

2. You're Getting a Better Workout

Gym memberships have been on a downward trend, according to the latest industry data. Sounds like that would be bad news, but quitting the gym could translate to a health *plus* if you move your workouts outdoors. "Whether you realize it or not, you actually put in more effort when you exercise outside," says Pamela Peeke, M.D., assistant professor of medicine at the University of Maryland in Baltimore and author of *Body for Life for Women*. "Plus, breathing fresh air and soaking up the sun stoke your endorphin release, making you feel stronger and giving you more energy."

3. You're Eating Better

More women are cooking at home—at least in part because of the current downturn in the economy, according to recent research by the Food Marketing Institute. This change translates to a healthier diet, says New York City dietitian Maria Romano, R.D. "Restaurant food is generally higher in calories, sodium and fat," she says. A plate

of spaghetti and meatballs at a popular Italian chain restaurant, for example, clocks in at 1,110 calories and 50 grams of fat. But depending on the ingredients you use and how much you serve yourself, a homemade pasta dinner could run you just about 600 calories and 20 grams of fat. "When you cook at home, you have complete control over what you put into your food and how much you put on your plate," says Romano.

4. You Have More Willpower

"Research shows that people who begin to keep track of their finances and follow a budget strengthen their willpower 'muscle,' and begin to find it easier to eat healthier and exercise, too," says Kelly McGonigal, Ph.D., a staff psychologist at Stanford University. "The idea is that you get into the habit of making conscious choices instead of following your first impulse to splurge, and that helps you develop a greater capacity for self-control in every area of your life." —Susan Israel

HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



A friend of mine has kidney stones. Isn't that an old man's problem?

Not anymore. Kidney stones form when crystals of minerals or other substances found in urine clump and harden. And we're seeing more of them in women in their twenties and thirties—most likely because of obesity and habits such as eating lots of salt, drinking too little water and going on high-protein diets (think Atkins). Sometimes the stones can be dissolved with medication or removed by surgery, but often patients "pass" them—in other words, pee them out—which is very painful.

Can they be prevented?

Often, yes. Drinking six to eight glasses of water daily helps, as does maintaining a healthy weight (check yours at glamour.com/magazine). And if you take calcium, do it with meals—taking it without food increases your risk of stones.



Glamour contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston's Brigham and Women's Hospital, professor of medicine at Harvard Medical School and a lead researcher on several women's health studies.

Eat...more!



YOU CAN HAVE THIS

A traditional personal-size DiGiorno's frozen four-cheese pizza
720 CALORIES,
30 GRAMS FAT

OR ALL THIS

An Amy's frozen cheese lasagna, a 5-oz. glass of wine and 1 cup light vanilla ice cream with 1 tsp. chocolate syrup
720 CALORIES, 17 GRAMS FAT

SO REMEMBER

"Single serving" pizzas can pack a surprising number of calories. Choose a cheesy lasagna and you can relax with wine and dessert, too!
—Jackie Newgent, R.D.

health quickie Sleeping less than 7 hours a night may *triple* your risk of getting sick when exposed to a cold virus.