

**BEAUTY ALL-STARS...**

Favorite Hair, Skin, Makeup Finds of 2009

# fitness

Mind, Body + Spirit

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FIRM,  
FAB!**

Ultimate Jiggle  
Busters for Abs,  
Butt & Thighs

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Snacks  
Fit Bodies  
Need**

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for Life**

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to Eat in Your  
20s, 30s,  
and 40s

*Bring It!*

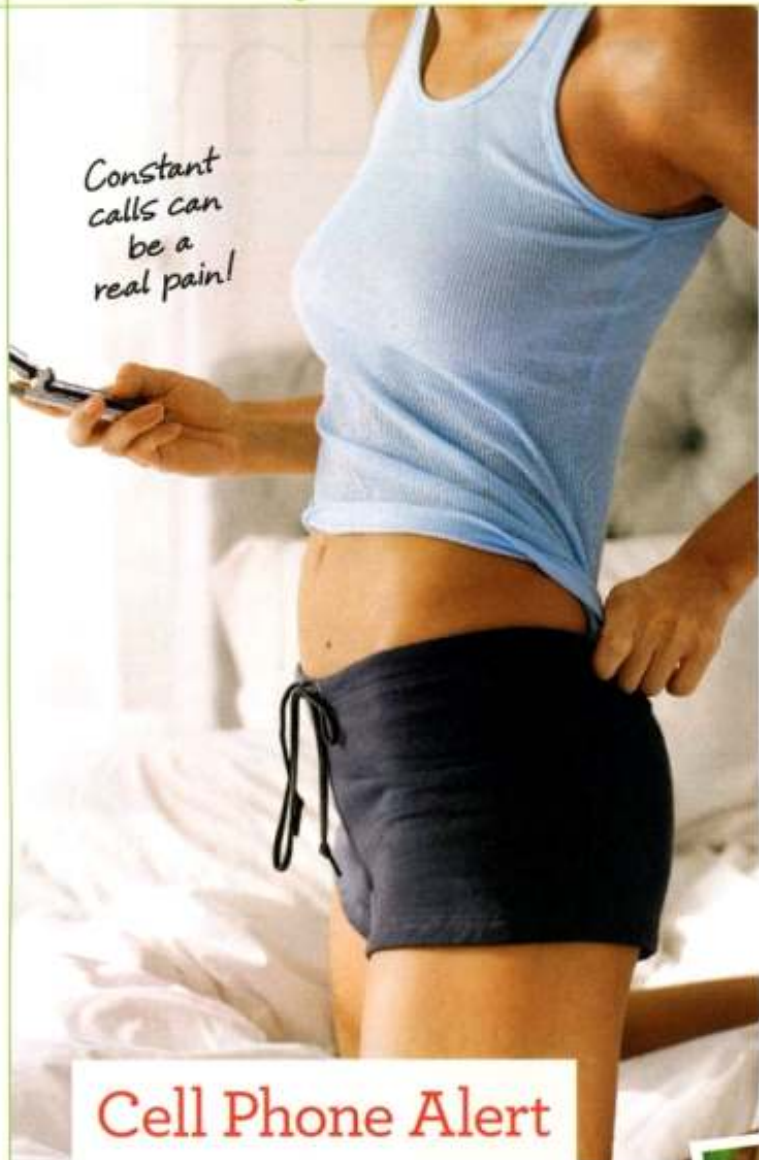
**Your  
Get-Gutsy  
Plan to Reach  
Any Goal**

**Lindsay Price**  
Her Happy,  
Healthy  
Body Secrets

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Constant calls can be a real pain!

## Cell Phone Alert

**You won't find this in the fine print of your wireless contract:** Researchers at the Cleveland Clinic note an upswing in cubital tunnel syndrome (aka cell phone elbow), an overuse injury that can be caused by holding your elbow in a deeply flexed position for prolonged periods of time (there go those rollover minutes!). "This restricts blood flow to the ulnar nerve in the elbow, which can cause a tingling sensation in the fingers and possibly arm pain," says Fabio Comana, an exercise physiologist for the American Council on Exercise. Consistent overuse may lead to motor dysfunction in your hand. Can't cut back on your calls? Wear a Bluetooth earpiece and chat hands-free. Try the Cobra Premium Bluetooth Headset (\$59.95, cobrahandsfree.com for info).



"I thought the instant gratification of a new-looking home would lift my spirits, so I rearranged my furniture and scrubbed my apartment from top to bottom. I got a mood boost—and toned biceps—from all that lifting and scouring." —Amber Allena Watterson, 30, Brooklyn, New York



"I take brisk walks every day and use my hand weights, stability ball and resistance band at home. In six months, I dropped 25 pounds." —Suzette Banzo, 41, New York City



"When I worked, almost every meal I ate was fast food or takeout. After I lost my job, I stocked up on groceries to cut costs. By cooking at home and eating more healthfully, I lost eight pounds in four weeks." —Tiffany Braxton, 33, Jamaica, New York

**Back It Up** Come on, baby, do the Loco-Motion . . . in reverse. Say what? A recent European study suggests that walking backward—instead of the usual direction—can help you problem solve faster and more effectively. Bonus: It can also tone the body parts everyone sees except you. Ready to reverse course? David Pardue, a certified trainer and manager of One2One BodyScapes in Boston, suggests these easy ways to get started.

- Set the treadmill on a 3.0 incline and walk backward for 20 minutes.
- Instead of stepping forward into your lunges, step behind and do five on each side.
- Do the backstroke in the pool for 25 minutes.

## Your Fitness Stimulus Plan

Recently laid-off healthy people are 83 percent more likely to develop stress-related ailments, such as heart disease, diabetes and arthritis, than those still employed, finds a recent study from the University at Albany, SUNY. Although stress appears to increase inflammation levels, exercise can relieve tension and improve overall health. Three readers tell how they turned layoffs into a lean leg up.

**Breathe Easier** Asthmatics who did 10 weeks of yoga improved their respiratory function, compared with non-om-sayers, according to researchers at Syracuse University in New York. Boost your lung power by doing downward dogs three times weekly.