

4 Energy Boosters and Stress Busters

Just in time to help you sail through the season, our tips will keep you feeling good on even the busiest days!

Ways to Rev Up

1 Wake up with water. The rhythmic sluicing of a morning shower is refreshing, especially if you turn it cooler for the last minute or so. Dragging during the day? Take a tip from fitness expert Karen Voight and splash your face with cool water.

2 Jump-start the day right from your bed. Make this wake-up from Donna Davidge, a New York City yoga instructor, part of your schedule. Lie on your back and slip hands under buttocks to protect lower back. Lift head and feet about 6 inches and hold position as you inhale and exhale rapidly and forcefully through nose. "You'll feel a pumping in your navel area, which releases energy," says Davidge. At first you may be able to do only for a few seconds; try to work up to a minute.

Andrea Messina is the copy director of FAMILY CIRCLE.

3 Eat a breakfast of champions. In general, complex carbohydrates—bread, potatoes, cereal—give you the most staying power, according to Janis Jibrin, a Washington, D.C., registered dietitian. Her favorite energy breakfast is a steaming bowl of oatmeal with a sprinkling of pecans and raisins.

4 If you have to be "on" all day, dress for it.

"Warm colors like orange, yellow or red are energy boosters," says color consultant Leatrice Eiseman. But wear them in their brightest versions—fire-engine red rather than claret or pink—for the most impact. Instant spirit lifter: Wear a bright scarf or gloves.

6 Consider a vitamin pill. Some women can benefit from a supplement, according to Philip Bonanni, M.D., clinical professor of medicine at the

5 Power up with a pint-size cuddle.

Kissing a baby can work wonders. So can playing with older children; enter into their world and some of that endless energy just might rub off on you!



University of Rochester, New York.

"For instance, if your diet is chronically deficient, or you're a long-term dieter, a multivitamin could make a difference." And, he adds, vegetarians should take a daily iron supplement.

7 Break out of your usual routine. "Sing in the shower at the top of your lungs—or walk into a room backward," suggests Gloria

Keeling of the Strong, Stretched and Centered Mind/Body Institute in Maui, Hawaii. "Changing your habits of body and mind can free up your energy."

8 Cut back on caffeine. While a moderate amount of coffee can deliver a welcome boost, says Dr. Bonanni, more than a cup or two can raise heartbeat and blood pressure, making you irritable. ▶▶▶▶▶▶▶▶



9 Play jacks or jump rope or toss a yo-yo. A few minutes of fun can leave you smiling the whole day.

Photos: Nicholas Baratta (top); Steve Wisbauer (bottom). Sweater, Gap. Pants, L. L. Bean.

fitness

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10 Surrender to the urge to yawn. It's how the body pumps more oxygen into your bloodstream—and thus to your brain. Rodney Yee, a yoga instructor, suggests stretching your arms overhead and gently arching back as you yawn to wake up muscles in your upper body.

11 Enhance your surroundings with scent. FC's fashion and beauty director, Linda Moran Evans, spritzes her office with a home fragrance spray containing geranium, sage and spearmint.

12 Build energy bursts into daily activities. Run up the stairs instead of walking, or park farther away from a store and walk briskly across the lot, advises Karen Voight.

13 Get enough shut-eye. Lack of sleep drains vitality in a snap. So sneak in a catnap when you can. "It's important not to feel guilty," states Dr. Bonanni. "And pick an environment

that's conducive to rest—not on a couch in front of the TV. Find a place where you can truly relax."

14 Pass up high-fat snacks like French fries, brownies and ice cream. Because fat takes longer to digest, "these goodies just make you feel sluggish afterward," explains Janis Jibrin. Grab a bagel or low-fat yogurt instead.

