

LOSE 7 LBS WITHOUT DIETING! The New Discovery You Must Try

MAY 2009

Health

**GET A
FLAT
BELLY
FAST!**

Drop 2 inches
in 4 weeks

Just a pimple...or
CANCER?
Answer inside

**STOP
CRAVINGS**
With this
tiny treat

**Instant
headache
cures**
PAGE 151

**GORGEOUS
SKIN
SECRETS**

**FOODS
THAT
BURN
FAT!**

*Mariska
Hargitay*
Her #1
healthy-life rule

Health.com

608

886

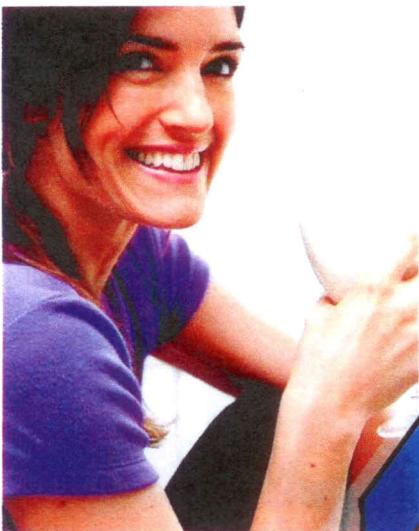
WILLIAMS

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KEYSPAN
CR107-A00A-C-CD

**LIVE GREAT
FOR LESS!**

- *\$4 Dinners
- *\$10 Makeovers
- *FREE Stress Relief



GET MILK!

"Dairy gets a really bad rap in Hollywood. A lot of my clients have completely cut it out, but the reality is research shows three to four servings of low-fat dairy have been linked to weight loss, especially around the abdomen. Once they add it back in, they start losing weight."

—Jackie Keller, a certified Wellness and Nutrition Expert who has worked with Angelina Jolie and Charlize Theron

EAT CARBS BEFORE SUNDOWN

"I stock up on carbs at breakfast. So many people try to cut out carbs completely, and then by 3 p.m. of the first day of their diet they have a headache, they're cranky, and have so little energy they can't work or exercise. I tell clients like J Lo to start with a high-carb breakfast (fruit with oatmeal, for example) and then gradually taper down during the day. Some other good choices are brown rice, sweet potatoes, and sourdough bread. As the sun sets, so should your carb intake—by dinner, you're having only four to six ounces of lean protein like chicken or fish and some steamed vegetables."

—Gunnar Peterson, a Los Angeles celebrity trainer who has worked with Jennifer Lopez and Penelope Cruz, and the author of *The Workout: Core Secrets from Hollywood's #1 Trainer*

JUMP-START THE DAY WITH FRUIT

"I always have a piece of fruit in the morning. It gets me into the mind-set that *today will be a healthy-eating day*, whereas if I start the day with just a bagel or a muffin I'm inclined to backslide and eat more junk. I change it up: some berries in my cereal one day; a banana-coconut-and-pineapple smoothie the next; an apple with a slice of whole wheat toast and almond butter."

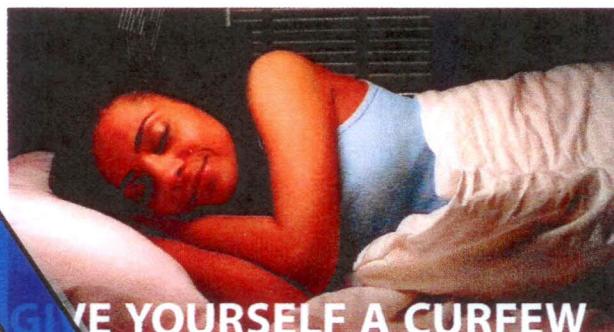
—Sari Freiden, co-author of *Skinny Bitch*



STAND TO BOOST CALORIE BURN

"I STAND WHEN DOING WEIGHT TRAINING. IT FORCES YOUR BODY TO STABILIZE, SO YOU WORK HARDER AND BURN MORE CALORIES. IT STRENGTHENS CORE MUSCLES, TOO, AS WELL AS IMPROVES YOUR BALANCE AND POSTURE."

