



# g reat S

Health for Women

## the bare ESSENTIALS

SKIN CARE FOR  
RADIANCE  
THAT LASTS [p 4]

### SKIP THE SPA

simple ways to  
relax & refresh

### 4 foods

YOUR BODY NEEDS

**now**

### reclaim

YOUR **SPORTY** SIDE

meet two women  
who got their  
GRRR back

**\$100 OFFER!** see inside

# power foods FOR WOMEN

Healthy eating has always been important, and it only becomes more so after 40. Because hormonal shifts can increase the risk of disease, now's the time to enjoy foods that can offer the most for your health.



## [GOOD MORNING CHOICE]

**Low-fat or nonfat milk fortified with vitamin D:** It's an excellent way to start the day, says Clare Hasler-Lewis, executive director of the Robert Mondavi Institute for Wine and Food Science at UC Davis. Along with the calcium in milk, vitamin D is critical to bone health. And emerging science suggests that it may also help support a healthy immune system and protect against diabetes, hypertension, heart disease and certain cancers.

## [GRAB SOME GRAINS]

**Whole grains naturally high in fiber:** Research suggests that consuming 25 to 35 grams of fiber a day may reduce your risk for heart disease. High-fiber grains (such as oatmeal and wild or brown rice) make it easier to hit the mark, says Hasler-Lewis, who is partial to 100 percent whole grain bagels.

## [GO A LITTLE NUTTY]

**Walnuts:** Their poly- and monounsaturated fats and omega-3 fatty acids may help protect blood vessels from the damaging effects of diabetes. In fact, a study at Yale University indicated that adults with type 2 diabetes who ate a handful of walnuts daily improved blood flow throughout their bodies in eight weeks.

## [TOSS IT UP]

**Raw avocado:** Research suggests that eating avocado—with its stores of fiber, potassium and vitamins B6, C and E—mixed with foods high in carotenoids (such as carrots, tomatoes, spinach and romaine lettuce) dramatically boosts the body's ability to absorb the cancer-fighting power of these vegetables and greens.

# retrain YOUR BRAIN ABOUT exercise

If you and your workout aren't clicking, change your outlook to get daily body-and-mind results that last.

Having spent more than 17 years studying the exercise habits of midlife women, Michelle Segar, Ph.D., M.P.H., knows what makes our workouts tick. The 44-year-old motivation researcher at the University of Michigan shares what really works.

- **Where do women over 40 go wrong when it comes to fitness?**  
They exercise for the two least motivating reasons: to lose weight and to protect their health. In our study, 61 percent of women reported one or both of these as their top motivators, and they did the least amount of exercise.
- **So what is the best motivation for midlife women?**  
To improve your state of well-being. Women in my study who exercised to improve their quality of life exercised 30 percent more often than those whose top reason was physical health benefits or weight loss. Exercise can have a pretty immediate impact on your mood and stress level, so you get the instant payoff.
- **But how do you train your brain to respond to a new incentive?**  
First you have to decide you want it. Then analyze your previous attempts at exercising. What were your motivations? Were they able to sustain your workouts? Ask yourself what you want to get out of physical activity. What kind of exercise would help you achieve that and also be palatable?
- **How long does brain retraining take?**  
My training transforms exercise from a "chore to accomplish" into a "gift of self-care" in four sessions. This creates a deep desire to exercise. Then it takes two more sessions for women to master the skills necessary to keep their self-care a top priority in their busy lives.
- **Let's be honest. Most of us secretly hope we'll get into our skinny jeans again. How can exercise help?**  
If you're just starting out, put the weight-loss goal on hold and focus on learning how to fit exercise into your life for at least six to nine months. Then start thinking about your diet. To protect your heart and maintain your weight, your ultimate goal is to form a lifelong relationship with exercise.

Please consult with your physician before starting an exercise program.