

THE DRUG-FREE HEADACHE CURE: IT WORKS!

# SHAPE

SHAPE  
YOUR  
LIFE

10  
MINUTE  
TONE UP  
3 TOTAL  
BODY  
MOVES

MARISA  
MILLER

HOW  
SHE STAYS  
BEACH  
READY YEAR  
ROUND!

LOVE YOUR  
BODY &  
YOURSELF

CONFIDENCE BOOSTING LESSONS

BURGERS  
PIZZA  
& FRIES  
THAT  
WON'T  
STICK TO  
YOUR THIGHS!

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5 WAYS TO  
BEAT  
THE  
WINTER  
BLUES

HINT:  
THEY'RE  
IN YOUR  
MAKEUP  
BAG

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FLAT ABS,  
TIGHT TUSH,  
KILLER LEGS!

SCULPT YOUR BEST BODY YET!

SEXTING

IS IT HELPING OR HURTING  
YOUR LOVE LIFE?

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## 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](http://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.

Get outside in the a.m., when air quality is better



### WIN IT!

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

## GET A WHIFF OF THIS!

➤ We love sipping antioxidant-rich tea drinks, but many brands are packed with as much sugar as a soda. Now there's a new way to get that hit of flavor and nutrients: **Le Whif's Breathable Vitamins** (\$8 for 3; [lewhif.com](http://lewhif.com)). Pull out both ends of the tiny canister and you'll get a hit of green, hibiscus, or wine-infused tea, along with vitamins like C, D, and E.

The wine flavor contains resveratrol



SABINE MAMAT/FOLIO-ID