

# fitness

mind, body & spirit

WIN A  
SPA TRIP!

**Lose  
Your  
Belly  
Bulge  
in 3 Weeks!**  
Our Fat-Melting Plan

**14 Best Foods for  
a Woman's Heart**

**Shrink Those Hips**  
(Only 30 Min. a Week)

**Get  
Confidence  
That Never  
Quits**

**Have Better  
Skin  
Tomorrow  
p. 38**

**#1 Move for  
Sexy Abs**  
*(It Works on Any Body!)*

**HUNGRY? CRANKY?**  
**Stress-Proof  
Your Diet**

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# Brighten your smile

- 1. BRUSH WITH A WHITENING TOOTHPASTE** to remove surface stains from dulling agents like coffee, soda, red wine and tobacco. "If it can stain a white shirt, it will discolor your teeth, too," says Dennis Wells, D.D.S., a spokesperson for Mentadent.
- 2. HAVE A PIECE OF SUGARLESS CANDY OR GUM.** "Both produce saliva, a natural cleaning agent," says Alan E. Zweig, D.M.D., a Beverly Hills cosmetic dentist.
- 3. WEAR A VIBRANT LIPSTICK SHADE.** "Bright colors contrast with teeth and make them appear whiter," says Dr. Zweig. Choose pink or berry shades, and avoid brown hues, which tend to enhance yellow tones.