

# GLAMOUR

## Keira!

How she conquered self-doubt and got happy

## 200 Dos & Don'ts

To dress by this summer

## 31

### Ways To Redo Your Hair

Cute styles for work, sexy ones for later

## This Magazine Will Get YOU A Date

And even help pick up the tab  
(see page 84)

Spoiler Alert!

## Fashion Preview

Shop (and wear) next season's trends now

## Go Away. Five Pounds!

The one-day-a-week strategy that WORKS

# GLAMOUR Health



EVERY WOMAN NEEDS THESE TRICKS!

## Fight the “Friday Fat Curse”

Research shows the last day of the workweek may be the unhealthiest. Here are five reasons...and how not to get Friday-ed. *By Gina Roberts-Grey*

**O**ur bodies love Fridays. Not only are we happier, research suggests, but, according to a Finnish study, we also start the day at our slimmest. There's just one little catch: Friday is the day of the week that we stop eating healthfully. Why? “A lot of people like to eat and drink as a way of celebrating, and Friday is a big celebration day,” says organizational psychologist Michael Woodward, Ph.D., author of *The You Plan*. “It’s like we can feel the weekend at our fingertips.” But

not to worry—you don’t have to give up your weekly happy hour; you simply have to learn to spot the following subtle factors that trick you into overindulging:

### YOU’RE SURROUNDED BY FREE FOOD

Bottomless buffalo wings and fries may sound like a bargain, but this happy hour perk can come with a price. “Just as we tend to buy a dress that doesn’t really fit because it’s on sale, so too do we eat items

because they’re free,” says Chicago clinical psychologist Elizabeth Lombardo, Ph.D., author of *A Happy You*. “We feel like we’re getting something for nothing.”

**THE FIX:** Ask yourself, Would I pay to eat this? If not, then don’t put it on your plate.

### YOU’VE BEEN PLANNING FOR FRIDAY

Building up a special food experience in your mind (that fancy dinner out at a hot new restaurant! those end-of-week office cupcakes!) can sometimes work against you, says Lombardo. “Once the food is there, you might think, I have been dreaming about this all week,” whether or not

health  
**Insight**

you're actually hungry, she says. "As a result, you eat more simply because that's what you envisioned you would do."

**THE FIX:** Get excited about a special meal, but once you sit, "stop and really taste what you're eating," says Lombardo. "Don't eat what you don't enjoy."

## YOU HAVE THE "DRUNK MUNCHIES"

They're a real thing: When participants in a Scottish study were given a drink spiked with a double dose of alcohol, they ate 15 percent more calories than when they'd had a nonalcoholic beer.

**THE FIX:** Simple—limit yourself to one alcoholic drink. (And if you can, choose white wine. Unlike red wine and beer, a glass of white before eating may actually *decrease* hunger, according to Australian research.)

## YOUR FAVORITE MUSIC IS ON

British researchers found that eating or drinking while listening to music can make you think your food tastes better than it actually does, especially if the song reminds you of happy times. "Upbeat music stimulates the release of dopamine, the same feel-good chemical that puts the excitement in sex," says Springboro, Ohio, family physician Robert A. Kominiarek, D.O. On the plus side, you'll be happy. On the minus side, you may want seconds!

**THE FIX:** Can't change the music? "Sit rather than stand to eat," says Coral Arvon, Ph.D., director of behavioral health and wellness for the Pritikin Longevity Center & Spa in Miami. "A state of relaxation makes you more mindful, so you won't munch as much."

**BODY BY GLAMOUR**

# 5 Ways to Actually Like Exercise

Because working out shouldn't feel like, well, *work*

By Shaun Dreisbach

**S**ome fitness routines have taken suffering to a whole new level: heated barre? Prison-style workouts? Yeah, no thanks. But there are ways to make exercise fun, even this time of year, when all you want to do is stand spread-eagled in front of the air conditioner. Here, the abso-

## #2 Rename your workout.

"We equate exercise with drudgery rather than focus on how great it makes us feel afterward," says Beverly Hills celeb trainer Teddy Bass (Cameron Diaz's pro). "I have clients who literally rename it—try calling it 'going to Endorphinville' or 'happy-cise.' That alone can help reframe

## #4 Hunt down an amazing instructor.

Her style can determine whether a class will motivate you—or drag on. "Get recommendations

Love to dance? Make that your workout.

