

marie claire

SEXY HAIR,
GREAT SKIN

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YOUR
BEAUTY
ROUTINE!

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Another Diet...
How to
really lose
those last
5 lbs

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"The world
thinks I'm so
innocent, but
it's not true"

Project
Runway's
**Gretchen
Jones:**
"Why I
deserved
to win"

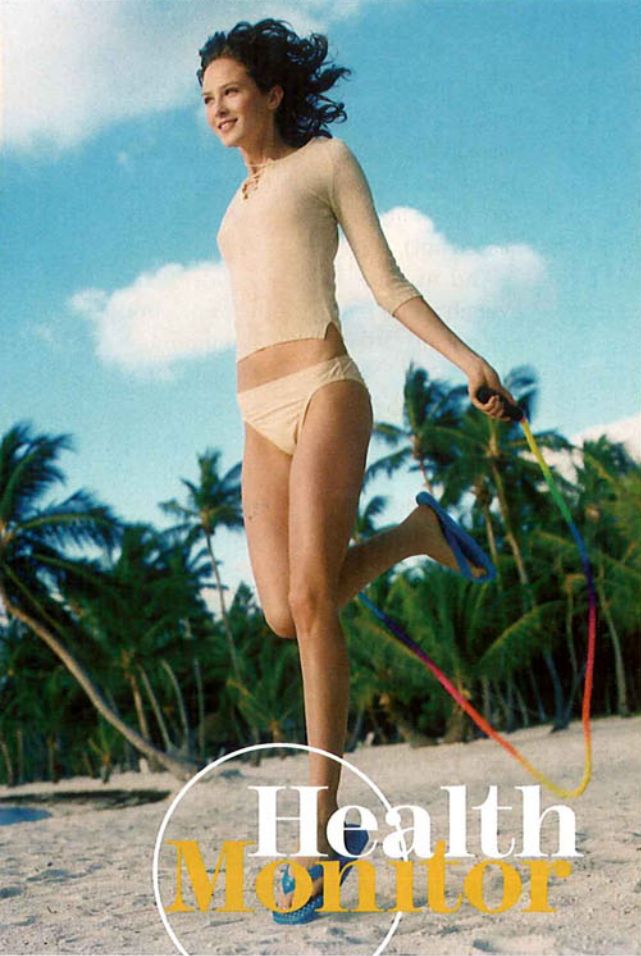
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RESOLUTION TIPS

3 Quick Life-Changers

If you're still trying to break the same bad habit you vowed to kick last year, it's time to rethink your strategy. Instead of sheer willpower...

- Find the root of the problem. For instance, if you want to stop slouching but can't, it could be that your stomach muscles are weak. In this case, says Maoshing Ni, Ph.D., D.O.M., health guru to the likes of Sheryl Crow, your goal, first and foremost, is to add sit-ups to your gym routine.

- Make the bad habit difficult. Say you're constantly distracted by e-mail. To stop, make yourself sign out after each session so that you must go through the hassle of logging in every time, suggests Shawn Achor, author of *The Happiness Advantage*.

- Find a good habit to replace the bad. Instead of thinking to yourself, *I want to nosh on cookies at 3 p.m.*, tell yourself, *I must jump rope for two minutes at 3 p.m. every day and finish off with a glass of ice water.* The disruption disorients your body, says Ni, and soon you'll feel so energized that you won't even want those cookies anymore.

MENTAL GETAWAY

Encantado Resort, Santa Fe, New Mexico (encantadoresort.com)

WHAT: The 57-acre wellness resort launches its Outdoor & Cultural Pursuits program, in which expert guides take guests on exclusive adventures.

WHY: Snowmobiling and snowshoeing are more fun when the winters average a mild 40-plus degrees.

WHAT WE LOVE: The Geo-Caching package, an *Amazing Race*-like treasure hunt that works your GPS to the hilt and takes you through landmarks in downtown Santa Fe or the Sangre de Cristo mountains. \$400 per couple (\$50 for each additional person) for a half-day affair, including snacks, transportation, and "prize." Rooms from \$440.



RETAIL THERAPY

Microsoft Arc Touch Mouse, \$69.95 (microsoft.com)

WHAT: A wireless ergonomic mouse that collapses so thin, you can slip it into a shirt pocket.

WHY: Sleek laptops do you no good when you've got track-pad carpal tunnel—or a cumbersome external mouse three times as thick. Techno-smart bonus: It tracks on any surface (so toss that mouse pad!) and scrolls with just a flick of the finger.

Your monthly Rx for eating, thinking, and living strong

By Joanne Chen

FITNESS FILES: Get a leg up



Can't pull those winter boots over your calves? Try these steps to easier zipping.

- **Avoid certain snacks:** Sodium causes bloat. "Foods don't have to be salty to contain sodium," warns Bethany Thayer, R.D., at Henry Ford Health System in Detroit. Bread and condiments are two culprits.
- **Move:** Sitting reduces lower-body blood circulation. Walk around to avoid swelling.
- **Tone:** Stand with feet shoulder-width apart; rotate from hips so thighs, knees, and toes turn outward. Bend knees, further rotating from hips; pull in abs and make thighs parallel to the floor. Rise back up, squeezing inner thighs. Repeat 20 times daily.
- **Stretch:** Bend left knee and step right leg behind you, toes forward. Push right heel down. Hold 30 seconds. Do three reps daily per side to "lengthen muscles so calves don't bulk up," says Lisa Wheeler, cocreator of the Barre Burn class at Equinox Fitness.

27%
THE NUMBER OF WOMEN WHO HAVE GONE TWO MONTHS OR LONGER WITHOUT REPLACING THEIR DAILY DISPOSABLE CONTACTS, UPPING THEIR RISK OF INFECTION.



Seat Smart

Armed with espresso and a pile of paperwork at Starbucks, you spot two seats: one next to a cell-phone gabber, another by a chatty couple. Where to sit? If you want to get anything done, choose the latter. A Cornell University study reported that people subjected to a "half-alogue" (what you hear when someone's on her cell) performed six times more poorly on a visual monitoring test—and 10 percent worse on a task assessing verbal reflexes—compared with those who heard both sides of a conversation. Researchers theorize that when one side of a dialogue is missing, our brains fill in the other half, leaving us with temporary ADD.