



USE A ROWING MACHINE?  
HA HA HA HA!  
HA HA HA HA!

# 8 RULES TO LIVE BY

- Laughing 100 times is the physiological equivalent of working out on a rowing machine for 10 minutes.
- You'll lose one point off your blood pressure (both systolic and diastolic) on average for every 2 pounds you lose.
- For every hour of brisk walking, you add an hour to your life.
- An hour's nap in the middle of the day equals 3 hours of sleep at night.
- Every hour you spend in a smoky bar is equivalent to smoking one or two cigarettes.
- If your ears ring after you've been exposed to noise, you should have worn ear protection.
- You will catch a cold within two weeks of starting a new job.
- Day-long bed rest can weaken your brain and your skeleton. To fight the problem, take 2,000 mg of calcium daily for 1 week for each day you're laid up.

## 9 WAYS TO BEAT THE FAT

**DRINK SKIM MILK WITH MEALS.** The calcium may help reduce the amount of saturated fat your body absorbs by binding with it and flushing it through your system.

**SAY NO TO DIETS, YES TO SOUPS.** Eating vegetable and noodle soups before a normal meal can help you lose weight. The fiber causes food to go through your digestive system faster, and the water helps dissolve the fat. Add a potato to the soup and you will consume about 20 percent fewer calories over the course of the meal. Tomato soup has the same effect. You'll eat less during the meal, and you'll feel full longer.

**RUN AND EAT.** If you know you'll be eating a high-fat breakfast, get in a good workout the day before. The theory: Your muscles will absorb the new fat from your blood in order to replenish the amount you burned the day before.

**GO LONG.** A long session of moderate exercise burns more fat than a short session of intense exercise.

**TURN OUT THE LIGHTS.** Dim lights make you want to eat less than bright lights do. You can also reduce the amount you eat by using smaller, patternless dishes. You're programmed to eat more when you use large or patterned plates.

**LEARN TO CRUNCH.** Hard foods make hard bodies. Food that's digested slowly will kill your hunger, cut your glucose load, and turn off the hormones that make you hungry. Think raw vegetables and hard beans.

**KILL HUNGER PANGS.** Tighten your stomach muscles as firm as possible, and slowly count to 10. You'll help curb the flow of stomach acid that causes the sensation.

**EAT MORE HOT FOOD.** Spicy food will increase your metabolic rate significantly; when your face sweats from Chinese hot sauce, it's a sign that your body is working harder and burning more calories, even if you're just sitting in a restaurant.

**HAVE SEX.** Vigorous sex three times a week burns 9,360 calories a year. ♦

