

LIVING RIGHT



Fergie Tells Dieters to Put Some Pep in their Step

The focus of most diets is losing something—weight—but according to Sarah Ferguson, the Duchess of York, you need to work on gaining something, too: energy. In her new book, *Energy Breakthrough: Jump-Start Your Weight Loss And Feel Great* (\$25, Simon and Schuster), Fergie outlines her successful tips on how to stay trim and lively, using what

she calls “the energy equation”—good nutrition, regular exercise and a positive attitude. Featuring more than 75 recipes and a four-week menu plan, this book is great reading for anyone who’s on a diet and looking to make some major life changes in addition to the changes they’re making on the scale.



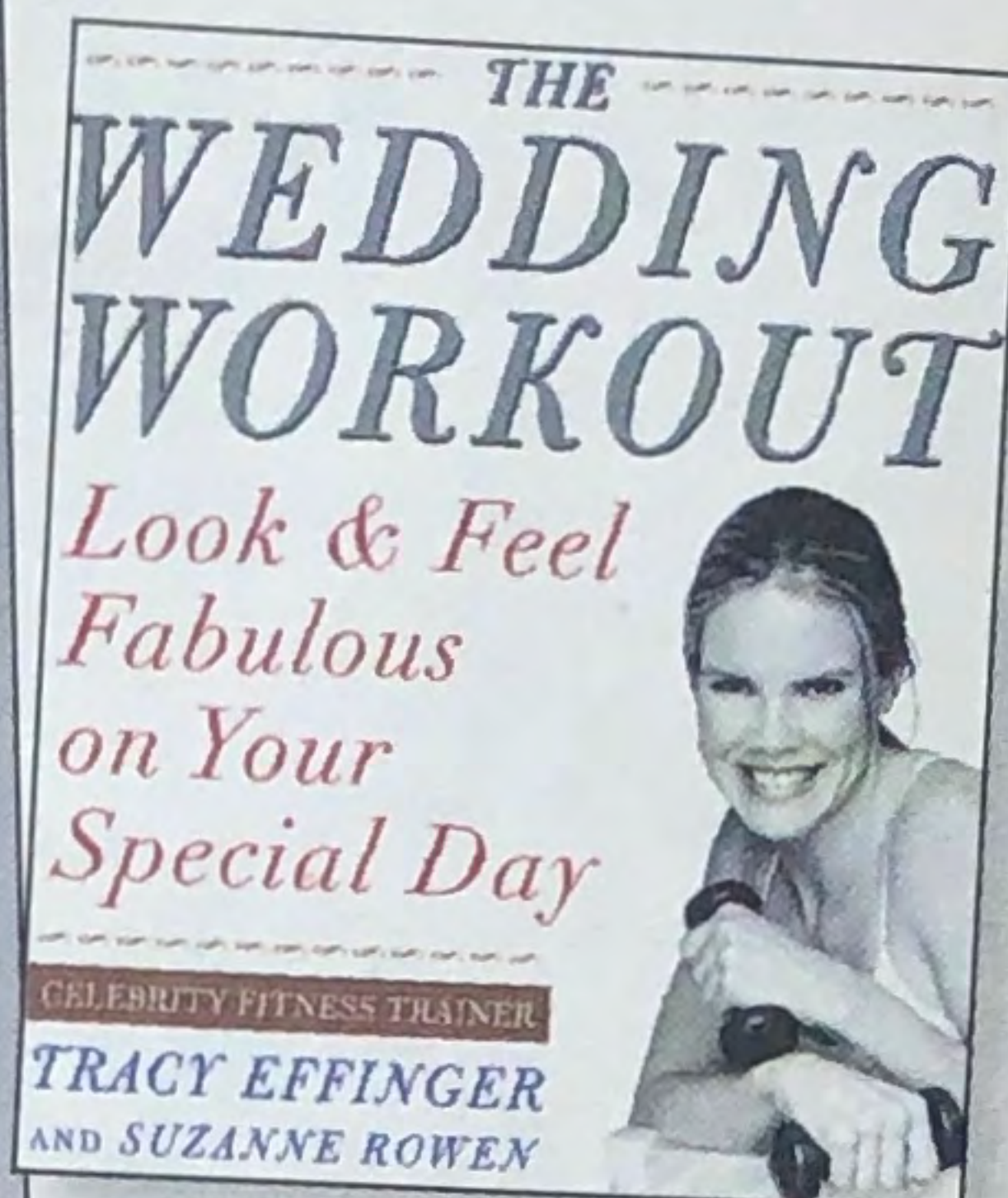
Photo: Courtesy of Sony Music.

“My least favorite is dark, dark, dark. But I don’t discriminate. If there’s nothing other than dark chocolate around, then welcome to my stomach.”

—Shakira, on her intense love for chocolate



Photo: Albane Navizet/Courtesy of McGraw-Hill.

