

IS YOUR FRIDGE MAKING YOU FAT?

fitness

Mind, Body + Spirit

WALK IT OFF!

- * Burn **Mega Calories**
- * Lose **Belly Fat**
- * Tone **Your Arms**

Super-Simple Stress Relief

Stay Motivated!

8 WAYS TO BUST YOUR WORKOUT RUT

Healthy, Hearty One-Dish Dinners

7 Easy Recipes

Slim Down Without HUNGER

Finally!

Shinier, Sexier, Softer

WHISK AWAY WEAK SPOTS. A trim is the most crucial step to fending off frayed, uneven pieces of hair. "Damaged ends start a chain reaction," Culler says. "A minor split end can continue moving up a mostly healthy piece of hair." Cutting away the fragile part puts a stop to breakage. A rule of thumb: Have your hair cut once every eight to 10 weeks.

BABY WET STRANDS. Water temporarily weakens the protective chemical bond that helps hair stand up to aggressors. "That's why it's easier to break wet hair than dry," says Shannon Tor, senior project leader for Tresemmé in Chicago. The healthiest way to detangle damp strands: Start an inch above the ends and remove knots in small sections, then move upward in one-inch increments until you reach the roots, Corbett suggests.

FILL UP ON PROTEIN. Conditioners containing amino acids as well as wheat, soy or milk proteins plug holes along the outside, temporarily resulting in a thicker strand of hair. Proteins can be drying, however, so use them in moderation once or twice weekly, and find a formula (such as Pantene's, right) that also contains fatty alcohols or moisturizing lipids, such as ceramides or jojoba oil. Or consider a more potent salon treatment every other month. Redken Chemistry Extreme Shot Phase, \$25, redken.com for locations, is packed with proteins and hydrators.

HEALTHY HELPERS

Suave Professionals® Damage Care Shampoo, \$2.49, drugstores, fortifies with proteins.
 Pantene Pro-V Nature Fusion Moisture Balance Conditioner, \$3.99, drugstores, rehydrates with aloe vera.
 Redken Fabricate 03 Heat-Active Texturizer, \$13, redken.com for salons, cushions strands from damage.

