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Ideas * Tips * Life with a Reality Check

Issue 2, February 20, 2009

PACKED WITH
VALUE
✓ COUPONS!
✓ PUZZLES!
✓ GREAT DEALS!

YOU CAN DO IT!
LOSE
5,10,15
pounds
forever!

A no-fuss eating plan to shed weight and keep it off

LOOK YOUR BEST



- At-home hair color
- Smart makeup tricks

HEALTH ALERT

10 Symptoms you should never ignore

Extra Savings!
Cut the costs of your favorite recipes



Family food



- Quick & healthy dinners

- Treat 'em to red velvet cupcakes



Affordable style

- Try a new look that works on your body



Feel great



- Squeeze more exercise into your day
- Treat a sore throat

Money matters

- Pay less tax and save \$\$\$ this year
- Start a home-party business

Sweet ways to share the love!

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HEALTH EXPERT
Dawn Jackson Blatner

Diet and fitness questions answered

Straightforward advice to help you stay healthy



Boost a sluggish metabolism

It seems like my metabolism has slowed down. How can I help speed it up so I can lose weight?

Your metabolism is the rate at which your body burns calories. You can increase it by doing more cardiovascular exercise such as walking, jogging or bike riding, and by adding at least two days

per week of strength training. Muscles are an active tissue, which means they burn calories even when you are sitting still. So, the more muscle you have, the more calories you burn each day.

Maximize your exercise routine

I'm wondering how I can get the most effective workout on a stationary bike. Should I pedal a long distance or go for a shorter ride at a higher resistance?

Both methods of physical activity can be beneficial, depending on what you're looking to get out of your workouts. Longer bouts of exercise build stamina and help you recover from higher-intensity workout sessions. Exercising for a short period of time, on the other hand, helps you

expend more calories per minute and strengthens your heart. For the best results, alternate between the two. Use this as a rule of thumb: When you have the time to spare, do longer and more moderate-intensity workouts, but on busier days, pedal harder for a shorter period.



Keep your children healthy

Are there immune-boosting foods I can give my kids to keep them from getting sick?

Absolutely! Feed them:

- **Red bell peppers:** This easy snack has double the immune-boosting vitamin C of an orange.
- **Low-fat unsweetened yogurt:** This healthy treat contains probiotics (good

bacteria), which defend against germs that can cause tummy troubles.

- **Sweet potatoes:** They are high in beta-carotene, which is converted into vitamin A, a respiratory-infection fighter.



Dawn Jackson Blatner is a registered dietitian and a spokeswoman for the American Dietetic Association.

Here's a taste of a day on
The Special K Challenge.™

MEAL 1: Red Berries Cereal



SNACK 1: Raspberry Bliss® Bar



MEAL 2: Salad with Grilled Chicken



SNACK 2: Mixed Berry Protein Water



MEAL 3: Red Berries Waffles

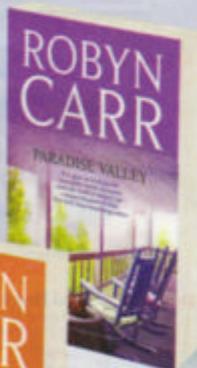


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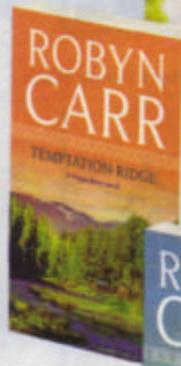


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VIRGIN RIVER
WITH A
BREATHTAKING
NEW TRILOGY FROM
NEW YORK TIMES
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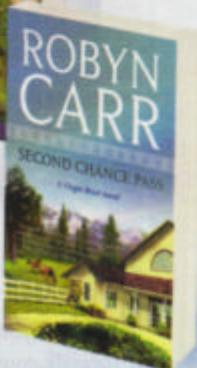
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Ward off excess baby weight

Q I'm expecting my second child and would like to avoid piling on the pounds this time around. What types of exercise can I do?

Check with your physician first, but most women can maintain the same exercise program they had before pregnancy because most exercises are thought to be safe for mom and baby. However, there are a few don'ts: Avoid heavy weightlifting because you might strain your back muscles. Don't walk or bike on rocky or uneven terrain; your joints are more flexible when you're pregnant, which increases your chances of spraining an ankle. During your second and third trimesters, choose activities that don't involve lying flat on your back (you don't want to decrease blood flow to your womb). Pending your doctor's permission, walking, jogging, low-impact aerobics, swimming, stationary cycling and light weight-training are all activities you should be able to do.



Determine your calorie needs

Q How can I figure out how many calories I should be consuming every day?

To maintain a healthy weight, most women 31 to 50 years old need 1,800 calories each day if they don't exercise much and 2,200 calories daily if they are active. The Mayo Clinic's online calorie calculator (click on "Health Tools" at mayoclinic.com) can help you determine a more precise number based on

your height, weight and activity level. If you want to trim down, you can lose about 1/2 to 1 pound per week by subtracting 250 to 500 calories each day. Another resource is mypyramid.gov, which is run by the federal Department of Agriculture. You can use the site to design a personalized eating plan.

Overcome arthritis pain with exercise

Q I have osteoarthritis in my knee. I'd heard swimming helps but I can't get to a pool. What do you suggest?

You have a couple different options. First, try using a stationary bike, because it won't put pressure on your knee. If that's not an option, walk slowly for a short time each day to get accustomed to exercise. Then, gradually build up your speed and duration. The Arthritis Foundation (arthritis.org) is an

excellent resource. The organization has created both an exercise DVD called *Take Control with Exercise* (\$20), and an audiotape, *Walk with Ease* (\$10). Type in your zip code on the foundation's Web site to find arthritis-focused exercise classes at a gym or other health care facility in your area.



Ask All You... Have a question? Write to us at health@allyou.com.