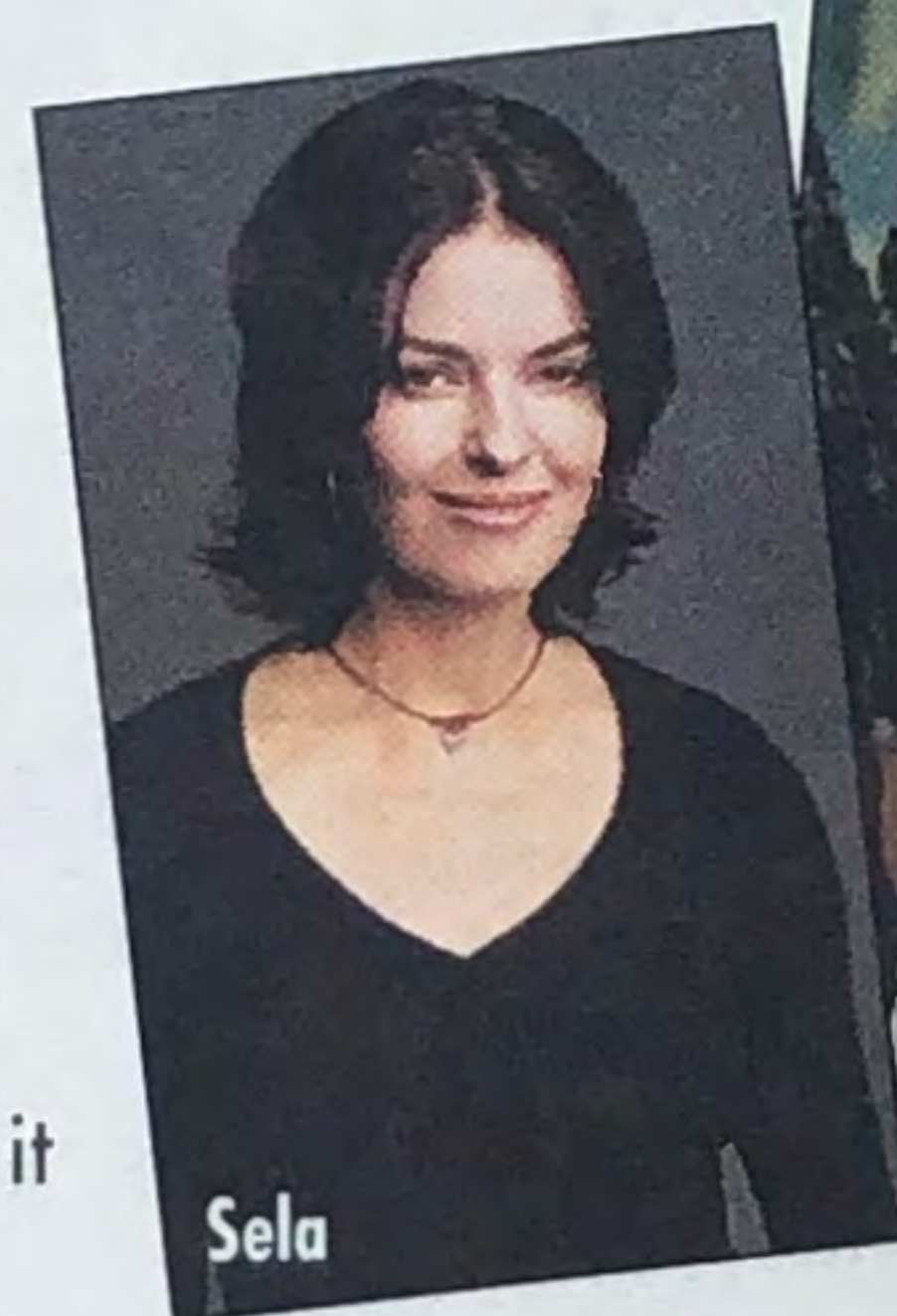


Something Borrowed, Something Buff

For the bride who wants to look good on her wedding day (and what bride doesn’t?), celebrity fitness trainer Tracy Effinger (above), who’s toned stars like Renée Zellweger, Amy Brenneman and Sela Ward, and recent bride Suzanne Rowen have written a guide that is guaranteed to get girls in shape in time for the big event. *The Wedding Workout: Look & Feel Fabulous on Your Special Day* (\$19.95, McGraw-Hill) is jam-packed with advice on everything from toning tips to flattering dress shapes to staying fit on your honeymoon. Add it to your registry today!



Renée



Sela



Amy

Renée photo: Glenn Watson/Courtesy of 20th Century Fox; Amy photo: Monty Brinton/Courtesy of CBS; Sela photo: Courtesy of ABC.

Got that Perspiration Sensation?



Feeling a little hot under the collar? Don’t worry—summer brings out the sweat glands in all of us. Which is why CW (with a little help from *drugstore.com*) has compiled a brief list of things you should know about sweating...

- Why does sweat exist? Your body has 3-4 million sweat glands that can pump out 12 liters of perspiration every 24 hours (the equivalent of six giant soda bottles, although significantly less fun at a party). It may sound messy, but sweating isn’t a bad thing—as the moisture evaporates, your skin cools and your body temperature lowers.
- What’s the best underarm defense? If you’re looking to block sweat, make sure you purchase an antiperspirant, not just a deodorant.
- Do you find yourself sweating in minor situations? Getting heated during strenuous activity is

common, but if you find you’re cooking under small pressures, you may have a condition called hyperhidrosis.

Model in photo used to illustrate story only.