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# Attention, Shoppers

Studying the back side of a pasta box could help you get your rear in gear. Spanish researchers found that women who read food labels weigh nearly nine pounds less, on average, than those who don't. Here's how to make nutrition facts work for your figure.

**Browse** the ingredients list for inulin, chicory root or anything with *dex* in it, like maltodextrin or polydextrose. These added fibers aren't as filling as the naturally occurring kind, according to a new study.

**Download** Fooducate, a free smartphone app that gives groceries letter grades after you scan their bar codes as well as info you won't necessarily find on the label, like how many teaspoons of sugar are in your yogurt.

**Picture** your portion. "A 'serving' of some cereals is four tablespoons. But if you eat a cup, that's the amount you should use to calculate calories," says Rachel Beller, R.D., the author of the new book *Eat to Lose, Eat to Win*.

### Go **Figure**

# 25

**Number of minutes a single piece of spherical hard candy can last if you don't bite into it. Keep a small box of gobstoppers or Lemonheads in your desk drawer or glove compartment and you can satisfy your sweet tooth for about five calories a pop.**

Source: University of Graz

### Nice Stems

Time for a stalk exchange: Scientists at the University of Maryland have discovered that microgreens—the seedlings of spinach, lettuce and other veggies that are picked after two weeks—have up to six times more vitamins than their mature counterparts. Find them near the sprouts in the supermarket or grow your own with a **Micro-Green Kit** (\$40, uncommon goods.com), then toss them in salads or use as a garnish.

**Burst your bubble** Here's another reason to kick your soda habit: People who drank one liter of cola a day gained 31 percent more abdominal fat than those who drank the same number of calories' worth of low-fat milk. Can't go cold turkey? Add Dasani or Mio flavored drops to still or sparkling H<sub>2</sub>O.

Source: American Journal of Clinical Nutrition