

MAKE YOUR **WORKOUT** WORK FOR YOU

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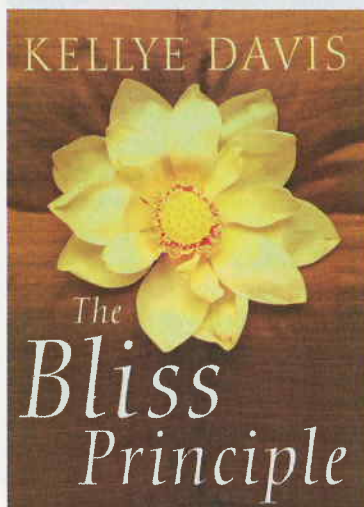
You're one step away from finding the right shoes

A good pair of running shoes can lower the risk of many exercise-related injuries like shin splints and plantar fasciitis (wear of the arches' connective tissue). Finding the perfect pair is now made easier thanks to the Athlete's Foot FitPrint System, which scans your gait and determines key measurements like where you put the most pressure, your center of balance and the foot placement of your walk. With this information, an Athlete's Foot associate can help fit you in sneakers best suited to support your feet (theathletesfoot.com). —Nina Hemphill



CHILL OUT

THIS MONTH, STOP STRESS IN ITS TRACKS



5 EASY WAYS TO REDUCE STRESS

"Stress becomes contracted energy in the body that makes us feel tense. As a result, it can cause one to have headaches, constipation, insomnia and irritable bowel syndrome," says Kellye Davis, author of *The Bliss Principle: 5 Easy Ways to Reduce Stress*. Davis says the first step is to identify where your stress is coming from and then address it. Try these tips:

- **Exercise**—Just a walk around the block can improve your mood.
- **Set limits**—Keep your workload manageable by saying no to some tasks.
- **Shop around**—Herbal supplements like Marsha Mason's Chill Factor (restingintheriver.com), Nag Champa's lavender, rosemary and peppermint oils (nagchampa.com) and HoMedics' handheld massagers (homedics.com) can help ease the tension.
- **Seek safe haven**—Find a secluded retreat at work and home where you can go for a quick breather to calm down. —Adrienne Gadling

Fine Foods

EAT YOUR WAY TO A HEALTHIER HEART WITH COROWISE

Lowering bad cholesterol can be as easy as chomping down on a few grocery staples. The FDA-approved CoroWise—a concentrated amount of plant sterols, which are natural cholesterol reducers—can now be found in items like Minute Maid Premium Heart Wise orange juice, Rice Dream rice drink and Oroweat Whole Grain & Oat bread. As your body starts the digestion process, plant sterols help block the absorption of LDL cholesterol, making CoroWise an excellent non-medicinal alternative for achieving heart health. According to CoroWise, daily consumption of foods enriched with CoroWise for two to three weeks can lower your daily cholesterol intake by 12 percent on average (corowise.com). —Lauren Jarvis



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