

The 10 Best Online Games For Kids

HEALTHY KIDS  
HAPPY FAMILIES

# Parents

10-PAGE SPECIAL

## Ready, Set, School!



### Smart Learning Advice For Every Age

- Solve Classroom Problems
- Stock Great Snacks
- Organize The Family Calendar
- Unclutter Your Closets And More!

**Keep  
Your  
Family  
Safe**  
A STEP-BY-STEP  
GUIDE, P. 186

## Predict Your Baby's Personality

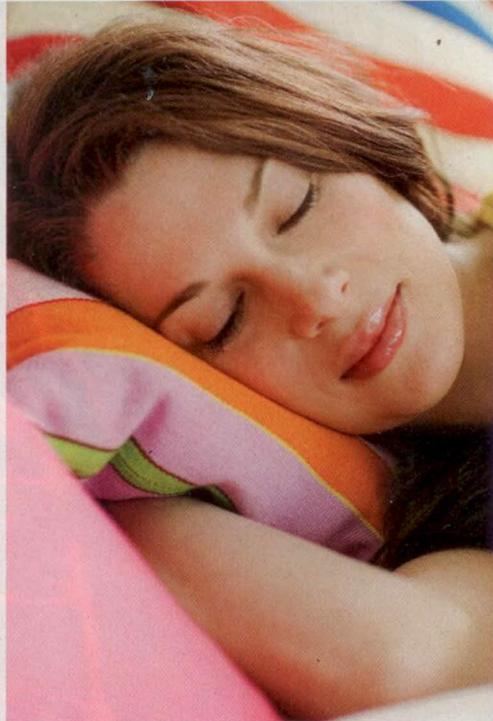
COOK NOW, EAT LATER  
**Make-Ahead Meals  
For Busy Moms**

Turn Your Kid's  
"I Don't Wanna!"  
Into A "Yes!"

Nurture  
Your Child's  
**CREATIVITY**  
FOR EASY  
WAYS TO DO IT,  
OPEN HERE.



**MAXIMIZE YOUR ZZZ'S** Women who only sleep five hours nightly are nearly twice as likely to be overweight as those who get seven hours. Sleep deprivation affects hormones that regulate your appetite, so if you don't get enough shut-eye you'll find yourself hungrier the next day. Try to DVR *The Daily Show* instead of staying up for the late-night laughs, and create a sleep-friendly bedroom that's dark, cool, and clean; research shows your nighttime environment can impact your quality of slumber.



High-school reunion coming up? Look thinner in a few days by temporarily avoiding carbonated drinks, gum (chewing it causes you to swallow air, which makes your stomach puffy), and gas-producing veggies such as brussels sprouts and cauliflower. "If you consume a lot of these foods and beverages, cutting them out can help your tummy look noticeably trimmer," says celebrity nutritionist Jackie Keller.

**Work Your Butt Off** If you're eating a healthy diet and exercising but your tummy still sticks out, your booty could be to blame, says Jade Alexis, a private trainer in New York. When your hip flexors are tight and your glute muscles are weak, your pelvis can tilt into a position that makes your tummy protrude. Get it back in place by doing these moves three times a week.

**FLOOR BRIDGE** Lie on your back with knees up and hip width apart. Lift toes and push through heels as you lift hips off ground, squeezing butt at the top of the movement. Relax head and shoulders, and hold for 5 seconds. Do 3 sets of 20 reps.

**LUNGE STRETCH** Lunge forward with left leg until right knee is on the floor (use a towel to cushion knee). Gently ease into the stretch for 1 minute before standing and repeating. Do 3 reps on each leg.



**START SWEATING** The key to uncovering a toned tummy is cardio. Luckily, the visceral fat that's found around your waistline is easier to lose than the type of fat that's just under the skin, such as around your thighs. Fred Devito, cocreator of Core Fusion classes and DVDs, says to aim for two to three days of heart-pumping workouts a week, which can be anything from swimming to running to biking. Start at 20 minutes, and work your way up to 60-minute sweat sessions.