



InStyle

Big Love!

**Your
Ultimate
Spring
Wish List**

**Secret
Style
Finds
Glowing
Skin
Flirty
Trends**

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Closet CPR

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Best Hair Ever

How Reese
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Halle!

Her Key to Finding
Happiness at Last

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NEW ROUTINES

D.I.Y. Gym

Blizzard raging outside? Traveling to a remote locale with no health club? Those are not excuses to skip a workout. "You can do about a dozen resistance exercises anywhere," says trainer Kacy Duke, author of *The Show It Love Workout*. She encourages clients such as Julianne Moore, Rachel Weisz and **Kirsten Dunst** (above) to always pack lightweight workout gear, like exercise bands, and to do step-ups, sit-ups and lunges when they're on the road. To make it even easier, Duke created her own portable Fit Kit, which includes resistance tubing and a Versawrap, a convertible rubber sack that's an abdominal stretching mat when flat or, with the addition of a phone book or two, a platform for lunges and presses (\$50; kacydukefitness.com).



DIET AND NUTRITION IDEAS

Feel-Good Foods

Nutritionist Jackie Keller cooks up a winter menu to help beat the blahs

► **Salmon** This flaky fish is a great source of omega-3 fatty acids, which research suggests may fight the blues, says Keller, whose clients include Penélope Cruz, Uma Thurman and Angelina Jolie. You can also opt for fish oil: One British study found that a daily dose helped combat depression.

► **Wild rice** Because it's richer in fiber and higher in protein than both white and brown varieties, this rice will satisfy your carb cravings and keep you feeling full longer.

► **Spinach & tomatoes** Spinach is loaded with energy-boosting iron, but it will be more easily absorbed by your



body if you pair it with vitamin C-rich foods like tomatoes. Sauté them together with extra-virgin olive oil and reduced-sodium chicken or veggie broth.

► **Strawberries with yogurt and chocolate sauce** The berries satisfy your yearning for sweets and are full of energizing iron. The yogurt contains probiotics (good for the immune system), while the chocolate provides mood-boosting tryptophan.

HEALTHY ALTERNATIVES

The Guilt-Free Snacking Guide

Cold weather always brings on comfort-food cravings. Trainer Kacy Duke suggests satisfying—and tasty—substitutes

IF YOU CRAVE ...

TRY THIS INSTEAD ...



Ice Cream

Mix low-fat vanilla yogurt with fat-free Cool Whip for a delicious, creamy texture that mimics high-fat ice cream.



Cookies

Fiber-filled Kashi TLC Cherry Dark Chocolate Chewy granola bars taste similar but are low in calories and high in protein.



Pizza

Top a whole-grain pita with spicy marinara sauce and a little low-fat mozzarella cheese, pop it into the toaster oven and indulge.



Chips

A handful of salted mixed nuts will satisfy your craving for sodium (and crunch) with the added bonus of healthy fat.



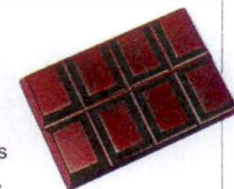
Pasta

Opt for whole-wheat pasta. Try with fresh tomatoes sautéed with chile, cumin and basil—and a sprinkle of feta cheese. Yum!



Chocolate

Enjoy heart-healthy dark chocolate—as long as it includes at least 60 percent cocoa (like Hershey's rich Cacao Reserve).



—written and reported by Hallie Levine Sklar