—Patrick Murphy, a Los Angeles trainer who has worked with Eva Longoria



GIVE YOURSELF A CURFEW

"Go to bed around 10 and no later than 11. The later you're up, the more likely you'll overeat."

—Pamela Egan MD, MPH, Discovery Health TV's chief medical correspondent, author of *Body for Life for Women*, and assistant professor of medicine at the University of Maryland

HOP, SKIP & JUMP

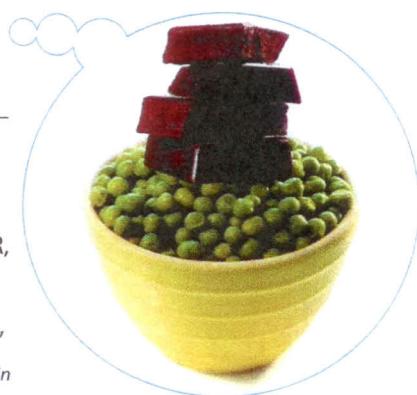
"Instead of spending an hour indoors on the elliptical, I take my workout outdoors, where I alternate running, skipping, and galloping—a mix of movement that forces your body to use all sorts of rotations. If you look at dancers and athletes, you'll see that they're constantly moving their bodies in different ways, which helps them stay strong and slim."

—Tracy Anderson, a trainer who works with Madonna and Gwyneth Paltrow

GROSS YOURSELF OUT

"WHENEVER I HAVE A CRAVING FOR A CERTAIN FOOD—SAY, CHOCOLATE—I INSTANTLY FORCE MYSELF TO THINK OF A BIG BOWL OF FOOD I HAVE A REPULSION FOR. THEN I IMAGINE EATING THE TWO TOGETHER, CONCENTRATING ON THE TEXTURE AND THE TASTE. IT WORKS TO CONTROL THE CRAVING EVERY TIME."

—Paul McKenna, PhD, author of *I Can Make You Thin*



TURN THE PAGE FOR MORE TRICKS >

Patient Information
VESicare® - (VES-ih-care)
(solifenacine succinate)

Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESicare is right for you.

What is VESicare?

VESicare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:

- Having to go to the bathroom too often, also called "urinary frequency."
- Having a strong need to go to the bathroom right away, also called "urgency."
- Leaking or wetting accidents, also called "urinary incontinence."

VESicare has not been studied in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare?

Do not take VESicare if you:

- are not able to empty your bladder (also called "urinary retention")
- have delayed or slow emptying of your stomach (also called "gastric retention")
- have an eye problem called "uncontrolled narrow-angle glaucoma."
- are allergic to VESicare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

What should I tell my doctor before starting VESicare?

Before starting VESicare tell your doctor or healthcare professional about all of your medical conditions including if you:

- have any stomach or intestinal problems or problems with constipation,
- have trouble emptying your bladder or you have a weak urine stream,
- have an eye problem called narrow-angle glaucoma,
- have liver problems,
- have kidney problems,
- are pregnant or trying to become pregnant (it is not known if VESicare can harm your unborn baby),
- are breastfeeding (it is not known if VESicare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESicare, but not both.)

Before starting on VESicare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESicare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESicare and other medicines may affect each other.

How should I take VESicare?

Take VESicare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.

- You should take one VESicare tablet once a day.
- You should take VESicare with liquid and swallow the tablet whole.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare in the same day.
- If you take too much VESicare or overdose, call your local Poison Control Center or emergency room right away.

What are the possible side effects with VESicare?

The most common side effects with VESicare are:

- blurred vision. Use caution while driving or doing dangerous activities until you know how VESicare affects you.
- dry mouth.
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as VESicare are used in a hot environment. Tell your doctor if you have any side effects that bother you or that do not go away.

These are not all the side effects with VESicare. For more information, ask your doctor, healthcare professional or pharmacist.

How should I store VESicare?

- Keep VESicare and all other medications out of the reach of children.
- Store VESicare at room temperature, 50° to 86°F (15° to 30°C). Keep the bottle closed.
- Safely dispose of VESicare that is out of date or that you no longer need.

