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Selena Gomez

Her style secrets, her new dreams and, oh yeah, that boyfriend

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What to say to make new friends fast

THE LAZY GIRL'S GUIDE TO STRAIGHT A'S

Stress less secrets you need to know

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Your 10 bigg body questi

No more wondering what the heck to do when you get your period the day of tryouts or what to eat before you exercise. We took your head-scratchers straight to the pros.

BODY STUMPER #1

Why do I always eat when I'm bored?

Blame *Cupcake Wars*. "If you look at our culture, food is entertainment for us," nutrition expert and wellness coach Jackie Keller tells us. And when you've got nada to do, it seems easier to grab a snack than to do something productive. Next time you start mindlessly munching, put down the chips and hit the pavement for a walk or run.

BODY STUMPER #2

Seriously...what should I eat before and after I work out?

"The key is to get a balanced meal in before and after and throughout the rest of the day," suggests Mark Macdonald, author of *Body Confidence*. An hour before you exercise, grab a small snack like Greek yogurt or cottage cheese with fruit. Post-sweat sesh, go for something like a turkey sandwich or cheese and an apple, which offers a good mix of fat, carbs and protein.

BODY STUMPER #3

I always get cramps while I'm running. What gives?

You're not alone. "Many runners get 'stitch' cramps on their sides, likely caused by shallow breathing," says Deb Plitt, a Life Fitness master trainer. Try breathing deeply when you're jogging (inhale and exhale for four counts). Stomach issues also can be caused by



est (and peskiest) ons—answered!

dehydration or eating heavy foods too close to a run. Combat cramps by drinking 16 ounces of water 45 to 60 minutes before running, Deb suggests.

BODY STUMPER #4

What can I do to stick with my shape-up plan?

"Just like everything in life, making your health a priority takes work," Mark reminds us. It's important to find a form of exercise you l-o-v-e, whether it's spinning or salsa dancing. Come up with a reward system and give yourself a treat every five workouts. Head to girlslife.com to sign up for a Healthy You journal to track all of your progress.

BODY STUMPER #5

Why do I gain weight every time I start working out?

"The main reason people gain weight when they start working out is that they're eating more than they are burning," says Mark. Keep nutrition in check with balanced, good-for-you meals. As much as you want to scarf down sweets and salty stuff after sweating, stick to healthy snacks. Your bod will thank you.

BODY STUMPER #6

What's my perfect weight?

Hop off the scale and talk to your doc, who will give you a good idea of a healthy weight range for your body. Says Deb: "There is no single number that's the 'right' body weight for everyone. It's based on body type, frame size and muscle." Remember that weight gain is normal during puberty, "which is perfectly fine, as long as body fat and muscle are kept in proportion."

BODY STUMPER #7

Should I work out every day?

Not so fast. "You should only exercise six days per week—max," says celeb trainer Michael George, author of *Body Express Makeover*. "Over-training is just as bad as under-training," he continues. In fact, excessive exercise is a major cause of injury in teen girls. So take a breather and give yourself a few days to just kick back and relax.

BODY STUMPER #8

Should I drink water or a sports drink during practice?

"For moderate workouts, water is the best course of action," Michael says. You'll replenish the H₂O you're losing



WIN A FAB YOGA MAT!

Playtex Sport is hookin' up 10 girls with a colorful yoga mat. It'll add a burst of sunshine to your practice and ensure you're protected during tricky postures. Head to girlslife.com for details.

through sweat, without dousing your cells with sugar. But for workouts that last for a longer period of time, Michael suggests Gatorade. "The new formula provides the body with everything it loses during long, intense workouts."

BODY STUMPER #9

Ugh, how can I make my thighs skinnier?

In general, spot training—or focusing just on one part of your bod—doesn't work. You can, however, do cardio to torch fat all over and tighten up certain muscles. Michael says running is a great way to tone the legs. "It shrinks the thighs as well as aids in reducing body fat," he says.

BODY STUMPER #10

What's the deal with exercising during my period?

Getting your sweat on will actually help lessen those cramps. "There are many positive outcomes for exercising during [your period]," says Gloria Averbuch, co-author of *Run Your First Marathon*. "Women have won Olympic medals at all stages of their cycle," she explains. Stock up on tampons and then hit the track. ✨

TRY THIS!

The DASH Diet to get healthy



DON'T WORRY: This isn't some crazy Kardashian plan. Rather, it's a system of sensible eating that was recently proven to help stave off obesity in teens. The theory? Slash your intake of processed foods and nosh on whole grains, fruits, veggies and lean meats. Girls on the plan were more active and spent less time on the couch. Talk with your doc to see if it is right for you.

