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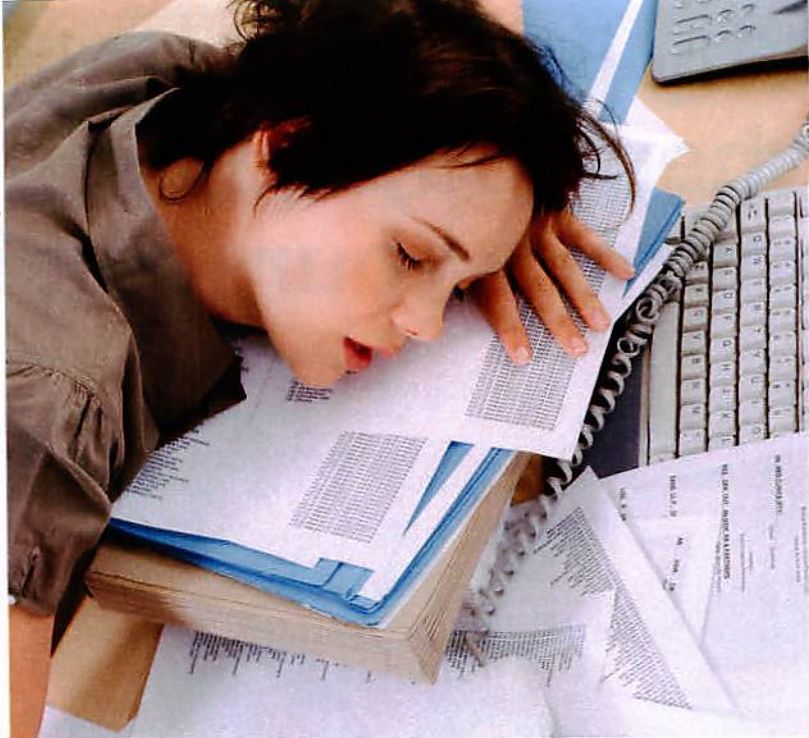
fatigue: is it serious?

MOST OF US ARE TIRED SIMPLY because we're sleep-deprived or stressed, but fatigue can sometimes be the sign of a bigger medical issue—anything from heart disease to an autoimmune disorder. When to see a doctor? If you answer yes to any of these questions, says Jacob Teitelbaum, MD, author of *From Fatigued to Fantastic!*

- Do you have insomnia despite feeling tired?
- Does the fatigue persist even while on vacation?
- Is the fatigue accompanied by other symptoms, such as weight gain or cold intolerance?
- Do your legs jump during sleep or do you snore?

- Are you still very tired an hour after waking up for several days in a row?
- Did the fatigue begin after starting a new medication?
- Is being tired causing you to be less social than you usually are?

Linda Melone



DROP AND GIVE ME 20!

Experts say that a push-up is a good indication of overall strength because it works multiple muscle groups. A 40-year-old woman should be able to do about 16. If traditional ones are too difficult, try this modified version, says Cindy Whitmarsh at *exercisetv.tv*: Start by kneeling. Walk your hands forward so that they're slightly wider apart than your shoulders. Contract your abs and keep your neck in a neutral position, in line with your spine. Bending your elbows, lower your body for a count of 3, hold for a count of 3, then slowly come up. To start, try 2 sets of 8. *D.G.*

YOUR HEART



am I having a heart attack?

Only 1 in 3 women know the warning signs of a heart attack, according to the Centers for Disease Control and Prevention. To protect your heart, you need to know...

symptoms may vary You may have chest pain, but many women feel pain in their arms, jaw, neck or back. Some get lightheaded and sweaty, fatigued, nauseated or short of breath.

it can happen at any age Although the risk for women is greatest after age 65, every year about 88,000 women age 45 to 64 have a heart attack. **never drive yourself to the ER** Call an ambulance—even if your symptoms don't seem severe. *D.G.*

Psst... A pack-a-day smoker who quits will save up to \$1,800 a year.