

Trending▶

Power Up Your Smoothie

Getting protein into your to-go cup is a smart move, says *Health*'s contributing nutrition editor, Cynthia Sass, RD. "Eating protein helps you feel fuller longer," she says. "Protein can also help slow the digestion of carbs, resulting in lower and steadier blood sugar levels." But if a heaping scoop of chalky protein powder doesn't sound so appetizing, no big deal—there are tons of tasty whole-food sources you can use instead. The options at right blend well with fruits and veggies, says Sass.

REAL-FOOD PROTEIN BOOSTS

2% cottage cheese
(15g per ½ cup)

Plain 2% Greek yogurt
(23g protein per cup)

Plain low-fat kefir
(12g per cup)

Pumpkin seeds
(10g per ¼ cup)

Sprouted watermelon seeds
(10g per ¼ cup)

Great northern beans
(8g per ½ cup)



SPRITZ FIX

There's a Mist for That

Short on time? Bypass the tubes and jars and reach for a convenient mist. Technology has improved to the point that moisturizing molecules can now be delivered through a spray rather than a heavy cream, notes Amy Wechsler, MD, a dermatologist in New York City. Plus, mists are more fun! A few faves:

1. Moisture + scent: Soap and Glory Spritz Me Quick Moisture Mist (\$12; walgreens.com) offers a light rose and bergamot fragrance along with refreshing hydration.

2. Deep hydration: Aquaphor Ointment Body Spray (\$11; at mass retailers) is a spray form of the cult favorite salve, so you can address dry spots without digging into a jar.

3. Self-tanner: Tan Luxe: The Water (\$47; ulta.com) keeps your hands clean and prevents streaks.



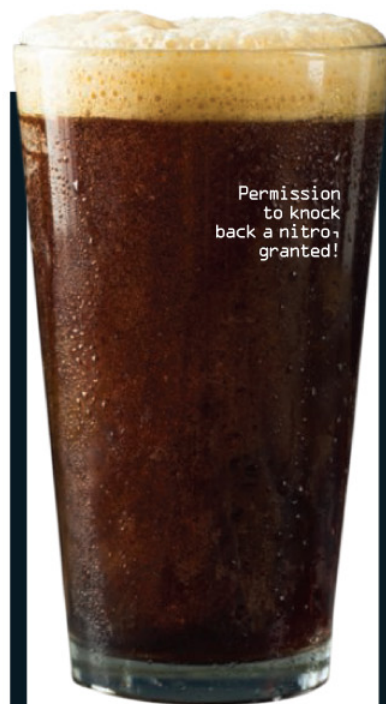
SCAN TO SHOP!

SCAN THE AQUAPHOR TO BUY THE ITEMS ON THIS PAGE (SEE PAGE 6), OR VISIT HEALTH.COM/SHOP-NOW.

TWO WORDS

REST DAY

Lie back, put your feet up, and tag your next Instagram photo #restdaybelike. The body needs time off (at least one day per week) to regenerate after the stress of workouts, explains Frank J. Baptiste, founder of FranklyFitness in New York City. "When we repeatedly miss rest days, what was once positive stress can become distress, which can lead to performance decline, injury, or illness." No, thanks!



Permission to knock back a nitro, granted!

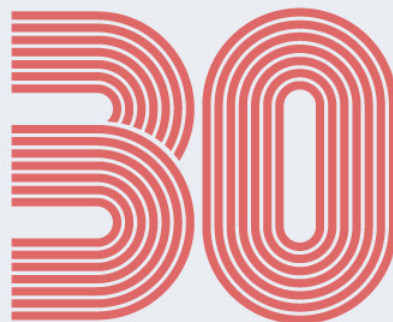
DRINK UP

HOT SIP: NITRO COFFEE

It's trendy, but is it healthy?

The drink, which consists of coffee infused with either food-grade nitrous oxide or nitrogen, boasts a frothy texture and rich flavor that's sweeter and smoother than that of traditional coffee.

That means you may not feel the need to add sweeteners, milk, or cream, notes Frances Largeman-Roth, RDN, author of *Eating in Color*—saving on calories and fat.



A single half-hour cardio session can make women feel stronger and slimmer immediately, according to a new study.

