

Q “My boyfriend asked for help losing weight, but now he calls me the food police. What can I do?”

A There’s a fine line between caring girlfriend and control freak. No one likes to be nagged, so give him a pat on the back when he makes a healthy choice rather than correcting him when he slips up, says Hollie Raynor, Ph.D., R.D., an assistant professor of nutrition at the University of Tennessee at Knoxville. Turn food decisions into team effort by saying, “I’m proud

Don't put his fave foods on lockdown.



fitness

Q “There’s Halloween candy everywhere! How do I keep from turning into a pumpkin?”

A Relax—you don’t have to be the neighborhood spoilsport who doles out fruit. But oodles of M&M’s and Snickers and Milky Way bars lurking around your house is a scary prospect. “Wait until the last possible minute—the morning of October 31—to buy candy for trick-or-treaters,”

suggests Anne M. Fletcher, R.D., author of *Thin for Life*. And don’t even think about buying goodies you can’t resist (seriously, who can eat just one Reese’s Peanut Butter Cup?). Two good bets are Tootsie Pops (60 calories) and 3 Musketeers Fun Size bars (63 calories). If you have any leftovers after the trick-or-treaters are gone, toss them so they won’t haunt you.

Q “Which is better for me, ground or whole flaxseed?”

A Choose ground for easier absorption, says FITNESS advisory board member Lisa Young, Ph.D., R.D., an adjunct professor of nutrition at New York University and author of *The Portion Teller*. Whole flaxseed may pass through your body undigested, which means you won’t get any of the health benefits (the nut-flavored seed is high in fiber, heart-healthy omega-3s and phytochemicals). Bake a tablespoon of flaxseed into cookies or muffins, or add to cereal.

Ask Sara Snow



Sara Snow is a natural-living expert, a TV host and the author of Sara Snow’s Fresh Living.

“How can I green my kitchen?”

Tame the room’s biggest energy hog: the refrigerator. First, make sure the temperature isn’t too low. The fridge should be at 37 degrees, the freezer at three degrees. Then do a little fridge feng shui: Don’t stuff it, but make sure it’s adequately stocked so it doesn’t have to work hard to cool empty space. Need to go shopping? Fake a full fridge—and save energy—by putting a few pitchers and bowls of water on the shelves.

Read Sara’s blog at www.fitnessmagazine.com/sarasnow, and visit sarasnow.com for green tips.

ADDITIONAL REPORTING BY KARLA WALSH

Got a question about food or weight loss? Send us an e-mail at nutrition@fitnessmagazine.com.

Ask the FITNESS experts anything.

fitness

- Jade Alexis, NASM**, trainer, Reebok Sports Club/NY, NYC
- Ashley Borden,*** fitness and lifestyle consultant; Nike Elite Athlete
- Kathie Davis**, executive director, IDEA Health & Fitness Association
- Joe Dowdell, C.S.C.S.**, owner, Peak Performance, NYC
- Marty Jaramillo, P.T., A.T.C., C.S.C.S.*** founder and CEO, I.C.E. Sports Therapy
- Jeanette Jenkins,*** president, the Hollywood Trainer
- Jean Knaack**, executive director, Road Runners Club of America
- Len Kravitz, Ph.D.**, exercise physiologist, University of New Mexico
- Annette Lang, ACE, NASM, NSCA,*** owner, Annette Lang Education Systems; certified personal trainer, NYC
- Cyndi Lee**, director, Om Yoga, NYC
- Jari Love,*** certified personal trainer; fitness DVD star
- Richard Miller**, owner and CEO, GymSource, NYC
- Patricia Moreno,*** body and mind coach, intensati.com
- Michele S. Olson, Ph.D., FACSM**, professor of exercise science, Auburn University Montgomery
- John Porcari, Ph.D.**, professor of exercise and sports science, University of Wisconsin-La Crosse
- Keli Roberts, ACSM, ACE, AFAA,*** trainer, Equinox Fitness Clubs, Pasadena, CA
- Gary Scott**, president, East Coast Instructor Training School; vice president, ECA World Fitness
- Alycea Ungaro**, owner, Real Pilates, NYC
- Vonda Wright, M.D.*** orthopedic surgeon, University of Pittsburgh Medical Center; author of *Fitness After 40*

beauty

- David Colbert, M.D.*** founder, New York Dermatology Group, NYC
- Elissa J. Lunder, M.D.**, owner, Dermatology Partners Inc., Wellesley, MA
- Howard Murad, M.D.**, associate professor of dermatology, UCLA; founder, Murad Inc.



