



Healthy You

{ 3 small steps }

Stress-Less Mornings

Boost your well-being with these simple tweaks to your A.M. routine.

1 SPEND 5 MINUTES ON THE PORCH

Exposure to sunlight improves your energy (thanks to extra vitamin D production) while also increasing melatonin for better sleep at night.

2 EAT BLUEBERRIES AT BREAKFAST

The berries are associated with a mood hormone that can help you cheer up when you're feeling sad. Bonus: They're also packed with healthy antioxidants that may prevent cancer.

3 HAVE ANOTHER CUP OF COFFEE

People who drink three or more cups of coffee a day may have a 37% lower risk of type 2 diabetes compared with those who sip less than a cup. Researchers believe a compound in the brew improves how your body processes sugar.

SOURCES: Shilpa Bhupathiraju, PhD, research fellow, Harvard School of Public Health. John Salerno, MD, author, *Fight Fat with Fat*.



TOP RIGHT: LWA/DANN TARDIF/GETTY. BOTTOM LEFT: SHUTTERSTOCK.



Slim-Down Mealtime Trick

Instead of focusing on *when* you eat, concentrate on what's on your plate. A new study suggests women's weight loss is the same whether they eat five small meals spread throughout the day or fewer larger meals.

What *does* matter: the total number of calories you take in.

SOURCE: Milan Piya, PhD, obesity clinician and researcher, Warwick Medical School and University Hospitals Coventry, UK

{ Healthy family }

THE TEST YOUR TEEN NEEDS

One in five teenagers has abnormal cholesterol levels. To keep your child in the clear, make sure he or she is screened between the ages of 17 and 21. If the reading is high, your doctor may suggest lifestyle changes like increasing exercise or limiting fast food. Schedule a follow-up for three months later to make sure the numbers are improving. ♥

SOURCE: Sarah de Ferranti, MD, director, preventive cardiology program, Boston Children's Hospital



Power Couples

These foods are healthy when eaten on their own, but as a team they work overtime to deliver even more benefits. ♥



CANTALOUPE



ALMONDS

Carotenoids, a nutrient found in orange-colored fruits and veggies as well as leafy greens, are better absorbed when paired with foods high in monounsaturated fats, like nuts, avocados and peanut butter.



OLIVE OIL



SALAD GREENS

The fatty acids in the olive oil combined with certain compounds in nitrate-rich vegetables (like lettuce, celery and carrots) can protect you from hypertension, according to a recent study.



GREEK YOGURT



BANANA

Probiotics, the live bacteria found in some yogurts, may boost digestion. But to do their job properly, they need to feed off prebiotics, a type of carbohydrate found in bananas and whole grains.

SOURCE: Marisa Moore, RDN, spokesperson, Academy of Nutrition and Dietetics



TOMATOES



BLACK BEANS

Pairing foods high in vitamin C, such as tomatoes or peppers, with non-meat sources of iron (like beans or tofu) helps your body take in as much iron as possible—a must for women.

{Shape-up shortcut}

TUMMY TONING MADE EASY

Strengthen your core in just one move.



Boat pose

Start seated with knees bent and feet flat on the floor. Keeping spine straight and abs engaged, lean back slightly and lift feet, bringing shins parallel to the floor. Place hands under thighs and hold pose for 30 seconds.

SOURCE: Kristin McGee, certified personal trainer and spokesperson, C9 by Champion at Target. Move demonstrated by health editor Rachel Morris.

{Sleep better tonight}

BED MAKEOVER

Experts advise replacing your mattress as often as every seven years, since worn-down padding can lead to aches and pains that keep you up at night. Not ready to shell out for a new bed? Try a memory foam mattress topper (\$50 and up; amazon.com). It adds a layer between you and an older mattress's uncomfortable pressure points and helps prevent the tossing and turning that disrupts sleep.

SOURCE: Robert Rosenberg, DO, author, *Sleep Soundly Every Night, Feel Fantastic Every Day*

CLOCKWISE FROM BOTTOM RIGHT: SHUTTERSTOCK (3); GETTY (3); SHUTTERSTOCK; GETTY; SHUTTERSTOCK; TOP RIGHT: SUSAN PITTARD/STUDIO D; HAIR AND MAKEUP BY JEN NAVARO FOR ORIBE & NARS WITH JUMP; TOP: NEW BALANCE; PANTS: C9 BY CHAMPION