

June
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healthwise

looking good • feeling good

ANNUAL
SPA
ISSUE

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yourself
body•mind•spirit
spa locator

Shape Up in
6 weeks

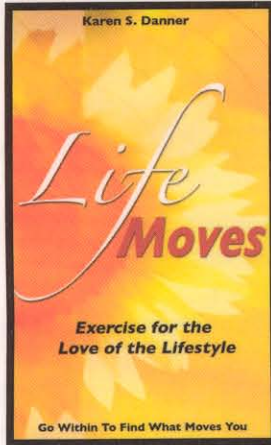
BEST KEPT
WEIGHT LOSS
SECRET

Take a
beauty
break

ACTRESS & ENTERTAINER

cybill shepherd

breaks her silence



find what moves you

Whether you're a sedentary couch potato or an avid athlete, it's time to embark on a journey to happiness and wellness with Karen S. Danner. In her new book, *Life Moves*, Danner inspires people to make a lifestyle change and connect with exercise.

Bringing love, joy and life into the experience, Danner creates a connection between feeling good with your exercise and feeling good about life, opening the world to possibilities of enjoyment through movement.

For more information, visit loveyourselfwell.com



a better jogger

Sticking to an exercise schedule is as easy as a jog in the park for active parents with a high performance jog stroller from Baby Jogger™. The leading designer and manufacturer of jog strollers for more than two decades, the company has unveiled the Q-Series Stroller. Designed for the comfort and safety of parent and child, the lightweight stroller is equipped with a patented Quick Folding System, which enables users to fold the stroller in half with one quick and simple lift of a strap. Visit babyjogger.com.

maintaining peak performance

Longer, more intense workouts and competitions call for a sports drink that can more fully replace the substantial fluids and electrolytes lost over extended periods of activity. To meet this need, the Gatorade Sports Science Institute has developed Gatorade Endurance Formula, a specialized sports drink with a five electrolyte blend containing nearly twice the sodium (200 mg) and three times the potassium (90 mg) of Gatorade Thirst Quencher.

To learn more about hydration and performance, visit gssiweb.org. For more information on Gatorade Endurance Formula, log on to gatorade.com.



fight cancer with exercise

"Growing evidence suggests that physical activity is a primary means of preventing cancer," says Melanie Polk, RD, director of Nutrition Education at the American Institute for Cancer Research. "This means that something as simple as moving a little more can help forestall one of the most frightening illnesses that confront us as we grow older."

How much exercise? AICR's expert panel report, *Food, Nutrition and the Prevention of Cancer: a global perspective*, recommends one hour per day of moderate activity and one hour a week of strenuous activity.

"As you try to fit more physical activity into your schedule, take that recommendation as an ultimate goal. But start by doing a little more each week," says Polk. "Inactivity raises your risk of cancer, but every little bit of added activity can be protective."

talk it through

If you can comfortably speak during exercise, you are probably working out at an acceptable intensity. New research, published in *Medicine & Science in Sports & Exercise*, the official scientific journal of the American College of Sports Medicine, provides further evidence that the "talk test" can determine appropriate levels of exercise intensity and set markers to avoid overexertion.

The researchers concluded that people can use the talk test to meet their health and fitness goals, while reducing the risk of injuries or other complications from overexertion.

This information is provided by the Medical Society of the State of New York (MSSNY). For more health-related information and referrals to physicians in your community, contact your local county medical society.

keeping pace

How do you ensure your workout is at the right speed to burn the most calories? Walking to a controlled beat can significantly increase your intensity and distance on a routine 30-minute walk, resulting in more calories burned, according to Kenneth H. Cooper, MD, MPH, who introduced a new concept to America when he published his first bestseller, *Aerobics*, in 1968. Walking CDs in three intensity levels are available from Cooper Certified Hit Music. To find out which intensity level is best for you, visit mywalkingmusic.com.

