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PAGE 73

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PAGE 46

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**CONTEST**

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PAGE 22

HOW PILATES HELPED A READER OVERCOME TUMMY TROUBLES FOR GOOD

PAGE 36

**DANCING WITH THE STARS'**

# PETA!

**MURGATROYD**

"I RELY ON PILATES. IT KEEPS YOUR BODY STRONG!" PAGE 40

**PLUS: HER GO-TO ROUTINES!**

# 14

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# sizzling summer apps

Swing full force into the season of sand and sun with these hot-weather apps that are perfect for your healthy lifestyle.



**iMapMyRide** tracks the distance, time, pace, speed and elevation of your cycling workout. It also syncs with your GPS to record biking routes and uploads your bike time data to the web (free; Blackberry App World/Apple App Store/Android Market, Blackberry/iPhone/iTouch/iPad/Android).

**AllTrail**, which features a selection of 40,000 trail guides, allows you to browse routes in your area and view detailed hybrid and terrain route maps. Also read reviews and write your own (free; Apple App Store, iPhone/iTouch/iPad).

**GrillStar** serves up suggested cooking times, along with flip and finish alarms. The on-screen grill monitors all the food you're cooking, allowing you to track specific cooking times, and provides grilling tips and tricks (\$0.99; Apple App Store, iPhone/iTouch/iPad).

**Travel Ticker** collaborates with more than a thousand travel agencies to deliver the best and most affordable vacation deals. You can personalize deal alerts by your interests and desired destination and book hotels, flights and car rentals (free; Apple App Store/Android Market, iPhone/iTouch/iPad/Android).

—Valentina Palladino



## you're so vein

Are unsightly leg veins keeping you from strutting your stuff this summer? You're not alone, says Luis Navarro, MD, FACS, founder of the NYC-based Vein Treatment Center ([veintreatmentcenter.com](http://veintreatmentcenter.com)), who estimates that half of the American population suffers from varicose (rope-like, swollen veins) or spider veins (web-like, broken capillaries).

Although lack of exercise can be to blame, even if you're doing Pilates all-day, everyday, you might still have the purple stuff. "Genetics plays the major role in the development of varicose and spider veins," says Dr. Navarro. "Additionally, pregnancy, the use of birth control pills or hormones (HRT) and prolonged periods of standing can accelerate veins' appearance and severity."

Luckily, nowadays, there are treatment options available. And to help us find the most effective one, we called on identical twin Pilates instructors, Kimberly and Katherine Corp, who admittedly suffer from the veins. We sent Kimberly to Dr. Navarro, while Katherine put all-natural products to the test. Here's what they found:

**Treatment** Sclerotherapy (for spider and small to medium varicose veins) and EndoVenous Laser Ablation, EVLA (for larger varicose veins)

**How it works** "Sclerotherapy consists of the injection of a chemical solution into the vein, which collapses the vein, making it disappear and rerouting venous blood to healthy veins. EVLA is where a laser is passed through the vein and energy is used to seal the vein," explains Navarro.

**Pros** "I absolutely loved it," says Kimberly. It's very safe and the probability of experiencing an allergic reaction is rare; most patients respond with at least an 80 to 85 percent improvement.

**Cons** "After the treatment, you can't exercise for 12 hours and must wear compression stockings for two days, but this didn't bother me. And there is bruising."

**Ouch Factor** A jet of cool air numbs the skin during treatment, but "it feels like a little sting from a needle."

**Cost** Treatments at The Vein Treatment Center include 40 injections for \$500 (average price). Ask your dermatologist to recommend a local treatment center.

**Treatment** Topical Products

**How it works**

**Dermelect Cosmeceuticals' Vacial Spider Vein Treatment** contains grape seed extract, horse chestnut and vitamin K, which increase microcirculation and the strength of vein walls.

**Bath by Bettijo Sisal Body Dry Brush** stimulates the growth and repair of the tissues by increasing blood flow to the area.

**Derma E Clear Vein Crème** has horse chestnut, grape skin extract and Pycnogenol to help strengthen blood vessels, increase circulation and reduce pain and inflammation.

**Pros** Treatment is done in the privacy of your own home for very little cost.

**Cons** "I did see some fading, but the results weren't permanent," says Katherine.

**Ouch Factor** The creams were painless, but the brushing felt harsh on Katherine's sensitive skin.

**Cost** Vacial Spider Vein Treatment (\$38; [dermelect.com](http://dermelect.com)); Sisal Body Dry Brush (\$14; [bathbybettijo.com](http://bathbybettijo.com)); Clear Vein Crème (\$24.95; [dermae.com](http://dermae.com))

—Amanda Altman

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