

People

**Housewife
in Handcuffs**
COUNTESS LUANN'S
ARREST & REHAB



THE GETTY FAMILY CURSE

Money, Drugs & Madness

January 15,
2018



**LOST
150
LBS.**



**BEFORE
280 LBS.**

**THE
People
INTERVIEW**

Hoda & Savannah

HOW SIX
WOMEN LOST
**HALF
THEIR
SIZE**



**Plus!
MAMA JUNE**
I lost 300 lbs.
—and kept
it off!

'OUR HEARTS WERE BROKEN'

Today's new coanchors open up about their friendship,
Matt Lauer and starting over after scandal

19-23

FOODS THAT FIGHT INFLAMMATION

Oil-y Fish like Salmon, Tuna and Sardines

These types of fish fight chronic inflammation, which is the body's long-term response to toxins. Chronic inflammation can cause health issues like atherosclerosis.

Dark Leafy Greens

In addition to fighting inflammation, spinach, kale, Swiss chard and broccoli have calcium, iron and vitamin E.

Virgin Olive Oil

A study found olive oil's oleocanthal to have effects similar to those of ibuprofen.

Garlic and Onions

Organosulfur compounds in garlic and quercetin, a flavonoid in onions, may help prevent inflammation. For the greatest benefit, pick red or yellow onions.

Nuts Packed with antioxidants, nuts can help repair damage caused by inflammation.

28. Try YogaGlo
Choose from 4,000 online yoga classes. \$18 a month at yogaglo.com.

29. Work Out with Wireless Headphones
The Jaybird X3 won't get tangled. \$99.99; jaybirdsport.com

30. Keep Your Bedroom Cool
Optimal temp: 60-67 degrees.

24. Shop the Perimeter of the Grocery Store
Processed foods are kept in the middle aisles of the store, while vegetables and whole foods tend to be on the ends.

25. Make Healthy Smoothies
Green Blender ships fresh ingredients and recipes. \$49 a week at greenblender.com.



26. Don't Sleep in Contact Lenses
Avoid infections that can damage your eyesight.



30

GET STAR WARS WORKOUT GEAR

A must-have for every Star Wars fanatic! The franchise inspired a new line of fitness faves in the form of Darth Vader kettlebells, Death Star medicine balls and Han Solo yoga mats. \$199.95, \$74.95 and \$64.95 at onnit.com.



35. Take a Break from Social Media
A recent survey found some platforms can worsen anxiety, depression and FOMO.

34. Feel Fit in Franne Golde's Perfect Black Pants
These have a cult following since they flatter in the right places while remaining comfy. \$118 at frannegolde.com.

37. Set a Sleep Schedule
People who go to bed and get up at the same time each day feel the most rested.

38. Get a New Fitbit
The wearable device got a major upgrade this year with a larger screen and the ability to receive texts and stream music—so you can go for a jog without your phone!

39. Keep Treats in the Freezer
Having to thaw your sweets will keep you from mindlessly snacking.

40. Sing in the Shower!
Research conducted at Goethe University in Frankfurt shows that singing improves mood and increases antibodies that protect from illness.

41. Lift Your Spirits
Yoga, hiking and running are mood boosters.

42. Consider Your Posture
Especially while at your desk, set a timer to remind you to straighten your spine and look away from the monitor to give your eyes and back relief.

43. Add Tryptophan to Your Dinner
The same amino acid that makes you sleepy on Turkey Day is present in foods like spinach, egg whites and more, so get an extra dose if you're having trouble sleeping.

44. Wear SPF Every Day
A moisturizer with SPF protects in the winter.

45. Try an Acupressure App
Heal Yourself teaches you how to utilize pressure points for stress and insomnia. \$1.99 at the app store.

HOW MANY CALORIES DOES REGULAR ACTIVITY BURN (BASED ON A 150-LB. WOMAN)

