

GET WELL NOW!

FIVE HEALTHY TIPS WE BET YOU DIDN'T KNOW ABOUT

# Oxygen

ROBERT KENNEDY'S  
WOMEN'S FITNESS

## Sculpt Your Abs IN 4 EASY MOVES PROMISE!

**Only Twice A Week**  
A power circuit to fire up  
your fat-loss engine! PG. 74

**10  
NEW**

Twists to  
Sexify Your  
Lower Body

## Guilt-Free CARBS

Super Healthy Bread  
Recipes – **FINALLY!** PG. 92

**GO  
MENTAL!**

Master the  
game-day  
edge  
PG. 104

Get to  
Know Our  
**REAL**  
Cover Girl

*Spring  
Fashion:*  
Feel Shiny  
& New

*"Can I compete with  
stretch marks?"*  
**YES, YES AND YES!**

APRIL 2007  
US \$4.99, CAN \$5.99



Display until 03/19/07  
www.oxygenmag.com





Look better, live longer and feel greater than ever before.

# 5 Secrets of Remarkably Healthy Women

BY LOGAN KUGLER

**Y**ou're eating all the right foods, getting eight hours of sleep each night, and the gym is your home away from home. You look and feel great. But this is only just the start. Cultivate these five habits for even more health and fitness success.

## Be optimistic

Is your glass half full or half empty? If it's half full, you're not only living a happier life today, but your sunny disposition might lead to a healthier, and even longer future. A recent study by researchers at the Mayo Clinic found that optimists have a 50 percent lower risk of early death – with a 23

## OH YES! POSITIVE THINKERS HAVE MORE ROBUST IMMUNE SYSTEMS AND LIVE LONGER THAN DOOM AND GLOOMERS

percent lower risk of cardiovascular death, and 65 percent less stress in their lives – compared to those who lean toward pessimism.

Other research suggests those who look on the bright side have stronger immune systems. “When we think up, we actually engage a part of our brain that gives us our capacity to be creative and problem solve,” says Mary Jane Ryan, author of *This Year I Will...: How to Finally Change a Habit, Keep a Resolution, or Make a*

*Dream Come True* (Chronicle Books, 2006).

But old negative habits can be hard to break. “If you don't do this automatically, you have a deeply ingrained brain neurology to think in the old way,” says Ryan. “You must be willing to exert mental sweat to change.” Ryan stresses the importance of external reminders to help you keep an optimistic perspective. “Use sticky notes or ask a friend to email you regularly about it – whatever reminds you to run the new viewpoint.”



## Creatures Great and Small

Owning a pet decreases loneliness and depression, encourages laughter and nurturing, and motivates you to exercise.



PHOTO GETTY IMAGES

### Be a pet owner

Want a 12 percent better chance of surviving a heart attack? Get a cat or dog. Besides having a better survival rate following a heart attack, pet owners have shown reduced levels of other cardiovascular risks, fewer trips to the doctor, and lower stress levels during demanding situations.

Dr. Karen Allen, research professor at State University of New York in Buffalo studied the positive influence of pets, specifically dogs and cats, on their owners. "Pets can be very beneficial in lowering blood pressure responses to stress because of the cheerfulness they bring to everyday life," says Allen.

Allergic to dogs and cats? Visit your local SeaWorld. Gazing at fish has been shown to reduce stress. Being around pets can help you feel better. Having a pet offers ongoing companionship and unconditional love and affection – ingredients that

improve mood, feelings of security and sense of well-being.

### Be decisive

Do you know exactly what you want and go after it every time? Or, like a lot of people, do you agonize over every decision – whether it's how many times you should hit the gym this week or if you should change your career? If you're in the latter group, you're not alone. "People are often afraid of taking responsibility for their actions," says Bill Grout, a certified Fearless Living coach and director of corporate programs for the Fearless Living Institute. "As a result, they avoid making decisions to avoid taking responsibility for the results."

Another problem is creating unnecessary hurdles. "Some people strive for perfection in their decisions and if everything doesn't line up perfectly, they don't move forward. Rather than make decisions, they get stuck in that comfort zone."

## Can't Choose Your Choice?

If you could use some help ramping up your decision-making skills, try a qualified life coach. MyPrivateCoach.com is a great resource. And if you're having trouble deciding whether a life coach is right for you, visit FindYourCoach.com for details on what a life coach does, how much one costs, and what one can do for you. If your budget is tight, take a look at Carol Stanton's *Life Coach in a Box: A Motivational Kit for Making the Most Out of Life* (Chronicle Books, 2006).