General information about VESicare

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals. You can also call (800) 727-7003 toll free, or visit www.VESICARE.com.

What are the ingredients in VESicare?

Active ingredient: solifenacine succinate

Inactive ingredients: lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESicare tablet) or red ferric oxide (10 mg VESicare tablet)

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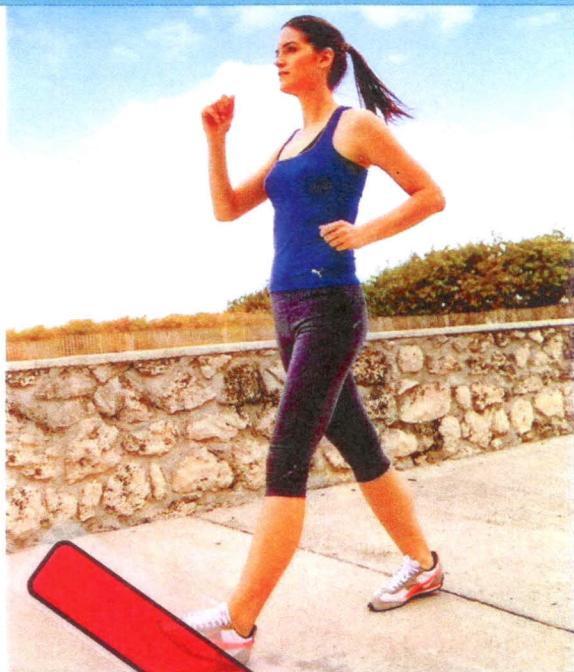
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HealthyShape

WALK MORE, BURN MORE

"I RECOMMEND JUST TRYING TO WALK A BIT MORE. IF YOU ADD IN AN EXTRA MILE TO YOUR DAY-TO-DAY ACTIVITIES (ABOUT 2,000 STEPS) YOU'RE BURNING ABOUT A 100 EXTRA CALORIES EACH DAY."

—James Hill, PhD, director of the Center for Human Nutrition at the University of Colorado and co-author of *The Step Diet: Count Steps, Not Calories, To Lose Weight and Keep It Off Forever*



LOSE SEVEN POUNDS... WITHOUT DIETING

"I tell my clients to watch their sodium intake. If you eat a lot of salt, your body holds onto water, so you can easily have an extra five to seven pounds of pure fluid retention. Unfortunately, sodium's found in even the so-called healthy frozen foods or soups, so check labels carefully when shopping. Ideally, these foods should have just 200 to 400 milligrams of sodium per serving. Once clients cut back on salt, they lose that soft, bloated appearance and start to look more lean and defined—even if they haven't made any other changes to their diet or workout routines."

—Patrick Murphy, an L.A.-based celebrity trainer



GET MORE SLEEP

"One of the first questions I ask clients like Tia Carrere is how much they're sleeping. There are some really dramatic studies out there that link not getting enough sleep to obesity. We're just beginning to realize that the quality and quantity of our sleep affects our appetite in ways we never dreamed it did. When you are sleep-deprived, your body produces low levels of leptin and high levels of ghrelin, two hormones that affect how full you feel. I often find that once clients start getting seven to eight hours of sleep a night, they're much less likely to overeat and the pounds just come off."

—Jackie Keller, an L.A.-based celebrity trainer

HAVE AN AMAZING RACE

"I recommend the 30-30 workout: an intense 30-minute regimen that involves six different activities five times (for a total of 30 exercises). Pick six different exercises that work large-muscle groups—say, push-ups, squats, bent-over rows, crunches, walking lunges, and overhead presses. Then do each move for 30 seconds, going from one to another with 30 seconds of rest in between. It gets your heart rate up, so it offers all the calorie-burning benefits of cardio. But because you're also doing weight training, your body will continue to burn calories even after the workout. I have clients start with this once or twice a week, slowly working their way up to three or four times."

—Jason Walsh, a Los Angeles celebrity fitness trainer who has worked with Jessica Biel and Sophia Bush