Hema Sundaram, M.D., board-certified dermatologist, laser and cosmetic surgeon, Washington, DC

Can I really become addicted to lip balm? “No, but some balms do contain ingredients that are drying, like menthol or camphor. Pick a lip soother without them and you won’t need to reapply as often.”

nutrition

- Dawn Jackson Blatner,* R.D.**, author of *The Flexitarian Diet*; spokesperson for the American Dietetic Association
- Leslie Bonci, M.P.H., R.D.**, director of sports nutrition, University of Pittsburgh Medical Center
- Rocco DiSpirito**, chef; author of *Real Life Recipes*

Dave Grotto, R.D., author of *101 Foods That Could Save Your Life*

Ashley Koff, R.D., nutrition counselor; founder, AshleyKoffApproved

Kathy McManus, M.S., R.D., director, department of nutrition, Brigham and Women’s Hospital

Jackie Newgent, R.D., culinary nutritionist; chef

Brian Wansink, Ph.D.* professor and director, Cornell University Food and Brand Lab



Lisa Young, Ph.D., R.D., adjunct professor of nutrition, New York University; author of *The Portion Teller*

Do I have to eat a morning meal if I’m not hungry? “You should at least snack on some fruit within an hour or two of waking up so your blood sugar doesn’t crash, making you more likely to overindulge at lunch.”

health

Sarah L. Berga, M.D.* James Robert McCord professor and chair, department of gynecology and obstetrics, Emory University School of Medicine

Madelyn Fernstrom, Ph.D., founding director, University of Pittsburgh Medical Center’s Weight Management Center; author of *The Runner’s Diet*



Sandra Adamson Fryhofer, M.D.* clinical associate professor of medicine, Emory University School of Medicine

Can I catch a cold from exercise equipment that hasn’t been wiped off? “Yes, cold viruses can remain on surfaces for several days. Use an antibacterial wipe or spray to clean the handles before and after you use a machine, and wash your hands regularly.”

Lori Mosca, M.D., director of preventive cardiology, New York–Presbyterian Hospital

Mark A. Moyad, M.D., M.P.H., Jenkins/Pokempner director of preventive and alternative medicine, University of Michigan Medical Center

Pamela Peeke, M.D., chief medical correspondent, Discovery Health TV

Ira Sacker, M.D.* eating-disorder specialist, Sacker M.D. Associates; clinical assistant professor, NYU Medical Center

Nancy Snyderman, M.D., chief medical editor, NBC News; associate professor of otolaryngology, University of Pennsylvania

Carolyn Westhoff, M.D.* professor of obstetrics and gynecology, College of Physicians and Surgeons, Columbia University

psychology

- Margo Maine, Ph.D.*** author of *The Body Myth*
- Nancy Redd, Ph.D.*** body-image expert; author of *Body Drama*

*exclusive member

contributors



Gretchen Voss

This runner, soccer player and mom who wrote “Alternative Energy” (page 98) has a new workout weapon:

“I started taking omega-3 fish oil supplements after researching the story. My mood is better, and I have more energy and less knee pain.”



Denise Crew

A workout story was a change of pace for the California photographer, who shot “Tone Your Trouble

Zones” (page 60). “I usually do fashion shoots,” says Denise, whose work has appeared in *Seventeen* and *Parade*. “But with a great model and trainer, it went smoothly.” Even better, she discovered plenty of new moves to add to her own exercise routine.



Elissa J. Lunder, M.D.

“You don’t need to spend a lot of money on beauty products to get real results,” says the Wellesley, Massachusetts,

dermatologist and new FITNESS Advisory Board member, who tested hundreds of products for “Beauty All-Stars” (page 32). Dr. Lunder’s advice? Go for bargain cleansers and exfoliators (see our top picks), but invest in an antioxidant serum to protect skin and reverse sun damage.



Patty Adams Martinez

Yoga is usually the workout of choice for this entertainment writer, but getting motivated is a challenge. After

interviewing *Eastwick*’s Lindsay Price for “Price Is Right” (page 68), Patty was inspired. “Lindsay sometimes wakes up at 4:30 a.m. to fit exercise into her hectic schedule,” she says. “Now I pencil in gym time just like any other important meeting. Being healthy is at the top of my priority list.”