

fitness

mind, body & spirit



Get Slim & Strong

Our 28-day plan

- Sculpt your abs
- Burn extra calories
- Have more energy, too!

Ice Cream? Chips? Chocolate?
**4 ways to beat your
food addictions**

**Find the cardio you'll
really stick with p.27**

**THE NICE GIRL'S
GUIDE TO WINNING**
(okay, maybe not
always so nice)

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**90-SECOND
STRESS
ERASER**

**BANISH
BAD HAIR
DAYS**

**WE TRIED 'EM
10 best
exercise
DVDs**

**Small diet
changes,
awesome
results**

**BODY
CONFIDENCE**
You deserve it
How to get it

Dog owners go to the doctor less often and are less likely to take hypertension medication or have sleeping difficulties, high cholesterol or heart problems.

 DO IT NOW

Unleash your stress

HERE'S A DOGGONE GOOD DE-STRESSOR: Research suggests that petting a dog slows your heart rate and lowers blood pressure. James Jacobson, author of *How to Meditate With Your Dog* (Maui Media, 2005), offers the following tips for blissing out with your bichon. Have your dog sit on your lap. Place your hands on her, close your eyes, and match your breathing to your dog's. "You get to bond with your pet while taking your mind off errands and work," says Jacobson.

Guarantee good karma

Start the new year on an enlightened path by following the advice adapted from *Instant Karma* by Barbara Ann Kipfer (Workman, 2003). The book contains nearly 9,000 tips for achieving greater harmony. Some of our favorites: Hide all the clocks in your house for one day; state affirmations in the present tense, as though they were already true; and give a gift anonymously.

Use your head

Want to appear more competent and assertive in photographs? Think face first. Studies have shown that we form higher opinions of people whose heads, rather than their bodies, are more prominent in pictures. Experts call this tendency face-ism, and it's something to keep in mind when submitting photos of yourself for use on professional Web sites or official biographies.

68%
of women say, "You could never pay me enough to take my boss's job."

Ajilon Professional Staffing Survey