

USA WEEKEND

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Boost your health

8 new ideas
for living
better, longer

PLUS: Stay fit with
Samantha Harris of
Dancing With the Stars

Mark Wahlberg:
Make a
difference
for a
child

Yes,
get a
flu
shot



PREGNANCY: DON'T TAKE CHILDBIRTH LYING DOWN

Sure, it's traditional to lie in bed when you're in labor. But a Yale expert suggests that staying out of bed during early labor may shorten labor and reduce pain. This recommendation stems from a new Australian analysis of many past studies

on the topic. Unfortunately, medical professionals still pressure women to stay in bed during labor because it's more convenient for nurses and doctors, says Teri Stone-Godena, director of nurse-midwifery at Yale University School of Nursing. She has said the analysis clearly shows no advantages to staying in bed — unless that's where you want to be.

BEAUTY: CHECK OUT A CATALOG OF WRINKLE CURES

If you get injections to help erase wrinkles, or you're thinking about it, check out injectablesafety.org. This website was set up by the Physicians Coalition for Injectable Safety, a group of plastic surgery organizations, to give consumers the latest unbiased info on dermal fillers. The site lists 17 brands of injectable cosmetic treatments — including Sculptra, which is newly approved by the Food and Drug Administration — and explains their purpose, cost, duration, side effects and complications.

For the best results with the least risk, choose a board-certified plastic surgeon or dermatologist who personally administers the injections in a medically equipped office. And be sure the injectable is an FDA-approved brand name, not a generic.

STRESS: GET HELP FOR ANXIETY DISORDER

Women are twice as likely to suffer from anxiety as men are. In fact, it has become a way of life for many women. I recently reviewed a book on the subject by Jerilyn Ross, president and CEO of the Anxiety Disorders Association of America, called *One Less Thing to Worry About*. It's a good read — especially riveting are Ross' personal stories of how she handled episodes of anxiety — and has multiple questionnaires to help you discover whether your anxiety is normal or could be a disorder that requires medical treatment.

For more health tips, turn the page ▶

Dancing With the Stars' Samantha Harris says:

Step up your workout routine

With the ninth season of *DWTS* kicking off, co-host Samantha Harris knows how physically demanding the show is. Brooke Burke, the 2008 season winner, was a mother of four who looked stunning — and Harris says she was pleasantly surprised to discover something interesting about Burke: She likes to eat.

"We'll always have food around, like turkey sandwiches and granola bars," says Harris, 35, relaxing at home in Los Angeles with her daughter, Josselyn, who turned 2 on Wednesday. "It seemed Brooke always snacked on something nutritious to keep her energy up while she was doing all of those routines. What you put inside of you is just as important as the workout itself."

Harris knows the subject, as a four-time cover girl for *Muscle & Fitness Hers* magazine. Given her other duties as a correspondent for *The Insider*, she has found that the best way to make time for fitness is to take workout classes. ("It makes me feel like it's part of the schedule.") L.A. has plenty of creative options. Harris currently enjoys Bikram yoga, in which participants stretch, bend and otherwise contort in a room heated to 105 degrees. "It makes every single pore in the body open up," Harris says.

What you eat is just as important as your workout.

She's careful with her diet and tries to eat small meals every few hours. But she'll reward herself — sometimes with a decadent ice cream treat. But that's an exception. For now, her goal is to stay as fit as she can, especially with the possibility of having more kids. "You can't control much of what happens to your body during pregnancy, but you can keep it active," she says. "Which isn't to say that I didn't occasionally look in the mirror sideways and say, 'My god! What's happening?'"

— Dennis McCafferty

