

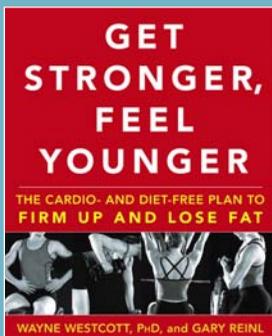
## AVOID A BELLY BULGE

If you're feeling bloated, the last thing you want to do is go for a run, hit the gym or (gasp!) put on a bikini. But working out actually helps reduce the gassiness you feel. Here are some food tips too: **PASS** on the milk. If you're having a problem digesting the sugar lactose in dairy, get your calcium from yogurt or aged cheese. Many people can tolerate these. **PASS** on the diet soda, for two reasons: both the bubbles and some sweeteners can bloat you. **PASS** on the high-fat food. Fried food, fatty meats and creamy sauces could be the culprit.

- MAYO CLINIC HEALTH LETTER

## BOOKS & HOOKS

Get Stronger, Feel Younger



by Wayne Westcott, Ph.D. and Gary Reinsel (Rodale, 2007)

**THE PLUS:** Most diet books have a gimmick behind them. While the title hints at that, the introductory pages actually explain what happens to your body as you age; how exercise and diet can reverse that and keep you young, so to speak. It's like a personal trainer you can keep on your shelf.

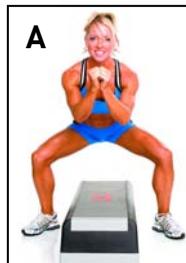
**THE CAVEAT:** The recipes (no pics) look pretty clean, but the desserts do not list the sugar content in the nutrition facts.

# » Blast Fat, BUST BOREDOM

Pop squats sound fun, and they are; you won't be bored with this move. Think of it as plyometric squats. Use an aerobic step to jump up and down from to get your heart rate up! Do three sets of 15 reps. Rest for 30 seconds between each set.

**SET UP:** With your feet positioned on either side of the aerobic step, point your toes slightly outward.

**ACTION:** Lower your body as if you're about to sit in a chair. Your thighs should be almost parallel with the floor. Push through your quads and jump onto the step, landing on the balls of your feet. Jump back to the floor and repeat for remaining reps.



**» SQUAT TIP**  
THE LOWER YOUR BUTT GOES WHEN YOU SQUAT, THE MORE INTENSE THE MOVE BECOMES.



KEEP YOUR HEART RATE UP!

## Perfect for You, Everyone

While you may be brushing up on your *Sex and the City* box set for the release of the movie, here's another box set you should watch: *The Secret To Weight Loss* Vol. 1 & Vol. 2, \$35, and the new DVD, *Pilates Weight Loss Boost*, \$15 (STOTT PILATES, stottpilates.com). Pilates is great for all ages and fitness levels, reports the journal *Rehab Management*. **"The nature of the exercises and equipment used keeps stress off the joints while strengthening muscles,"** says Moira Merrithew, co-founder and executive director of education for STOTT PILATES in Toronto, Ontario, noting that this type of training builds lean muscle, particularly in the core. "To lose and keep the weight off you need to increase your basal metabolic rate – the rate your body burns calories when it's resting. The more muscle tone you have the faster you will burn calories."

Girls who think they're unpopular in school gain more weight later on as women than their classmates.

- ARCHIVES OF PEDIATRICS & ADOLESCENT MEDICINE