Healthy Eats Love your lunch!

Boring brown bags are sooo last year. Jackie Keller shared her secrets for making your midday meal amazing.

PB&J with a Twist Start with a wheat wrap. Spread 2 tablespoons of natural peanut butter on it. Cut up a banana and toss it on the wrap. Drizzle with honey (optional but tasty) and roll it up.

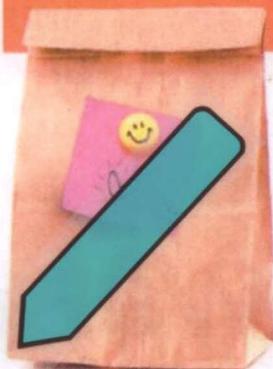
Better-for-Ya Chicken Salad You don't have to drown your wrap-a-roo in mayo or salad dressing. "Finely chopped carrots and shredded lettuce plus some cooked chicken is enough for a simple wrap," she swears. The veggies create good texture and crunch without added fat.

Jackie's Power Plate Not into sammies? Jackie suggests pulling together a few healthy snacks to make a solid lunch. We're sold on her power plate: It's a whole

wheat mini bagel, a hard-boiled egg and an ounce of peanut butter. Pop a piece of fruit in your lunch bag and call it a meal.

Teeny Tapas Trio We love the idea of making mini sandwiches in the a.m. and then toting them along with you. Buy slider buns at the grocery store or use half slices of bread to create smaller sandwiches. Jackie suggests a trio of tuna, turkey and egg salad for a lunch that packs protein and carbs.

Not-So-Typical Veggie Wrap "Try more interesting ingredients," she tells us. One of her fave combos has garbanzo beans, sliced avocado and spinach. The mix gives you good fat, plenty of fiber and protein. Wrap it up in a wheat tortilla.



Cross-train today and make the team this fall!

Spending endless hours dribbling a soccer ball isn't the only way to guarantee a spot on the squad. Pro trainer and lifelong athlete Jon Gallo is spilling the ways to up the ante before try-outs. He also says to remember the five S's: speed, strength, stamina, skill and spirit. Hurrah!

JOG IT OUT

"For all sports, the off-season is the time to build speed, agility and strength. Since most sports have running as a standard requirement, you should run at least one to two days a week."

HOP ON THE BIKE (OR IN THE POOL)

"To help build muscle, I really recommend indoor cycling and swimming. They're easy on the body, but they build speed, strength and endurance. Both of these activities allow an athlete to incorporate resistance training into their regimen without over-doing it."

GET YOUR YOGA ON

"To avoid over-training, soreness and injury, you should incorporate flexibility training after every workout session."

Instant Inspiration

Cheerleader Sarah Cronk Sparkles

In 2008, Sarah Cronk, 18, helped start the "Spartan Sparkles," a high school cheer squad that includes students with disabilities. The love is spreading with her group, The Sparkle Effect (thesparkleeffect.org).

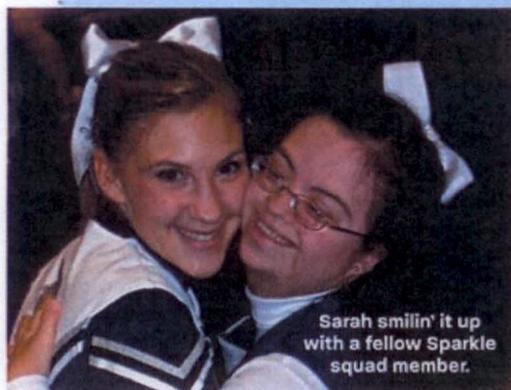
TAKE THE LEAD The cheerleaders who start squads gain leadership

skills, and they can change their community. The Sparkles benefit from increased self-esteem, confidence and physical fitness.

JUST LIKE ANY OTHER SQUAD "We usually start out by doing a quick warm-up and stretching. Then, if we're prepping for a football game, we all go over our cheers and practice a couple small stunts. If we're working on a routine for Special Olympics, I'll teach them new moves."

SPREAD THE LOVE "I hope that The Sparkle Effect reaches into every school in the nation. If I can't do that, I want to reach at least 100 squads. Either way, when I am done, game night in America will never be the same again."

—Marie Hansen



Sarah smilin' it up with a fellow Sparkle squad member.