



3 WORKOUT SINS

THAT ARE AGING YOUR SKIN

If you're guilty of these offenses, it's time to repent before your body pays the price.

SIN YOU WEAR A BASEBALL CAP TO PROTECT YOUR EYES The shade of a hat's brim won't fully shield your eyes. Over time, exposure to the sun's UV rays speeds up the development of cataracts (it can damage the skin on your eyelids too). Wear sunglasses that block 100 percent of UV rays, like the **Adidas Adistar** (\$150; adidas.com), under your hat.

SIN YOU DON'T WANT TO TOTE A WATER BOTTLE Dehydration decreases your body's ability to sweat, which increases your risk of overheating. To prevent it, drink a glass of water before you head out, then fill up the easy-to-carry **Asics** grip bottle (\$15; asics.com for stores), and bring it with you.

SIN YOU SLATHER ON SUNSCREEN—BUT SKIP YOUR LIPS "They have less pigment than the rest of your face and are more susceptible to UV damage," says Amy Derick, M.D., a dermatologist in Barrington, Illinois. Apply balm with SPF every two hours.



MDSkincare Powerful Sun Protection lip balm (\$18; mdskin.com)



One machine, countless moves

get stronger with these weights

Choosing one machine over another can double your sculpting results, according to a recent study published in the *Journal of Strength and Conditioning Research*. Two groups worked out twice a week on either traditional machines that have a fixed range of motion (like the leg extension) or a FreeMotion station, which has cables and movable levers. After four months, **those who used the FreeMotion had increased their strength more than twice as much as the other exercisers did.** "A machine like the FreeMotion forces multiple muscle groups to work together," says study author Keith Spennewyn, founder of the National Institute of Health Science. "That's how your body functions in real life, and it can make you stronger."

dvd of the month



A ROUTINE THAT NEVER GETS BORING

Tracey Mallett's *6 Minute Quickblast Method Total Body Calorie Blast* (\$15; amazon.com) eliminates the predictability inherent with some routines. It has seven six-minute circuits that include cardio, strength training, yoga, Pilates, and other exercises. Do the entire program and you'll get a 52-minute head-to-toe workout, or choose a few segments from the set-up menu to create your own routine. Switch it up when you can guess the next move.

You'll need only two dumbbells and a mat

CLOCKWISE FROM TOP LEFT: KRAIG SCARBINSKY/GETTY IMAGES; DARRYL ESTRINE