

The WAITING ROOM COMPANION Created for Your Doctor's Office

# WebMD<sup>®</sup>

webmd.com

the Magazine | Jan/Feb 2012 \$4.95

## 48 sex

WHAT DO SEX THERAPISTS DO?

## 49 parenting

SHOULD BOYS HAVE TOY GUNS?

## 50 pets

IS DOGGIE DAY CARE FOR YOU?

## 53 recipe

TRY THIS TURKEY CHILI TONIGHT!

## 72 sleep

IS RLS KEEPING YOU UP?

## 73 mind

WHAT IS BIPOLAR DISORDER?

## 74 allergies

WHAT ARE YOUR TOP SYMPTOMS?

## 75 heart

ARE YOU UNDER PRESSURE?

## TAKE 5 FOR YOU

MAKE OVER  
YOUR MIND,  
BODY, HEALTH

64

## FACE FIRST

START THE  
YEAR WITH  
EXPERT  
SKINCARE

38

# MOORE TO DO

ACTOR/AUTHOR  
JULIANNE  
MOORE

PUTS HER HEART  
INTO FAMILY, CAREER,  
AND THE NATION'S  
NEEDIEST KIDS

54



SCAN THIS  
to view  
WebMD  
the Magazine  
online!

099  
162  
5031  
1000

PERMIT NO. 932  
U.S. POSTAGE PAID  
PUBLISHED



spotlight

diet

# Healthy Habits

Want to live longer? Put these to-dos on your list

Active, healthy living as you age isn't mysterious. Put these four tips to work for better health into your 50s, 60s, and beyond.

**1. Lift weights.** To improve bone health and muscle mass, do resistance training with weights or bands at least twice a week and weight-bearing exercises such as walking, yoga, and dancing at least 30 minutes most days of the week. This combo may bring the best brain benefits, too, even reducing the risk of Alzheimer's, says Sharon A. Brangman, MD, chief of geriatrics at Upstate Medical University in Syracuse, N.Y.

When lifting weights, form is foremost, says F. Michael Gloth III, MD, author of *Fit at 50 and Beyond: A Balanced Exercise and Nutrition Program*. Go for smooth, comfortable movements. A jerky bench press or biceps curl can cause injury and put you out of commission longer than when you're younger.

**2. Eat smart calories.** "Cooking can take a back seat when children leave home or you lose a spouse," Brangman says. You might be tempted to turn to grocery-store-prepared meals or the early-bird buffet. They're plentiful and cheap but often packed with dense calories high in salt, sugar, and fat. Those calories are not all created equal. For example, your body easily accesses simple sugars like those in fruit juice, Gloth says. "But you expend more energy to get the calories out of protein or a high-fiber carbohydrate, such as a vegetable or fruit." That can translate to better weight control.

**3. Get your D.** Almost all older adults are deficient in vitamin D, especially in winter, Gloth says. The nutrient is essential for protecting bones and may improve your balance, strength, mood, and immune system.

The official guidelines say adults need 600 to 800 IU of vitamin D daily. But for the greatest benefits you may need up to about 3,000 to 4,000 IU daily, Gloth says. Keep in mind that's the total amount you get from food, drinks, and supplements. Ask your doctor which amount is right for you.

**4. Drink up.** Hunger and thirst centers are near each other in the brain, Gloth says. Quench your thirst, and you may also feel less hungry and eat less. Another benefit? If you're on high blood pressure medications, staying well hydrated can help prevent falls; it reduces the chance of low blood pressure when getting up quickly.

As for that other kind of drink? Alcohol tolerance decreases with age, Gloth says, so make sure your social cocktail doesn't turn into three or four drinks.—Annie Stuart

Reviewed by  
Michael Smith, MD  
WebMD CHIEF MEDICAL EDITOR



JOSE LUIS PELAEZ/INGLOW IMAGES