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with 15 Minutes

7 Tasty One-Pot Meals

SPECIAL SECTION

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Shhh!
We've Got a
Big Secret to
Less Stress

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Cute Spring
Cupcakes

MARCH 6, 2007

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wdhow to

live to 100

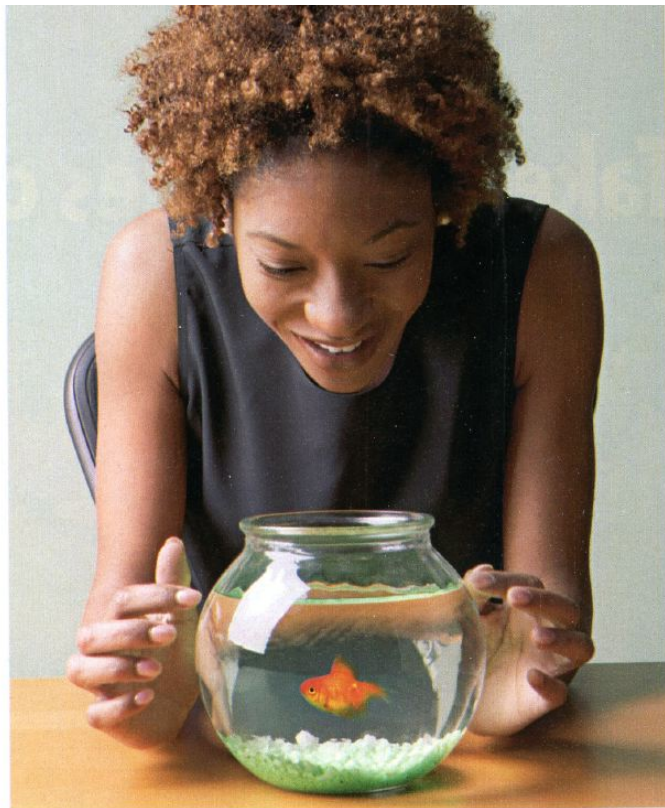
Four quick ways to live a longer, healthier life

RISE AND SHINE Stop hitting the snooze button! According to a study in the *Archives of General Psychiatry*, sleeping more than eight hours a night may reduce your lifespan.

BE A PET OWNER There's a reason they call him man's best friend. "The cheerfulness that pets bring to everyday life has been shown to reduce blood pressure responses to stress," says Karen Allen, Ph.D., research professor at State University of New York. Allergic to cats and dogs? Gazing at aquarium fish has been shown to reduce stress levels too.

GET YOUR 40 WINKS A nap during the day keeps the doctor away, according to Maoshing Ni, author of *Secrets of Longevity: Hundreds of Ways to Live to Be 100*. His research found that women who napped at least a half-hour a day were 30 percent less likely to develop heart disease than those who didn't.

EAT MORE BERRIES Boost your breakfast by sprinkling blueberries on your cereal or oatmeal—they contain higher



levels of antioxidants than almost any other food. Plus, their neuro-protective properties are shown to delay the onset of aging and age-related memory loss. Or try cranberries—they contain bacteria-fighting properties that have been shown to lower cholesterol. *Logan Kugler*

get radiant skin

There's nothing scary about Hilary Swank's flawless glow in her upcoming thriller, *The Reaping*. Capture her natural look with help from Morag Ross, who created Hilary's look.

GET SOME COLOR A light tan evens out skin and gives you a healthy glow. Try the St. Tropez Instant Tanning System for the body. For your face, splurge on a more sensitive solution, such as Guerlain Terracotta Fresh Bronzing Gel.

CREATE A BASE Ross likes to use Bobbi Brown

Foundation Stick: It covers blemishes without clogging pores. Then dab on a dewy cream blush. Try Bobbi Brown Pot Rouge for Lips and Cheeks.

GLAM UP YOUR GAZE Glide a dark brown eyeliner pencil across the upper and lower lids. Next, brush a powder eyeshadow along the crease of the lids. Try MAC Eye Shadow in Cork. Finish with black-brown mascara.

SOFTEN YOUR POUT Smear on a sheer gloss. MAC Tinted Lip Conditioner has an SPF 15—and the vanilla flavor is a sweet treat. *Rachel Moser*



grow sunflower seed mats



These 10-foot-by-8-inch biodegradable mats are loaded with sunflower seeds in colorful varieties including Russian Mammoth, Autumn Beauty, dwarf Teddy Bear and lemon-colored Valentines. Sprinkle mat with soil, water and watch flowers bloom all spring and summer. You can cut mats to cover 6½ square feet in your garden. To order with Visa or MasterCard, call toll-free 800-362-3817 and ask for Dept. H037E, or send a check or money order using the coupon on page 223. Order one mat for \$12.95, two for \$17.95 or four for just \$25.95.