

Health

5 foods for younger skin

BUY THIS
to fight
BREAST
CANCER!
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**BURN
MORE
BELLY
FAT!**

» Best-ever tricks

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BREAST CANCER NEWS

**Lifesaving advice
from REAL women**

**Boost your butt
in just 5 minutes**

**AGE-PROOF
YOUR
MEMORY**

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**#1
way to
stop
late-night
cravings**

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**SLEEP
GREAT**
With this
ANCIENT
secret

**SOPHIA
BUSH**
How she stays
slim & fit ...
without dieting
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**Got a cold?
The new
natural cure**
It's on page 16

\$3.99US \$5.50CAN



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Health.com
October 2008

TRY THIS

Spin off your batwings



Your favorite cardio routine may tone your legs, but what about your arms? To banish

those jiggly batwings from your upper arms, sign up for *Kranking*, the new class from Spinning creator Johnny G. Your arms do the pedaling on a *Krankcycle*, which helps firm up your triceps, biceps, shoulders, and back. You may feel really pooped at first, but your endurance will increase quickly. Classes are offered at Club One Fitness locations around San Francisco, The Sports Club/LA in Boston, and Reebok Sports Club/NY in New York City, as well as at select gyms across the country. For a complete list of locations, go to www.krankcycle.com.

Fight Fat

Learn how to use kickboxing to trim down at Health.com/kickbox.
Health.com

HOT MOVE

Tighten up: Tired of constant crunching? This simple move will trim your belly in just one month.



A tighter tummy—without crunches

To take inches off your waistline with the “Bridge Opposite Arm-Leg Reach” from *10 Minute Solution: Quick Tummy Toners* (Anchor Bay, 2008; \$14.98), the new DVD from fitness expert and teacher Jessica Smith.

- 1 Lie faceup with your left knee bent, left foot flat on the floor, and right leg extended toward the ceiling. Reach toward the ceiling with your left arm and keep your right arm down by your side.
- 2 Without moving your hips or shoulders, open your raised leg to the right and raised arm to the left (shown above). Now, concentrating on your abs, return your raised leg and arm to the center. Do 10–12 reps, then switch sides and repeat.
- 3 Do this move 2–3 times a week. You should have a flatter tummy in 4 weeks.

>>> **MORE SOLUTIONS:** For more great tricks to flatten your stomach, see “Bye-Bye Belly” on page 41.



GREAT GEAR

No more sweaty toes

Now toe socks are more than just cute: The glovelike **Micro Tetratsock** (available in white, pink, and black, \$12; www.injinji.com) from

San Diego-based Injinji is the perfect antidote for sweaty, sore feet. Featuring a separate spot for each toe and moisture-wicking fabric, these socks keep your whole foot cool and prevent blister-causing skin-on-skin contact between your toes. Our tester raved about the cozy feel and snug fit.



news watch

Walking soothes IBS

If you suffer from irritable bowel syndrome (IBS)—a condition that's common in women—exercise may be the last thing on your mind. But maybe it shouldn't be. British researchers found that people with IBS who walked regularly for 12 weeks reported less-severe symptoms, particularly constipation. Exercise may also be useful in curbing depression and anxiety linked to IBS.