

## jolting news



One Starbucks medium "grande" coffee has as much caffeine as 16 colas.

--Redbook

## STEAK OUT

Don't want to inherit Grandma's arthritic joints? Go easy on her meat loaf. People who eat 14 ounces of red meat weekly may double their risk for inflammatory arthritis compared with those who eat less than seven ounces, a study in the journal *Arthritis & Rheumatism* suggests. The high collagen content in meat could be a factor in an immune system response that affects joints. Instead of steak, reach for protein-rich foods such as nuts, legumes and tofu.

—Self

## senioritis

Still can't get over your granny's mortifying remark about your boyfriend? She probably couldn't help it. It's harder for old folks to censor themselves, according to a study in *Psychology and Aging*. Instead of stewing, cut your elders some slack.

—Self

## Water Wisdom

Buy a small, lightweight pitcher. Keep it filled with water at all times in a convenient place. Remind elderly family members periodically about drinking plenty of water and where the pitcher of water is located. Staying adequately hydrated can ward off a number of different ailments such as headaches, sleeplessness and appetite suppression. It's great for overall health and well-being.

—Caregiver.com

## Hamstring Pointer

Make sure your foot is pointing forward whenever you do hamstring stretches. You work your groin, not the hamstrings, if your foot points to the side.

—Vitality

## Treadmill Trick

To keep your treadmill workout from getting boring, think like a boxer and break it into three-minute rounds. Start by running at full speed for one minute, then slow to 60 percent for the next minute, then spend the third minute doing walking lunges at a slow speed.

—Men's Fitness

