



## 2. Dance Away the Blues

Down days and high stress levels don't have to be a good combination. Find a good workout and you'll be feeling better in no time. Dance is a great way to get your heart rate up and your mood up. It's a fun way to get your heart rate up and your mood up. It's a fun way to get your heart rate up and your mood up.

## 3. Eat This, Tame PMS

When PMS strikes, satisfy your sweet and salty cravings with this healthy Happy Trails Mix from Health nutrition guru Frances Largeman-Roth, RD. One 200-calorie serving is big on appetite-boosting fiber and protein, as well as calcium, magnesium, and vitamin B<sub>6</sub>—all thought to ease symptoms like bloating, breast pain, and mood swings.

### Happy Trails Mix

Makes 4 servings

- 1/2 cup almonds
- 1/2 cup fortified whole grain cereal (such as Total)
- 1/2 cup freeze-dried berries (dried)
- 1/2 teaspoon dark chocolate chips

Combine all ingredients in a medium-size bowl. Divide into 4 portions and package into 4 small zip-top bags or airtight containers. Can be stored for up to 2 weeks.



## 4. Stretch Out Those Travel Kinks!

Cramped airplane seats and long car rides can leave you feeling achy, irritated, and all cramped up. Fight back, says exercise physiologist Michele Olson, PhD, with these simple stretches.

**Knee Hugs** While seated, bring right knee up toward chest, wrap arms around it, hold for 15 seconds.

**Shoulder Straps** Move them up and down 10 times. **Deep Breaths** Sit up straight and put hands behind head. This opens the chest and makes it easier to take a few deep breaths.

**Neck Twists** Rotate head to right, look over shoulder and hold for a count of 5.

## 5. Painkiller Warning Just for Women

**Scary news:** Johns Hopkins University reports that deaths from prescription painkiller poisoning more than tripled among women ages 45 to 64 in a recent 10-year period. Before you use hydrocodone (Vicodin) or oxycodone (OxyContin) combos, talk to your doc about non-drug options.



## 6. Our Holiday Eco-M

Christmas is up with lights and decorations. 2013: 90 percent in energy-efficient households. By November 15.

## 7. Flat-Belly Workout Wear

Research shows that you'll be more motivated to work out if you look good doing it. Enter the Keen top from **Circulate**. An elastic mesh lining smoothes and holds in a saggy tummy, while two-tone side panels give the appearance of a smaller waist. (\$64, available in five flattering hues; ByAnew.com)