46. Standing
Stand instead of sit, and burn 150 calories an hour!



47. Cleaning
Mopping, etc., burns 198 calories an hour.

48. Walking the Dog
It torches as much as 300 calories an hour.



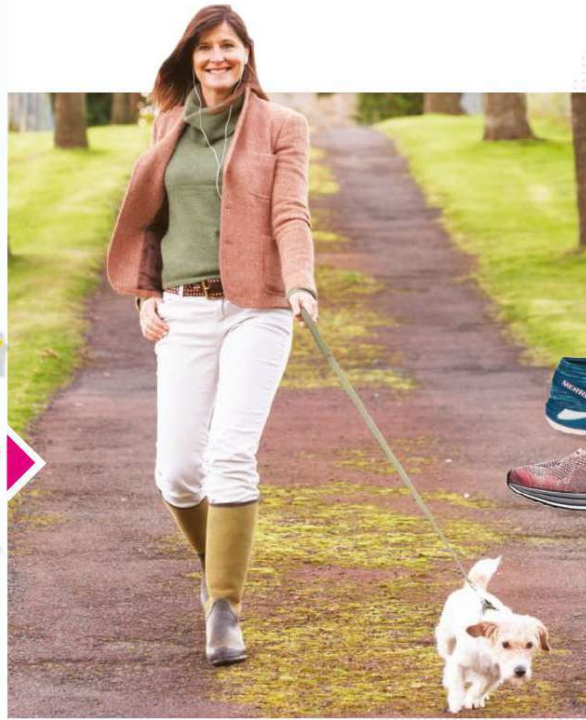
49. Sleeping
Sleeping burns around 46 calories an hour.

50. Taking a Hot Bath
Goodbye to stress and 68 calories per hour.

51. Playing with Kids
234 calories are gone after an hour!

52. Laundry
It burns about 150 calories an hour.

53. Grocery Shopping
Pushing a cart and standing in line can burn as many as 260 calories an hour.



54. Get a Whiff of Sleep
Drift off with Lush's Twilight line of lavender-scented sprays, lotions and bath bombs. \$6.95 to \$29.95 at lush.com.

55. Drink Hot Lemon Water
First thing in the morning to hydrate before coffee.

56. Try Natural Cleaning Products
like Ode to Clean all-purpose wipes, which use bioperoxide, a form of hydrogen peroxide made from 100 percent plant starch.

57. Work Out in Style Like Kate Hudson
Her subscription clothing service, Fabletics, delivers stylish workout gear to your door every month. \$49.95 at fabletics.com.

58. Keep Healthy Snacks on the Counter
Put apples, bananas and nuts in plain view so you're more likely to grab them before sugary snacks.

59 and 60. Pick Up Some Great-Looking Running Shoes
The Merrell Bare Access Flex Knit (top) is good for lifting sessions or boxing classes. \$150; atmerrell.com. The Nike Flyknit Race sneakers (above) are good for running and walking in comfort. \$110; nike.com

61. Find Jeans that Fit Like a Glove
Like a Glove leggings take your measurements and help you choose the correct jeans size from your favorite brands. \$79.99; likeaglove.me

62. Stretch Before Bed
Run through a few down dogs and sun salutations—it'll help with flexibility and sleep.

63. Get a Great Nonstick Pan
There's no need for extra fats. Eggs will slide right out with the Copper Chef collection. Starting at \$19.99 on amazon.com.

64-74

11 SWAPS FROM NUTRITIONIST DAWN JACKSON BLATNER, AUTHOR OF THE SUPERFOOD SWAP



Swap Coffee for Peppermint Tea
which increases alertness naturally.

Swap Cocktails for Seltzer with Bitters
to still feel like your drink is special.

Swap Sugar for Cinnamon in your coffee, smoothies and oatmeal. It mimics the sweet taste.

Swap Breadcrumbs for Chopped Nuts when "breading" meats for protein and healthy fats.

Swap Ground Beef for Lentils in cooking to get more plant protein and fiber.

Swap Your Pre-Workout Energy Drink for Beet Juice
It contains healthy nitrates.

Swap Your Nightcap for Cherry Concentrate, which contains melatonin for higher-quality sleep.



Swap Your Wrap for Collard Greens and you'll eat fewer calories plus gain nutrients for your blood, bones and skin.

Swap Mints for Fennel Seeds because chewing on fennel cleans your breath—and helps with digestion.

Swap Chocolate Chips for Cocoa Nibs in baked goods and trail mix since they have no added sugar.

Swap Nonfat Greek Yogurt for 2% since the extra fat makes it less tart so you won't need to reach for the honey.

CLOCKWISE FROM TOP RIGHT: DORLING KINDERSLEY/GETTY IMAGES; ISTOCKPHOTO/GETTY IMAGES; JOSE LUIS PELAEZ/GETTY IMAGES; COURTESY OXITZ; COURTESY SHIRLEY FIT; CORNUS/GETTY IMAGES; MIKHAIL BAKUNOVICH/SHUTTERSTOCK; SUZANNE TERESA; COURTESY FRANNE GOLDE

CLOCKWISE FROM TOP RIGHT: COURTESY DAWN BLATNER; ROHIT SETI/JALAMY; ISTOCKPHOTO/GETTY IMAGES; COURTESY LUSH(2); OLIVIERO/TWITTERSTOCK; COURTESY NIKE; COURTESY MERRELL; SANDY SCHULZE/SHUTTERSTOCK