

**2 Turn on a lamp.** Light sends your brain a message to wake up. Perfect for bleary mornings and midafternoon slumps: Researchers in the Netherlands found that exposure to bright light between noon and 4:00 P.M. significantly reduced people's feelings of fatigue and sleepiness. So switch on a lamp at your desk, or, even better, step out into the sunshine!

**3 Pat yourself on the back.** Fitness expert Jim Karas, author of *The 7-Day Energy Surge*, recommends this stretch to clients like Diane Sawyer; it works by opening the muscles in your chest so you can take deeper breaths and get more energizing oxygen.

To do: Stand with feet shoulder-width apart, arms at sides. Swing left arm across your body, twisting your torso and head to the right, and tap your right shoulder, allowing your right arm to swing out behind you. Switch sides, twisting torso and head left and swinging right arm across your body to tap your left shoulder. Repeat, going back and forth in a fluid motion for three minutes.

**4 Take a five-minute walk.** When researchers at California State University, Long Beach, compared people's energy levels after eating chocolate and after taking a walk, "the walk won hands down, giving people up to two hours of increased

energy," says lead study author Robert E. Thayer, Ph.D. Sure, the candy pepped people up initially, "but after an hour they felt less energetic than they had before they began." As few as five minutes of brisk walking is all you need, he says.

**5 Have sex!** This won't work on the job, but if you need a pick-me-up, a quickie may be just the thing. Sex releases what Karas calls a "cocktail of happy hormones." Masturbation triggers some of the same effects—and even the mere thought of having sex has been shown to boost blood flow and stimulate the brain's pleasure centers. If doing the deed isn't possible, daydream!  
—Lindsey Unterberger

# HEALTH ANSWERS, PLEASE!

FROM JOANN E. MANSON, M.D.



## What's the healthiest drink to get at a bar?

—SHANNON, CHICAGO

One serving a day of any booze may have heart benefits. So the healthiest drink for women really comes down to which has the fewest calories and will contribute the least to weight gain. A glass of champagne or a simple cocktail such as vodka and soda has just 80 calories. As for wine and beer, both five ounces of wine and 12 ounces of light beer have a little more than 100 calories. But people tend to sip wine slowly—that's an advantage, because women shouldn't exceed a drink a day, for weight and overall health.

Got a Q of your own? E-mail Dr. Manson at [healthhelp@glamour.com](mailto:healthhelp@glamour.com).

## Wouldn't a fruity drink give me some vitamins?

Sure, but a jumbo cocktail with a cheeseburger's worth of calories under that little umbrella isn't exactly a multivitamin.



*Glamour* contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston's Brigham and Women's Hospital, professor of medicine at Harvard Medical School and a lead researcher on several women's health studies.

## Eat...more!

Holiday Snacks Edition

### ↔ YOU CAN HAVE THIS

Three chocolates (caramels or chews)  
269 calories,  
15.5 grams fat

### OR ALL THIS ↔

1 cup cheese popcorn from a holiday bin,  
6 chocolate-covered pretzels  
and a small sugar cookie with icing  
236 calories,  
11.5 grams fat



**SO REMEMBER:** Traditional chocolates often pack a ton of saturated fat and a surprising number of calories. Skip 'em and you can nibble on lots of different holiday treats. —Marissa Lippert, R.D.