SOURCE: *Psychology of Sport and Exercise*

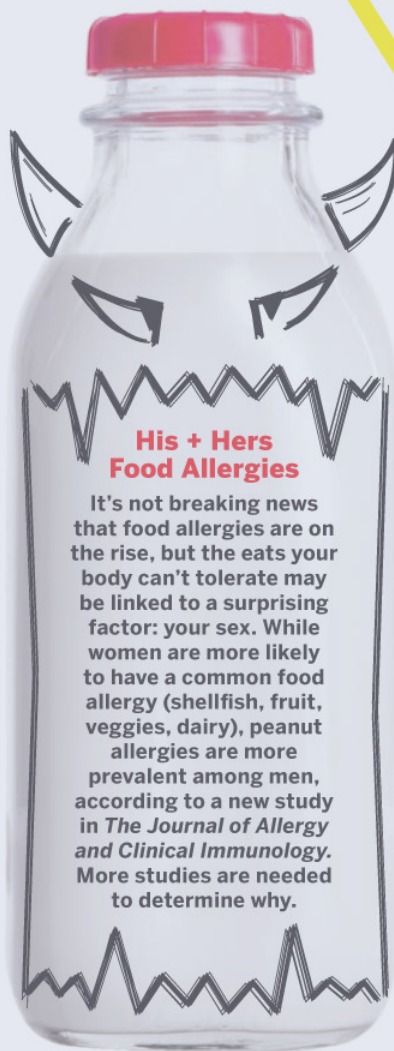
BY THE NUMBERS

Out:
Body Mass
Index

In:
Waist-to-Height
Ratio

Dividing your waist circumference by your height is an efficient way to estimate body fat percentage and visceral fat mass, a new study in *PLOS One* found. The method was more accurate than BMI, waist-to-hip ratio, and waist circumference.

Adults should aim to keep their waist circumference to less than half their height (meaning a ratio of less than 0.5) for ideal health.



His + Hers Food Allergies

It's not breaking news that food allergies are on the rise, but the eats your body can't tolerate may be linked to a surprising factor: your sex. While women are more likely to have a common food allergy (shellfish, fruit, veggies, dairy), peanut allergies are more prevalent among men, according to a new study in *The Journal of Allergy and Clinical Immunology*. More studies are needed to determine why.

HOT MOVE



Arm Yourself Like Robin Wright

Whether she's General Antiope in *Wonder Woman*, Claire Underwood in *House of Cards*, or Lt. Joshi in this month's *Blade Runner 2049*, one thing remains true about Robin Wright, 51—her arms are freaking amazing! According to Rockin' Model Workout creator Grace Lazenby, who has taught Wright in the past, one way to sculpt OMG arms is with Pilates Rowing. "You're engaging your chest, core, back, triceps, and biceps," says Lazenby. Do it three times a week to begin seeing results in two weeks.



► Sit on your sit bones, glutes and core engaged, with legs and arms outstretched and a 2- to 3-pound weight in each hand (A). Extend and reach forward while rounding spine down; push and lengthen arms forward as though rowing,

reaching weights toward toes (B). Exhale and lift from core up to a straight back, extending arms straight up (C). Lower arms to return to start. Repeat for 12 to 15 reps. Perform entire sequence 2 or 3 times.



Folks who ate three meals and two snacks between **noon and 11 p.m.** over eight weeks gained weight and had increased insulin and cholesterol levels.

Meanwhile, those who ate a comparable diet between **8 a.m. and 7 p.m.** did not, despite getting the same amount of sleep and exercise.

SOURCE: *Sleep*

Happiness on Your Bookshelf

A new crop of books aims to help you get more satisfaction out of every day.

Wake Up! by Chris Baréz-Brown

Get tons of ideas to enjoy the little things and be present for the world around you.

Struggle Well Live Well by Kevin Gilliland, PsyD

No-frills advice to help you through rough patches.

How to Be Happy at Work by Annie McKee, PhD

Avoid joy stealers, like money stress and overwork, and find workplace bliss.

Lagom: The Swedish Art of Balanced Living by Linnea Dunne

Learn how to balance to-dos with downtime.

This look pairs well with an understated lip, as seen on Gigi Hadid and Zendaya (above right).

Sunset Eyes Are So Hot

Rust shadows warm up your face and make your eyes pop. Here's how to master the trend.

1. ACE YOUR BASE

Dab tinted shadow primer on lids. "Doing so nixes discoloration," says makeup artist Troy Surratt, founder of Surratt Beauty.

2. DRAW THE LINE

Trace black pencil along your top and bottom lash lines; diffuse with a brush for a subtler effect.

3. CHOOSE THE RIGHT RUST

If you have blue eyes, opt for a rose-gold tone. If they're green or brown, go for copper.



Dark liner is dramatic on Jessica Chastain.

GET THE LOOK



1. Lancôme Aquatique Waterproof Eyecolour Base (\$27; lancome-usa.com) Its peachy tone evens out discoloration, and it's waterproof.



2. Maybelline New York Eyestudio Lasting Drama Waterproof Gel Pencil (\$8; at mass retailers) Glides on smoothly but dries fast, so smudge right after you line.

3. Urban Decay Naked Heat Palette (\$54; urbandecay.com) With 12 shadows, from burnt orange to rich sienna, it's sure to have the rust for you.



SCAN TO SHOP! SCAN THE EYE SHADOW TO BUY THE ITEMS ON THIS PAGE (SEE PAGE 6). OR VISIT HEALTH.COM/SHOP-NOW.