark Bittman. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved. Photo credit: Christina Holmes.



## Chicken Skewers with Italian Sausage and Lemon Wedges

Active time: 20 minutes

Total time: 30 minutes

Serves: 4

- 1 lb. boneless, skinless chicken thighs
- 1 Tbsp. olive oil
- Salt and pepper
- 1 lb. sweet or hot Italian sausage, cut into 1-in. pieces
- 2 lemons, cut into 8 wedges each

**1** If you're using bamboo or wooden skewers, soak them in water for 30 minutes. Meanwhile, start the coals or heat a gas grill for medium direct cooking. Make sure the grates are clean.

**2** Cut the chicken into 1-inch pieces, toss with the oil, and sprinkle with salt and

pepper. Alternate the chicken, sausage, and lemon on the skewers, packing the food fairly tightly. (You can assemble the skewers several hours ahead, cover, and refrigerate until ready to grill.)

**3** Put the skewers on the grill directly over the fire. Close the lid and cook, turning the skewers several times, until the chicken and sausage are no longer pink in the center, 8 to 12 minutes total. (Nick with a small knife and peek inside.) Transfer to a platter and serve.

**PER SERVING:** 338 Calories, 17g Fat (5g Sat.), 124mg Chol., 1g Fiber, 41g Pro., 5g Carb., 1g Sugar (0g Added Sugar), 745mg Sod., 3mg Iron, 38mg Calcium

WHAT I WISH  
I'D KNOWN

# Bryce Dallas Howard

**When I was younger,  
I was too myopic.**

I would compartmentalize strategies for parenting, health, and career. I would look at them independently, when actually it's all about figuring out the dynamics between your main priorities and trying to balance it all. When you're young, you learn one thing at a time, but as you get older, everything happens at the same time. If I could've integrated thinking about my health and career, then I probably would've slept more!

**No one wants to hire an asshole.** Nobody. Ever. Being a good person and having an excellent attitude will do more for your career than anything. I've seen the payoff of having integrity. I remember people being great 30 years ago, and then you see where they are today—it's not an accident!

**As a mom, alone time is everything.** With my firstborn, I thought that if he wasn't physically on me all of the time, I was hurting him. But truthfully, I needed a second to myself. In fact, I needed more than a second.

**You can have health at every size.** It's about how you feel, not how you look. Instead of trying to control the size of my body, I tap into what I need. Sometimes I need movement, sometimes I need rest. Sometimes I need nutrition, and other times I need delicious meals and treats to celebrate. ■

Howard, 37, stars in *Jurassic World: Fallen Kingdom*, in theaters June 22.



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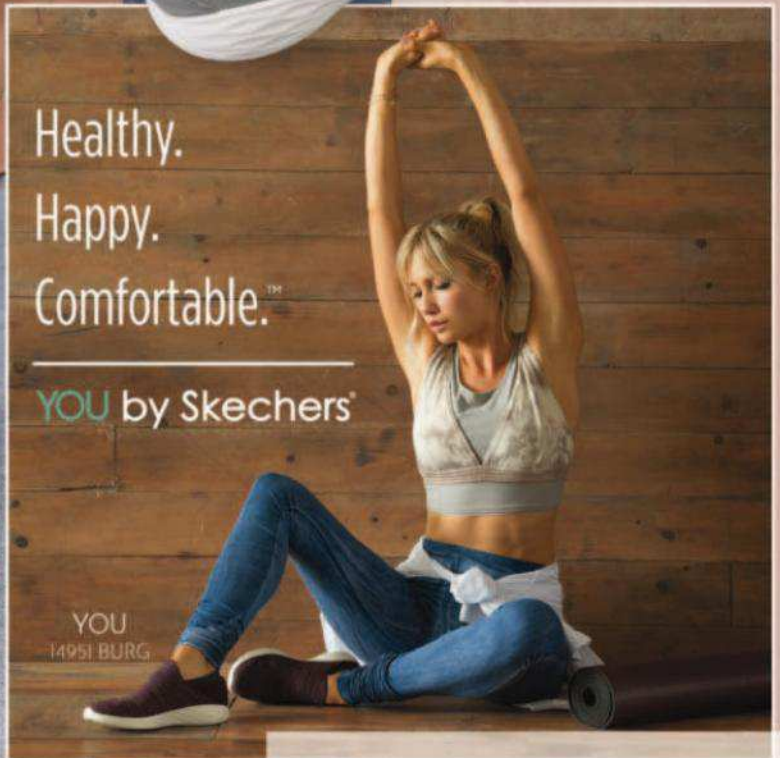


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