

## LOSE 5 POUNDS— AUTOMATICALLY

More proof that extra steps can peel off weight: When women over age 40 increased their activity by an average of 3,520 steps (just over 1¾ miles) throughout the day, they **lost 5 pounds** in a year without changing their eating habits, reports a study in the journal *Obesity*. They also **decreased dangerous belly fat by 12%**.

To add steps to your day, stroll around the mall or grocery store before you begin shopping. At work, use a restroom on a different floor.

—Merritt Watts

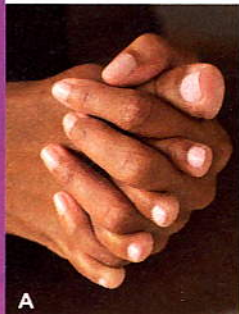
### INSTANT MOTIVATION!

## Calculate Your Calorie Burn

Quick, divide your weight by two. That's about how many calories you use for every mile you walk at a moderate pace, says University of Tennessee researcher David Bassett, PhD. Walking at a brisk pace (over 4 MPH) results in an even bigger burn.

## WALK WITHOUT PAIN

**EXERCISING YOUR FEET** can ease discomfort—and even prevent it. To target the three most common foot aches, try these simple stretches from Pilates instructor Erika Bloom, who teaches Foot Fixers classes at her New York City studio. For best results, do each up to 3 times daily.



A

**A. Toe Stretch** Sit in chair, right leg crossed over left thigh. Interlace left fingers with right toes (as if holding hands with your foot). Squeeze fingers and toes together and hold for 10 seconds, then stretch wide for 10 seconds. Do 3 times with each foot.



B

**B. Arch Massager** Stand with tennis ball directly under second toe of right foot. Slowly roll ball around sole of foot for 1 to 3 minutes; repeat with left foot.



C

**C. Heel Reliever** Sit with right leg extended, left foot against right inner thigh. Bend forward and hook right thumb around pinky toe and left thumb around big toe (it's okay to bend knee), fingers wrapped around sole. Pull back with hands to flex foot and gently press thumbs away from each other to separate toes. Hold and massage bottom of foot with fingers for 30 seconds. Do twice with each foot.—Natalie Gingerich