

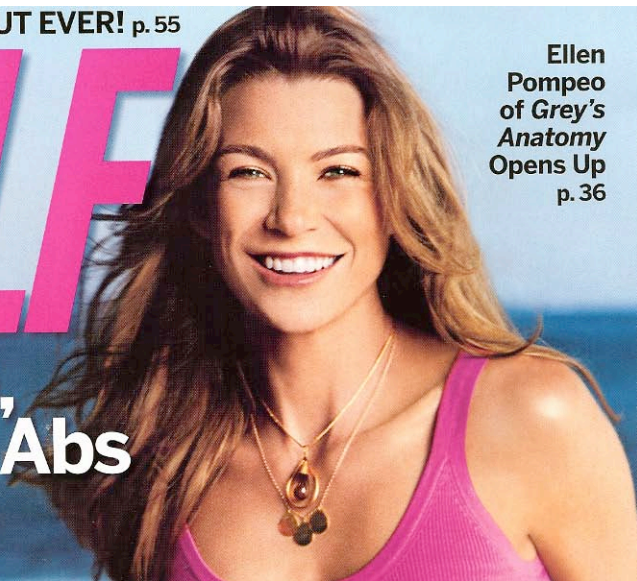
SELF

YOU
AT YOUR
BEST

Ellen
Pompeo
of *Grey's
Anatomy*
Opens Up
p. 36

Flat, Firm, Fabulous Abs

7 Scientifically
Proven Moves



eat-right flash

Sexy weight Slimming down can rev up your sex life, ► say researchers at the Duke Diet & Fitness Center in Durham, North Carolina. Two thirds of the women said they felt unattractive at the start of the study, but less than a third felt that way after losing 12 percent of their weight. They were also more comfortable naked. Tonight, keep the lights on!

Lettuce eat Sure, prewashed bagged greens make salad preparation a snap, but are they truly clean? A recent E. coli breakout in Minnesota raised the question. **To be safer, rinse even prewashed greens and scrub hands** with soap and water before and after handling food.

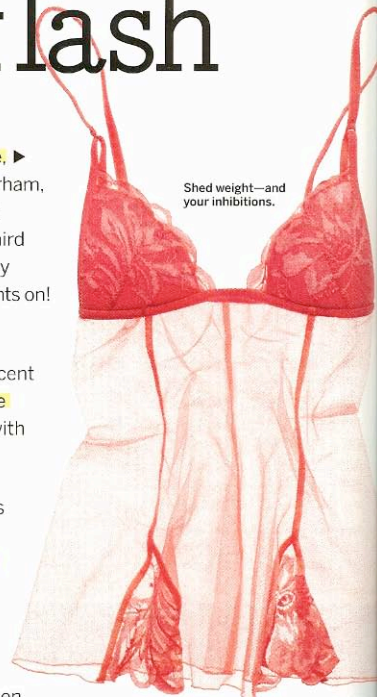
Fat chance A study from Boston University confirms that most people will become overweight. But other research shows that **20 percent of adults successfully drop pounds** and report that keeping the weight off becomes easier over time. Get the help you need to succeed at losing at SelfDietClub.com.

Chat and chew You may have more than just fun when you're out with the girls. **When women eat pizza together, they monitor each other's intake and consume similar amounts**, a study from the University of Toronto found. Before you dine with a group, set a limit for yourself and try to stick to it. Who cares if someone else goes back for seconds?

Go fish People who have seafood once or twice a week may keep their brain sharper by three to four years, according to a report in the *Archives of Neurology*.

Dial-a-dieter Group weight loss counseling over the phone works as well as face-to-face support, researchers at the University of Kansas at Lawrence say. Two sets of overweight adults followed the same low-cal diet: One group had weekly meetings; the other met via conference calls. All dieters lost an average of 28 pounds. When cravings strike, grab the phone for some talk therapy.

Healthy brew Pixie Maté makers claim a cup of the South American tea packs more antioxidants than a serving of orange juice or broccoli. Our tester liked the chocolate, tropical fruit and chai flavors—and that she got an energy fix minus the jitters. **SELF says: A**



Shed weight—and your inhibitions.