

ENTER FOR A CHANCE TO
WIN an Instant Pot Cooker! 

Woman's Day

Sweet

SUMMER



**35 Ways to
Chill Out,
Have Fun
& Eat Well!**

**Fresh Berry
ice cream
Piewiches!**

**Beat Your
#1 Stress** P.95

**GET FIT
in 6 Minutes**



**Make Any
ROOM
LOOK
BIGGER**



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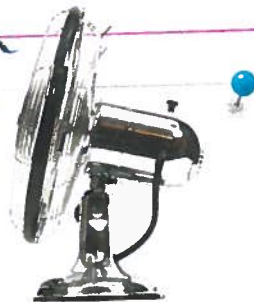
Instant Mood Boost!

A small act of kindness not only brings joy to others, but can give *you* a lift as well. A recent University of Rochester study found that participants felt happier and calmer after doing a good deed, even if the recipient didn't notice the gesture. So if your vacationing neighbors' flowers look parched, water them: You'll get an emotional benefit whether or not they recognize your thoughtful plant-preserving favor.

EASIER MENOPAUSE

If you're menopausal, it's time to get moving. A new study in the journal *Menopause* shows that any type of consistent exercise—at least 30 minutes, three or more days a week—eased symptoms like hot flashes and helped women lose weight, even if they used to be mostly sedentary.

SOURCE: JoAnn V. Pinkerton, MD, Professor of Obstetrics and Gynecology, University of Virginia Health System



SLEEP BETTER TONIGHT

Keep Cool While You Slumber

Having an air conditioner blasting at you at night could cause you to wake more, according to a study.

Point the vents away from you and follow these other tips to sleep well when temps are high.

» FAN EFFECTIVELY

If you have a ceiling fan, double-check that it's rotating counterclockwise. That way, the fan blades will lift the hot air up and bring the cool air down, making you more comfortable.

» EAT A LIGHT DINNER

Your body has to work harder to digest a heavy meal, which creates a warming effect. On particularly hot nights, opt for a cool dinner like a tuna salad.

» TAKE A LUKEWARM SHOWER

A cold shower in the evening may sound refreshing, but your body temperature will rise when you step out as your body tries to warm itself. A lukewarm shower will gently cool you down.

SOURCE: Suzanne Stevens, MD, sleep specialist at the University of Kansas Health System

[Diabetes Alert]

WHAT YOUR MOUTH SAYS ABOUT YOUR HEALTH

Your dentist is a pro at spotting cavities, and she might also be able to alert you to another potential health issue—type 2 diabetes. A recent study in the journal *BMJ Open Diabetes Research & Care* found that having periodontitis, or gum disease, is a sign that you may be at higher risk for prediabetes or type 2 diabetes. (Diabetes boosts your odds of getting infections, which could explain the link.) Next time you see the dentist, discuss the state of your gums—you might need to be screened for diabetes.

In the U.S. 29 million people have diabetes, but over 8 million haven't been diagnosed.

