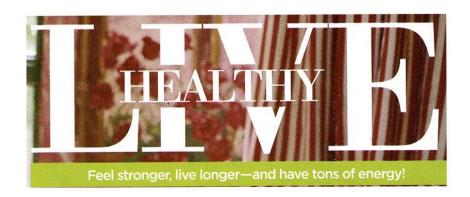
## THE DRUG-FREE HEADACHE CURE: IT WORKS! 10 SHAPE MINUTE YOUR TONE UP LIFE MOVES **MARISA** LOVE YOUR BODY & SHE STAYS **BEACH** YOURSE **READY YEAR ROUND! CONFIDENCE BOOSTING LESSONS** 5 WAYS TO **BURGERS PIZZA** & FRIES THAT **WON'T** STICK TO HINT: YOUR THIGHS! THEY'RE **PAGE 182** IN YOUR MAKEUP BAG FLAT ABS, **PAGE 188 KILLER L** IS IT HELPING OR HURTING YOUR LOVE LIFE? February 2011 Shape.com **SCULPT YOUR BEST BODY YET!** \$4.99 U.S. \$5.99 Canada Display until February 21, 2011



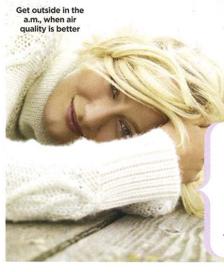
## the surprising new diabetes threat

Breathing in pollutants not only harms your lungs, it can also raise your risk for diabetes.

A recent study published in the journal *Diabetes*Care shows that people who live in a neighborhood with air quality that was slightly below the Environmental Protection Agency's limits were 20 percent more likely to develop the disease than those in less smoggy areas.

Although researchers weren't certain of the exact cause, previous research shows that inhaling fine particles of pollution can lead to chronic inflammation and insulin resistance, both of which can cause diabetes. To stay safe, research your city's air quality on airnow.gov and

avoid outdoor workouts on high-risk days. Also invest in a home HEPA air purifier to remove pollution, and replace the filter every six months.



## WIN IT!

Ten lucky readers will receive a Honeywell Compact Tower Air Purifier (\$90; target.com). Log on to shape .com/giveaways for more information.

