

FITNESS MARCH 2006 ISSUE HIGHLIGHTS

-Fitness Editors Available For Interviews-

FEATURES

5 BEST FOODS FOR ENERGY -- Page 60

In honor of National Nutrition Month, *Fitness* suggests the foods you need to fight fatigue.

28% OF YOU DON'T GET ENOUGH E

- What you need – 15 milligrams daily protects against heart disease and boosts immunity.
- Why you're missing it – Following a low-fat diet may deny you the vitamin-E rich fat found in nuts and seeds.
- Eat a cup of fortified cereal like Total.

12% OF YOU ARE IRON-DEFICIENT

- What you need – 18 milligrams a day helps oxygen travel through the body.
- Why you're missing it – Eating less meat provides less heme iron. The redder the meat, the more iron absorbed.
- Eat steamed clams and lean proteins such as beef, chicken or pork.

MOST OF YOU CONSUME LESS THAN HALF THE RDA OF POTASSIUM

- What you need – 4,700 milligrams daily helps muscles contract and regulates fluid/mineral balance when sweating.
- Why you're missing it – Need more fruits and veggies.
- Eat a baked potato, white beans or tomato sauce.

LESS THAN HALF OF YOU ARE GETTING ENOUGH ZINC

- What you need – 8 milligrams a day regulates your metabolism.
- Why you're missing it – You haven't bought wheat germ lately.
- Eat vegetarian baked beans.

MOST YOU OF YOU GET ONLY 72% OF THE MAGNESIUM YOU NEED EACH DAY

- What you need – 320 milligrams daily produces energy and helps muscle function.
- Why you're missing it – Skimping on seafood.
- Eat halibut, All-Bran cereal, cooked spinach or black beans.

BEAUTY

SPRING FLING -- Page 100

Cold weather blues? *Fitness* heats up with must-have spring makeup tips and products for your cheeks, eyes and lips.

CHEEKS

- Choose the right formula – For oily complexions or large pores, use powder blush for a long-lasting effect. Those with dryer cheeks should apply a cream or gel to achieve a dewy look.
- Find flattering shades – Fair skin works best with a light pink/orange. Deep peach with red tones flatters medium to tan skin.
- Get an effortless glow – Layer two shades to get a natural flush. Apply one across cheekbones and dab pale shimmer on apples of cheeks.
- Try – Biotherm Blush! In #20, \$17, bitotherm-usa.com; M.A.C. Blushcreme in Pearl Blossoming, \$16.50, maccosmetics.com.

EYES

- Keep it simple – Choose one shade of shadow and apply sheer layer to eyelid with brush.
- Use liner to save time – Apply liner from inner to outer corner.

- Fake bigger eyes – Use darker shade of liner on upper lid and lighter shade on lower lid.
- Make it last – Use shadow as base for liner.
- Try – Wet ‘n’ Wild MegaEyes Shadow Pot in Blue Lagoon, \$1.99, at drugstores; Lorac Eyeshadow/Liner Sparkle Pencil in Blue Topaz, \$16, sephora.com.

LIPS

- Smooth move – For the softest pout, exfoliate before applying gloss or lipstick. Try using a warm, wet washcloth or lip scrub.
- Go natural – Sheer pink or nude gloss flatters everyone and works everywhere from the gym to the office.
- Lock it on – Translucent lip liner helps gloss adhere to lips.
- Add dimension – Lipstick plus gloss creates the illusion of full lips.
- Try – Sally Hansen Maximum Plumping Lip Treatment in Clearly Happy, \$3.29, at drugstores; YSL Rouge Pure Shine Sheer Lipstick SPF 15 in 16, \$26.50, at department stores.

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Launched in 1992 and reaching 6.4 million readers, Fitness is today's preeminent lifestyle magazine for the Mind, Body, and Spirit. Editors are available for interviews. www.fitnessmagazine.com

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