

# Woman's Day

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U.S. \$1.99  
womansday.com

LIVE WELL EVERY DAY™

## health

**Take a few minutes to...  
stash a crossword puzzle  
book in your bag. You'll  
keep busy during downtime  
and boost your brainpower.**



## AND THIS MONTH, WHY DON'T YOU...

Check out some funny videos on YouTube. Laughing can help boost your HDL or “good” cholesterol. / Take an extra trip up the stairs. Strength-training bonus if you do it with a full laundry basket! / **Get free text message reminders to take your meds at [mymedschedule.com](http://mymedschedule.com)**® / Jump rope to burn mega-calories (10 minutes scorches 150). / Ease your taste buds into whole grains: Serve half whole-wheat pasta, half regular.

Create, print and save your own medication list! [www.MyMedSchedule.com](http://www.MyMedSchedule.com)®