

March 2013

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**SEXY
COOL
NEW
YOU!**

**EASY, GO
ANYWHERE
HAIR**

**FLAWLESS
SKIN**

**KILLER
STYLE**

**Keira
Knightley**

On bad
boys, going
rogue, and
loving a
rock star

**BEST SPRING
FASHION**

The season's hottest
bags, heels,
dresses & jackets

PLUS

Trends to try now!



Does Yoga Stress You Out?

You might have “relaxation-induced anxiety.” The Relaxation Sensitivity Index—devised by University of Cincinnati psychologists—reflects physical, cognitive, and social relaxation-related concerns, such as how out of control or unattractive you feel when you kick back. If your chill-out aversion makes you nervous, therapists can help, offering you incremental exposure to calming activities.



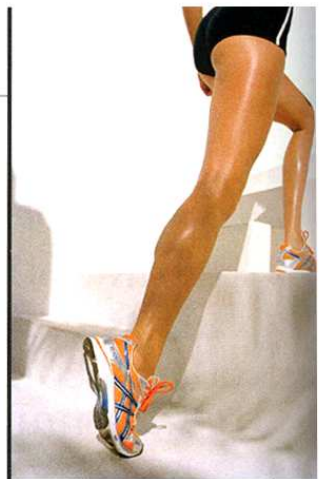
Brussels Sprouts vs. Kale

Which It veggie is more nutritious? Dr. Joel Fuhrman, who developed the Aggregate Nutrient Density Index, a calculation of a food's overall nutritional value, says kale emerges on top, scoring 1,000 out of 1,000. But don't ditch the sprouts, which clock in at 672 and offer twice as much fiber and folate as kale.

SPLASHY SITE!

(paceclub.
speedousa.com)

In addition to goal-based drills, this website lets you map a virtual swim route (say, from Alcatraz to Fisherman's Wharf) and track your progress.



Jump Into Spring

No need to jet off to Miami to melt away winter doldrums. Do these posture-perfecting moves instead, says creator Elisabeth Halfpapp of Exhale Mind Body Spa, and bask in the glow of newfound energy.

SIDE PLANK. Lie on right side with legs stacked and prop torso up on right elbow and forearm. Lift hips off floor until your body forms a straight line. Hold one count and lower. Do three sets of 10 reps per side.

PARALLEL THIGHS. Stand facing the wall squeezing a rolled towel between thighs. With knees slightly bent, arms extended and palms on the wall, hinge forward at hips. Rise onto balls of feet, engage your abs, and lower an inch. Pulse 20 times. Do three sets.

TWISTED CURL. Recline on floor, knees bent, legs hip-width apart, propping yourself up on elbows. Press lower back into floor, pull in abs, curl torso up off shoulder blades and to the left (as in a sit-up twist) while grasping outer left thigh with both hands. Release hands, reach past thighs, and hold 20 seconds. Do three sets. Repeat on other side.

healthnews

YOUR MONTHLY RX FOR EATING, THINKING, AND LIVING STRONG

By Joanne Chen



EAT THIS:

Unreal Candy, 89 cents and up (getunreal.com) Candy made from hormone-free dairy, sustainable cacao, and real caramel, offering less sugar and more protein and fiber than similar treats.

Tough Call

You make your 8 a.m. flight on an empty stomach. The only option onboard: doughnuts. Caught between two bad choices—indulge or skip breakfast entirely?—we wondered, What would a nutritionist do? Angela Lemond, a Plano, Texas, registered dietitian and Academy of Nutrition and Dietetics spokesperson, says: “Eat the doughnut. Something is better than nothing. But avoid added sugar [jelly filling, sprinkles, frosting]; scrape off the toppings, if necessary. Best would be a plain doughnut sprinkled with nuts plus a glass of milk, to get in some protein and avoid a sugar crash.”



MENTAL GETAWAY ▶

Hippocrates Health Institute Nutrition Boot Camp, West Palm Beach, Florida (hippocratesinst.org)

WHAT IT IS: An alternative health retreat offering a nutrition makeover. **STEP ONE:** A pre-arrival chat with a nurse to customize your game plan. **WHILE THERE:** Health lectures and counseling address emotional challenges; electromagnetic therapies tackle aches and pains; facials and massages soothe mind and body. **THE MENU:** Raw vegan cuisine. (Begins in March; \$3,000)



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