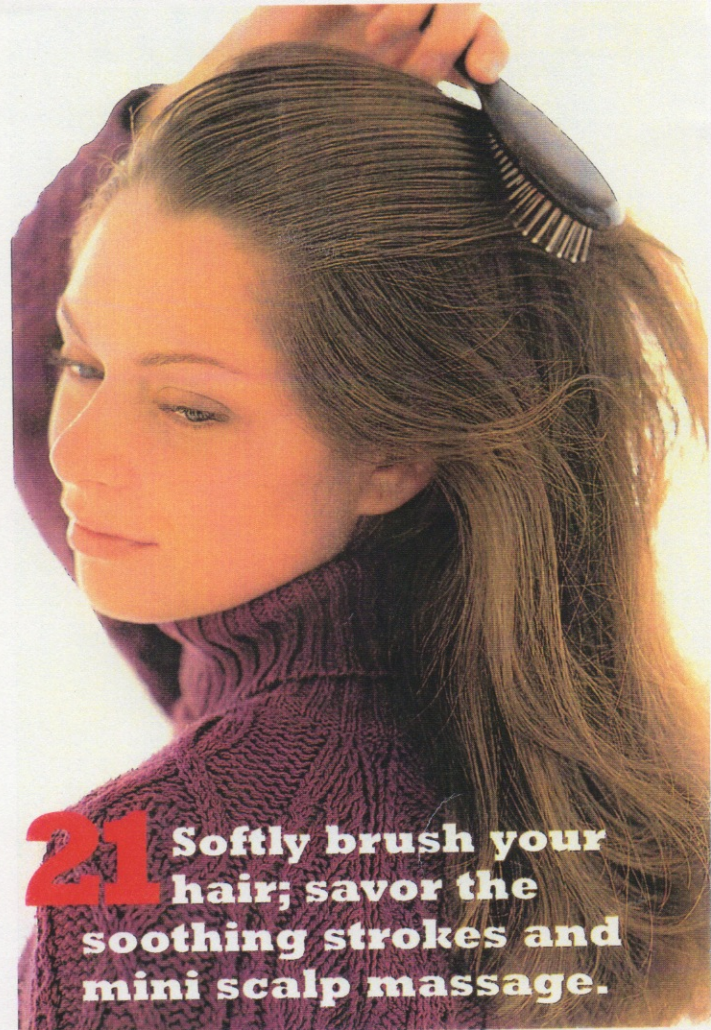
15 Reverse gravity. Donna Davidge recommends the shoulder stand: Lie flat on your back and raise legs straight up in the air, supporting lower back with your hands, so that only the top of your shoulders are on the floor. Hold 15 to 30 seconds.

17 Brace up with a fragrant bath. Suzy Gershman, shopping expert and author, pours rosemary and eucalyptus bath oils into her tub. Other botanical bath rev-ups include lemon, patchouli and pine.

18 Pass up alcohol. You may feel temporarily "up" after a drink, but the effect won't last long: Alcohol is a central nervous system depressant. It's also dehydrating. So stick to the soft stuff, and save that glass of wine for a quiet evening.

19 Dance, dance, dance! Remember turning the music up louder than loud as you'd get ready to go out for the night? Do it again! Put on oldies rock-and-roll or rollicking country or disco, and boogie up a storm.

16 Pop a breath mint for an instant charge. Not only does it freshen your mouth, but mint flavors are stimulating. Similarly, chew mint gum—or, in keeping with the season, enjoy a miniature candy cane!



21 Softly brush your hair; savor the soothing strokes and mini scalp massage.

Ways to Unwind

22 Do the fingertip trick, from Allen Elkin, Ph.D., director of Stress Management & Counseling Center in NYC. Press thumb and forefinger together; inhale deeply through nose until you feel slight tension. Slowly exhale and release fingers; let a wave of relaxation flow from head to toe.

23 Set your alarm 15 minutes earlier. If you start the day in a more leisurely fashion, it's less likely to be stressful.

24 Keep a journal. "When I'm stressed, it helps to get the 'craziness' down on paper," says FC senior editor Angela Ebron. "I read it over, ▶▶▶▶▶▶"

Photos: Nicholas Baratta (right); Steve Cohen (top left); Steve Wisbauer (bottom left); Food styling: William Smith. Prop styling: Solange Ameter, L.L. Bean.



20 Bake a batch of energy-boosting bars—they're low in fat, too!

Makes 12 servings.
160 calories and 5 grams of fat per serving.

ENERGY BARS
 ¼ cup butter or margarine
 1 cup chopped dates
 2 eggs
 ½ to 1 cup sugar
 ½ teaspoon salt
 ¼ teaspoon baking powder

½ cup flour
Optional:
 1 cup walnuts, chopped
 ½ teaspoon cinnamon

1. Coat 9-inch-square pan with cooking spray.
2. Melt butter in saucepan.
3. Remove pan from heat and add dates, eggs, sugar and salt. Beat well.
4. Mix in baking powder;

gently stir in flour and, if using, nuts and cinnamon.
5. Pour batter into baking pan. Bake at 350° for 45 minutes or until toothpick inserted near center comes out clean.

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