

JULY 2011

Good Housekeeping

The Sweet Tastes of Summer

BEST-EVER RECIPES for
* Fruit * Tomatoes * Corn

SAVE ON GAS

PLUS Better mileage,
cheaper repairs & insurance

ENERGY BOOSTERS!

The secret to
fighting fatigue

Double Duty
BEAUTY TRICKS

Save time & money

5 Easy Frizz Fighters
p. 62

Angie Harmon

on raising moral kids,
the power of prayer,
and keeping her marriage **spicy**

More Energy—Now

Tired of constant exhaustion? The solution is in your sneakers. How to stop stalling and start moving

1 “Zzzz...if only I weren’t so tired” It’s hard to believe when you’re reaching for the remote after an exhausting day, but exercise will actually energize you.

“You just need to take that first step out the door,” says exercise psychology professor John M. Noble, Ph.D., of the University of Nebraska at Omaha. Tell yourself that you can quit in 10 minutes if you really feel too drained to keep going. Chances are, you’ll continue. And, you’ll begin to notice results after just a few sessions. In a 2008 University of Georgia study of healthy but fatigued adults, exercising three times a week for six weeks significantly improved subjects’ energy levels. And those doing low-intensity exercise, like walking, saw the most benefits.

2 “With my schedule? Forget it!” Driving to the gym, changing your clothes, the actual workout, showering, driving home...who has the time? “Challenge the idea that you need to exercise in a gym,” says Felicia Stoler, a doctor of clinical nutrition. Start with 10-minute chunks—say, a prebreakfast dumbbell session, a lunchtime walk, and a post-dinner neighborhood lap with the family. These will add up—and show that if you commit to being fit, you can find time.

3 “Let strangers watch me navigate a gym? Puh-leeze!” If the prospect of complicated workouts makes you anxious, rethink your plan, says Texas Tech University sports and exercise psychology professor Marc Lochbaum, Ph.D. His three-pronged approach:

familiar movements (walking, crunches, or even aerobics videos), a friendly environment (in your home or neighborhood), and “your most nonjudgmental girlfriend to work out with.” Later, if you want to conquer the gym, try a community center or Y, says nutrition and fitness expert Pamela M. Peeke, M.D. “They’re less likely to have that ‘gym-rat’ feel. Start with one piece of equipment, and work from there.”

4 “It’s just not fun” You might be underestimating how much you’ll enjoy physical activity. Researchers at the University of British Columbia found that when people think about exercising, they tend to focus on the (generally unpleasant) first few minutes—and therefore dread starting. But after an hour-long workout, participants rate it positively. “So, find a happier way to warm up, like starting your playlist with your favorite songs,” suggests lead author Matthew B. Ruby. “And think about enjoyable moves that will be coming up, as well as how good you feel after a session.” —Marnie Soman

GOOD HYDRATIONS

We tested 24 water bottles for durability, leak resistance, and ease of use in exercise situations. The top picks:



BEST OVERALL

The Contigo AutoSpout Addison Water Bottle (\$13, gocontigo.com) didn’t leak or spill and passed our tough drop test with a perfect score.



FITNESS FRIENDLY

Testers found the CamelBak Groove bottle (\$25, camelbak.com for info) easy to open, close, and drink from. Plus, its filter removes chlorine and odor, claims the manufacturer.

GHRI TEST