

IS YOUR FRIDGE MAKING YOU FAT?

# fitness

Mind, Body + Spirit

**WALK  
IT OFF!**

- \* Burn Mega Calories
- \* Lose Belly Fat
- \* Tone Your Arms

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A dropperful is equivalent to 15 cups of green tea!

## The Sipping Point

Contrary to popular belief, chugging eight-plus glasses of water a day doesn't lead to more beautiful skin, say University of Pennsylvania researchers. But what if that H<sub>2</sub>O is enriched with skin helpers such as vitamins A, C and E, green tea and acai? That's what the new "beauty waters" are made of, promising more radiance and fewer breakouts and fine lines. "They won't magically erase wrinkles," says Leslie Baumann, M.D., a dermatologist in Miami. "But drinking these powerful antioxidants will help fight free radicals, which can lead to aging and skin cancer." Just watch out for added sugar. A FITNESS favorite: the potent, calorie-free **Dr. Brandt Antioxidant Water Boosters, \$35**, [drbrandtskincare.com](http://drbrandtskincare.com).

## real pretty recipes

Condition your cuticles, rev up your complexion, brighten your hair color (and lots more!) with these do-it-yourself mixes that require just two ingredients.

### Get Up and Glow

Energize a sallow complexion with this berry-sweet skin scrub.

#### What You Need

- 3 medium-size strawberries
- 1 tablespoon honey

1. Stem strawberries, cut into small pieces, then mash against the sides of a bowl with a spoon until softened.
2. Fold in honey and gently mix until it's evenly distributed among berries.
3. Using small circles, continuously massage the mixture into your face for 3 minutes; rinse with warm water.

#### Beauty Benefit

Gentle enough for sensitive skin types, "the natural fruit enzymes in strawberries slough the dull top layer of skin," says Jolanta Smusz, an aesthetician at Devachan Salon and Departure Lounge in New York City. It's also ideal for dry and oily skin: The honey hydrates parched patches, while the two-ingredient combo produces a mild antiseptic that can help head off breakouts.

### Polish Those Tips

Who needs lacquer? Neaten nails with juicy "finger food" instead.

#### What You Need

- 5 grapes (red ones are packed with more antioxidants than green)
- 1 tablespoon sugar

1. Slice grapes in half widthwise.
2. Dip the fleshy side into the sugar and use it to massage the skin around each nail (one halved grape per finger) for about 30 seconds each.
3. Brush away excess sugar with a soft towel and rub a dot of grapeseed oil or hand cream onto hands and cuticles.

#### Beauty Benefit

"The sugar crystals remove dead skin and hangnails, and the gentle fruit acids help exfoliate remaining raggedness," says Regine Berthelot, head aesthetician at New York City's Caudalie Vinothérapie Spa, where signature manicures begin with this treatment. In addition, the oil and cream offer the instant shine of a top coat.

## gorgeous goodies

Beat your biggest beauty challenges with these tasty, healthy snacks.

### Pearly Whites

**EAT: 1 cup low-fat yogurt.** It offers half your daily need of enamel-building calcium and has tooth-strengthening phosphorus, says Lisa Drayer, F.D., author of *The Beauty Diet*.

### Fewer Lines

**EAT: 1 cup kiwi.** It has more wrinkle-fighting vitamin C than a cup of orange segments—220 percent of your daily value, says Allison Tannis, author of *Feed Your Skin, Starve Your Wrinkles*.

### Soft Skin

**EAT: 1 cup baked sweet potatoes.** Its hue comes from beta-carotene (it has about as much as a carrot), which is converted into skin-softening vitamin A in the body, Tannis says.

### Glossy Hair

**EAT: ¼ cup walnuts.** These nuts are packed with omega-3 fatty acids, which keep the scalp flake-free, as well as copper, a mineral that naturally helps strands shine, says Drayer.

### A Dewy Glow

**EAT: 1 cup hot cocoa.** Sip this to get twice the amount of antioxidant flavanols as you would from a glass of red wine, Drayer says. They increase blood flow to the skin for added radiance.