

20 MINUTES + 6 MOVES - YOUR HOTTEST BODY EVER!

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SHINE

99+ FAB FREEBIES!

46 & SEXY!
CINDY
Her Diet, Workout & Beauty Secrets Inside

TONE YOUR TROUBLE ZONES
A Personalized Plan For Every Figure

HOW NOT TO GAIN 10 LBS THIS SEASON

BURN 100+ CALORIES
In Just 10 Minutes

Naughty or Nice?
SPICE UP YOUR NIGHTS!

ERASE THE YEARS
8 EASY WAYS

Live Healthy
NEWS

Ask the Expert
Q/Why are my feet always freezing?

A/icy extremities are very common, especially among women—possibly because we have less muscle and thinner skin, says Cristin Newkirk, M.D., a family care practitioner at the Marshfield Clinic in Wausau, WI. Usually this is nothing to worry about, but if you're also experiencing pain, numbness, or changes in skin color (your toes might look red, white, or purple), you may have Raynaud's phenomenon, in which cold temps trigger blood vessels to constrict and impede blood flow. While it's not generally dangerous, the condition is sometimes associated with autoimmune disorders, says Newkirk, so you should get checked out. If extra-warm socks don't do the trick, you may need a medication that promotes circulation by dilating your blood vessels.

Stay-Well Strategies
When it comes to fending off winter ailments, sometimes it helps to think outside the box. Check out these research-driven tips.

BE TRUTHFUL
People who were told to avoid lifting were less likely to experience sore throats and headaches than those who were given no instructions, according to a study from the University of Notre Dame. Lying may stress you out and impact your immune response.

HANG WITH KIDS
Surprise! Your children could be keeping you healthy. Researchers at Carnegie Mellon University found that parents had a 47 percent reduced risk of catching a cold compared with childless adults. They theorize that having offspring provides a sense of purpose and fosters positive feelings, which are associated with a greater resistance to viruses.

SEEK OUT
A new study published in the *Annals of Family Medicine* shows that adults who committed to a mindfulness meditation program were 53 percent less likely to develop an upper respiratory infection than those who didn't.

SON GUARD! THE FLU VIRUS CAN TRAVEL UP TO 6 FEET THROUGH THE AIR

WRISTED DEVELOPMENT →
Medical alert tags are lifesavers, but they've rarely been fashionable. Now women who need to sport one because they have severe allergies or a condition like diabetes can feel chic with this Shamballa-style pavé crystal bracelet (\$50; hopepaige.com). It features eight dazzling beads, plus a personalized stainless steel plate for your must-know health info. Brilliant!

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