

Strong Beat

One more reason to grab those weights: A year of resistance training tones up blood vessels, research from the Mayo Clinic in Rochester, Minn., reveals. Strength training boosts arteries' ability to accommodate increased blood flow, key in preventing heart disease. Aim for at least two sessions a week.

—Self



PRESCRIPTION FOR CHOCOLATE

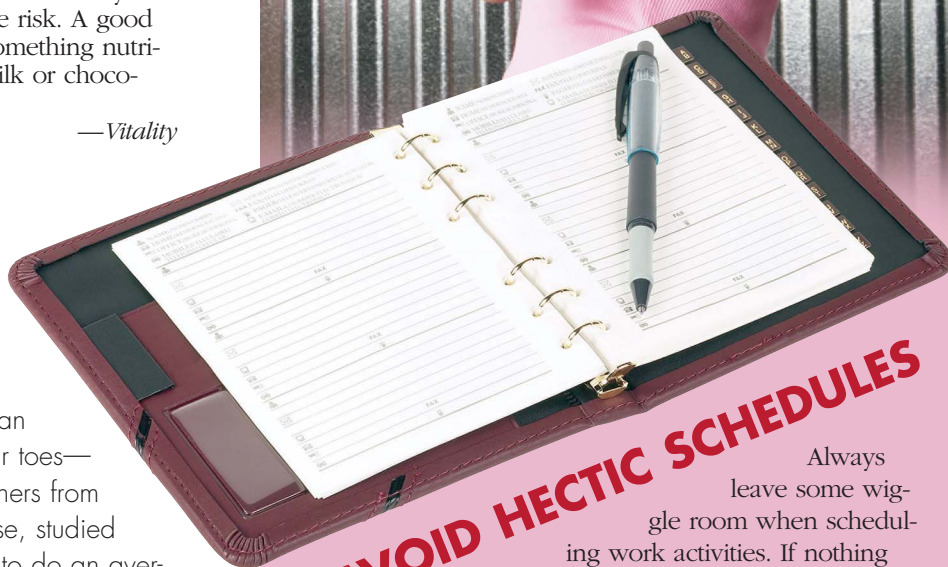
The antioxidants in dark chocolate may help reduce your heart-disease risk. A good way to eat chocolate is to pair it with something nutritious. For example, low-fat chocolate milk or chocolate-dipped fruit.

—Vitality

Get strong with yoga

Here's proof that yoga will do more than just make it easier for you to touch your toes—it will also make you stronger. Researchers from the University of Wisconsin at La Crosse, studied 34 women and found they were able to do an average of six more push-ups and 14 more crunches after taking a 55-minute hatha yoga class three days a week for two months.

—Fitness



AVOID HECTIC SCHEDULES

Always leave some wiggle room when scheduling work activities. If nothing arises to delay you you'll have a little extra time for the next task. But if you run into an obstacle, you'll have some time to deal with it.

—Marc Mancini, *Time Management*



Identity Crisis

Most kids with potentially life-threatening nut allergies can't tell one nut from another. One study of 100 children ages 4 to 19 found only one in three kids with nut allergies could identify out-of-the-shell peanuts. Nine out of 10 could identify peanuts in the shell. Only two of the 100 kids knew a hazelnut.

—Vitality