

Gorgeous skin
at 30, 40, 50+

Health

Walk
off
belly
fat!

Best new
plan for you

**BREAST
LUMPS**

When NOT to worry
Page 148

Curb your
cravings
for hours

Is it a
pimple
... or
staph?

PHOTOS, page 98

**MARCIA
CROSS**

Her happy,
healthy new life
Page 140

Lose your
last 10
pounds!

#1 secret inside

**GET STRESS
HEADACHES?**

Try our magic move
Page 109



March 2008 Health.com

153 anti-aging tricks
that really work

Diet Now

Health.com
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than 40 diets at
Health.com/dietguide.

NEWS WATCH

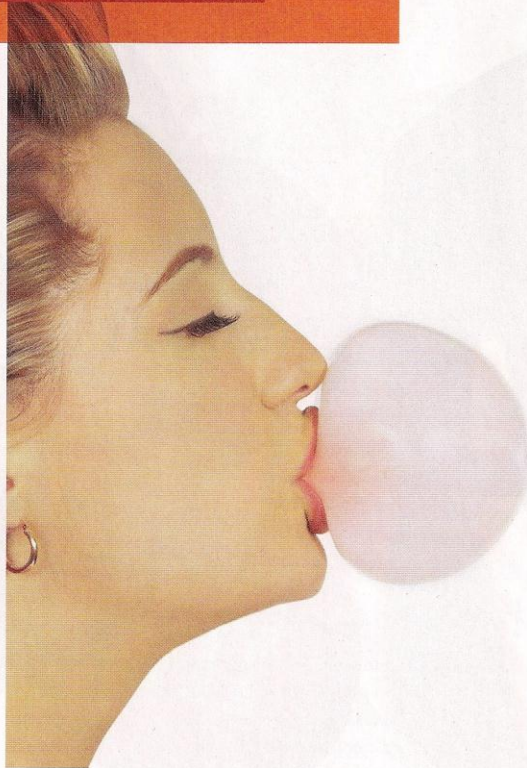
● The secret to staying thin forever

Here's why that svelte friend who looked great at 30 still looks fabulous at 45: She rarely misses a workout. In a study sponsored by the National Heart, Lung, and Blood Institute, people who exercised at least 30 minutes per day from their 20s through middle age gained little or no weight and maintained their body mass index (BMI), regardless of what they ate. Can't find the motivation to work out every day? Jazz up your routine with a new home-fitness prop, such as the **Equalizer** (left; \$99 at www.lebertequalizer.com), a lightweight bar that helps strengthen your core.



● Bad news for "healthy" entrees

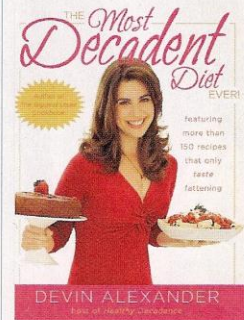
Ordering lighter fare at restaurants could set you up for calorie overkill. A study in the *Journal of Consumer Research* found that people who choose healthful menu options often sabotage their choices by adding high-cal drinks, side dishes, and desserts. To stay on track, eat at least three to five ounces of lean protein (about the size of a deck of cards), such as fish or chicken, says Lisa Dorfman, RD, a spokesperson for the American Dietetic Association. That'll help you feel full and resist temptations. And instead of adding cheese fries, add a baked potato sprinkled with a bit of Parmesan.



Chew away hunger

Pop a piece of sugarless gum into your mouth before heading to the vending machine. Scottish researchers found that this simple trick may reduce your snack intake by 25 calories. Chewing seems to trick you into feeling fuller.

WISE WORDS



"I just love chocolate, so I spike my breakfast smoothies and oatmeal with cocoa powder, which has 1 gram of fiber per tablespoon. That may not sound like a lot, but it adds up. Thanks to cocoa powder, my 'Cleaner' Mud Pie has only 210 calories and 3 grams of fat, but 4 grams of fiber."

—DEVIN ALEXANDER
Author of *The Most Decadent Diet Ever!* (\$20; Broadway Books, 2008).
Visit Health.com for Alexander's dreamy pie recipe.

SNACK SMART



high vs. low



Häagen-Dazs Coconut Sorbet

170 CALORIES PER SERVING

Sorbet has fewer calories than ice cream, right? Not if you're snacking on this one. It's creamy and rich ... and fattening!

Breyers All-Natural Strawberry Ice Cream

120 CALORIES PER SERVING

Real ice cream that isn't calorie-heavy? Yes! This one is 100-plus calories lighter per serving than other premium ice creams.