But how comfortable is it really? Women who don't actively make choices create the stress they think they're avoiding by remaining "comfortable." Good decision-making abilities can help you



**NEW**

**ALLMAX NUTRITION**

**The World's 1<sup>st</sup>**

**LIPID**

**Targeting Technology**

**1 TARGET**  
RAPIDCUTS includes Lipid Targeting Technology, a weight loss activator that TARGETS fat release in trouble areas by supporting the normal, healthy function of key hormones.\*

**2 RELEASE**  
RAPIDCUTS includes LIPO 3'5™, a Dual-Action Fat Release Activator that signals fat to be RELEASED from fat cells after they have been targeted.\*

**3 IGNITE**  
RAPIDCUTS includes THERMOBURNT™, a Fat Ignition Accelerator that IGNITES released fatty acids from the body.\*

**NOTHING WORKS FASTER!**  
www.RAPIDCUTSHARDCORE.COM

**11x FASTER FAT LOSS\*<sup>2,4</sup>**

**ALLMAX NUTRITION**

**RAPIDCUTS™**  
RAPID FAT BURNING CATALYST

**11x FASTER FAT LOSS\*<sup>2,4</sup>**

**ALLMAX NUTRITION**

**RAPIDCUTS™**  
RAPID FAT BURNING CATALYST

Clinically Proven To:  
 • Activate Site-Specific Fat Release  
 • Increase Fatty Acid Oxidation  
 • Prevent Metabolic Shutdown

**HARDCORE SERIES**

DIETARY SUPPLEMENT 120 RAPID RELEASE CAPS

**ALLMAX NUTRITION**  
www.ALLMAXNUTRITION.COM

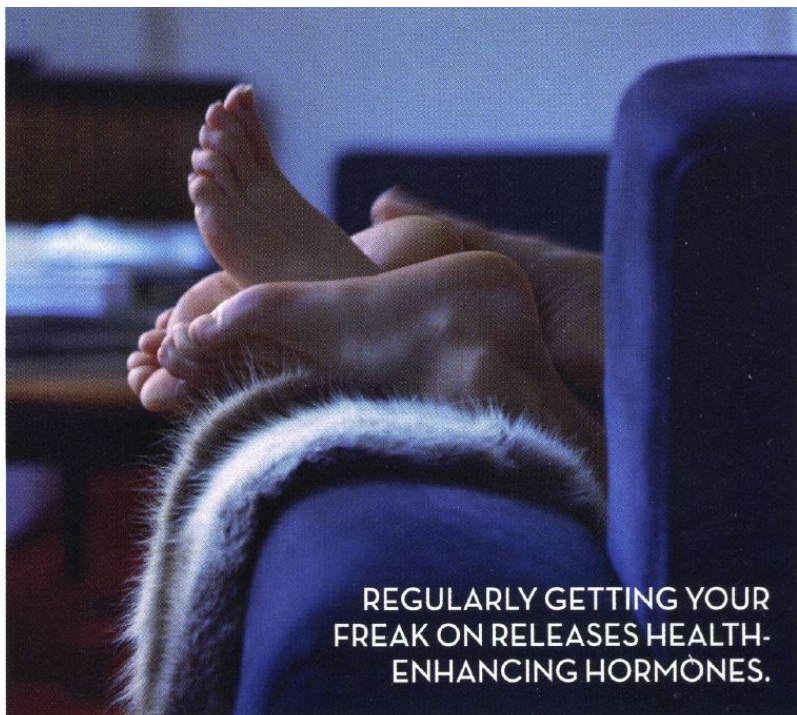
**BOBBY BUILDING**

**POPEYE'S**

**SNO CANADA**

**GNC**

**supplementscanada.com**



**REGULARLY GETTING YOUR  
FREAK ON RELEASES HEALTH-  
ENHANCING HORMONES.**

manage your stress and your health. With practice, people can become better decision makers. "Start by focusing on everyday decisions and then acknowledge yourself for any decisions you make," says Grout. "View it as stretching yourself instead of taking a risk." Before you know it, you'll be checking things off your to-do list and becoming more decisive in the process. In this situation, says Grout, "Practice doesn't make perfect. Practice makes a new habit."

### Be well organized

Those who are well organized, clear their desks and write down ideas tend to be more reliable and productive than those who push on without a plan. When things are neat and tidy, your brain doesn't have to work as hard at keeping track of everything. As a result, your stress level stays low and your creativity high. Try these get-sorted ideas:

- Having trouble falling asleep? Calm your brain by writing down what's on your mind. Your to-do list will clear your mind and get you to dreamland in no time.
- If your cubicle looks like an overrun stationary factory, devote a portion of your day to tidying your workspace. Determine what you want to throw away, what you want to put in storage, and what you want to re-file.
- Much of what we purchase becomes clutter.

Use your camera-phone to snap pictures of potential impulse buys. If a week later you're still interested in the jeans, the food processor, the funky lamp – whatever – buy it. Chances are you'll love it months from now too.

### Be orgasmic

Sex is important, whether it brings us closer in our relationships or just for the sheer pleasure of it. But did you know that sex is good for your health too? A study published in the *Journal of the American Medical Association* found that high orgasm frequency is related to decreased risk of heart disease among women due to the hormones released during orgasm. Researchers found that having intimate encounters also means you are less stressed, happier and better rested – all factors that can lower blood pressure and protect against stroke alongside heart disease.

And the even better news is you can still reap most of these benefits without a partner. Masturbation has its own share of advantages, including improved sense of smell, better mood, less colds, and better bladder control. Some studies even suggest that sexual activity at least three times a week may be associated with a reduced risk of cancer. Practiced safely, sex can be an important factor in your physical and emotional health. ☉