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YES! TO THE FOODS YOU LOVE
New rules of healthy eating

Easy summer recipes
PERFECT GRILLED CHICKEN, QUICK-PREP WEEKNIGHT DINNERS

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Boost Your Health Now
Two double-duty fitness moves, how to safely buy pills over the Internet and a smart way to prevent post-travel overeating. // BY ABIGAIL L. CUFFEY //

SHAPE-UP SHORTCUT

Tone Your Tummy and Stop Back Pain
This exercise duo strengthens and stretches your abdominal and core muscles, which help support your back, says Leigh Crews, American Council on Exercise spokeswoman and certified personal trainer in Cedar Bluff, AL.

BRIDGE
A. Lie on your back with your knees bent and feet flat on the floor.
B. Lift your hips a few inches off the floor, keeping your feet flat. (Don't arch your back.) Hold for a count of 3 and return to the start position. Do 2 sets of 12.

=fopen the burn While your hips are raised, lift and flex your right foot and extend your right leg straight out (your knees should stay next to each other). Hold for a few seconds, then return foot to floor, keeping hips raised, and repeat the move with your left leg.

HIP FLEXOR STRETCH
A. Start on your knees with your torso upright in a straight line and your hands on your hips.
B. Bring your right leg out in front of you so that your knee is bent and your foot is flat on the floor. Place your right hand on your right thigh and tense your abs as you move your hips forward a few inches. You should feel a stretch in the front of your left hip. Hold for a count of 5, then return to the kneeling position. Repeat 3 times on each side.

TIP! If starting on your knees is painful, begin the move on all fours, then transition to step B as you sit up.

Avoid a Post-Vacation Takeout Binge
The next time you’re preparing for a trip, stock your freezer with nutritious frozen meals, fruits and vegetables. That way, when you return home, you’ll be a lot less likely to resort to outside food. Here are a few healthy in-a-pinch picks:

1. Amy’s Light & Lean Bean & Cheese Burrito (280 cal, 5 g fat, 11 g protein, 8 g fiber), $2.69
2. Kashi Steam Meals Spinach and Artichoke Pasta (280 cal, 9 g fat, 13 g protein, 8 g fiber), $3.99
3. Tandoor Chef Channa Masala (190 cal, 9 g fat, 5 g protein, 7 g fiber), $3.49

Buying Meds Online? Read Before You Click
Fraudulent websites selling counterfeit drugs are popping up daily as more Americans are buying their medications exclusively online, “Fake drugs can be ineffective and contain ingredients with dangerous side effects,” says Margaret Hamburg, MD, commissioner of the FDA. To avoid a scam, make sure the pharmacy website you buy from has the following four features.

✓ The VIPPS (Verified Internet Pharmacy Practice Sites) seal.
This indicates that the website has been approved by the National Association of Boards of Pharmacy (NABP) and meets state and federal rules. When you click on the seal, you should be taken to the NABP website. If you’re not, it could be fraudulent.

✓ Contact information for the website and a pharmacist available to answer questions. You should be able to talk to the site’s manager and ask a pharmacist about your medications—either on the phone or via online chat.

✓ A doctor’s prescription is required to place an order. Websites looking to make a quick sale don’t take the extra step to ensure that your request is legitimate, so make sure the site asks you for prescription information.

✓ An easy-to-understand privacy and/or security policy. The online pharmacy should clearly state that it doesn’t sell your personal information to marketers, companies or other sites. Look for these policies at the bottom of the site or in the “about” section.

REPORT THE SCAMS!
Come across a website that seems shady? Alert the FDA so it can investigate: Go to www.fda.gov/buyonline and click “Reporting unlawful sales of medical products on the Internet.”

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