



RISK FACTORS

Even if you've given up tanning, your skin-cancer risk is still high if you have:

- Fair skin; blonde, red or light brown hair; or blue or green eyes
- Skin that burns and rarely or never tans
- A history of sunburns as a kid or teen
- More than 50 moles, or any large or unusual moles
- Freckles
- A family or personal history of melanoma

—Health

PUMP It Up!

For maximum results, make sure you're using enough weight when doing upper-body exercises. You know the weight is right if the last few reps are a challenge. Increase it if lifting is too easy.

—Family Circle

An Ultrasound for Life

Men between ages 65 and 75 who are or have been smokers should have a one-time ultrasound to screen for an abdominal aortic aneurysm. Nearly 70 percent of men in this age group have smoked, and routine screenings could save their lives.

—Agency for Healthcare Research and Quality

chew on this

Make your office a food-free zone. When you're hungry, get up and eat in another area, like a common room or a nearby park, so you don't start to associate certain work tasks with snack time.

—Fitness



To Catch a Colleague...

The best time to make or return phone calls is in the first two hours of the workday or the last two hours. Most people are in the office at those times, and they're most readily accessible by phone then.

—“Time Management” by Marc Mancini



Puppy Love

Spending time with man's best friend has measurable health benefits. Researchers at the UCLA Medical Center in Los Angeles found in people hospitalized with heart failure a 12-minute visit with a volunteer dog lowered blood pressure by 10 percent, reduced anxiety by 24 percent and reduced the release of stress hormones by 17 percent.

—American Heart Association



STRETCH YOUR LEGS

Save your hips Women who sit for more than nine hours a day are 50 percent more likely to break a hip than those who sit less than six hours a day.

—2005 International Osteoporosis Foundation report

Laugh Riot

Facing an intractable problem at work? Schedule lunch with someone who makes you giggle. Volunteers who watched a funny video for 15 minutes

felt twice as hopeful as people who viewed a neutral clip, according to “Humor: International Journal of Humor Research.” We can't guarantee you'll solve your dilemma, but you're more likely to tackle it optimistically.

—Self