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THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

**DITCH YOUR
BLOW-DRYER**

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ADULT SEX F

Homework ju
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The "Have you lo
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OPRAH'S PRIVATE PHOTOS

We gave her a camera,
she gives us a snapshot of her
perfect lazy Sunday

SUMMER READING
**25 books you
can't put down**

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[CONTINUED FROM PAGE 86]

months, discussing the Plan B controversy and scientific integrity. After that, I became a professor at the GWU School of Public Health and executive director of its Jacobs Institute of Women's Health, which focuses on research and policy. I'm still involved in many of the same issues—the role of science in government, healthcare reform, development of policies to ensure scientific integrity—but now I'm doing it from outside the government. Part of what I do is provide information to Capitol Hill and the White House on issues and strategies they can use to develop healthcare reform that will benefit us all.

■ How do you think the FDA will operate under the Obama administration?

We have a huge opportunity with an administration that is committed to the health of the American people and puts a priority on scientific integrity. I have confidence that the FDA can return to making its decisions on the basis of good science—and that's good news for women's health. A sign that things are changing was the FDA's April announcement that it would make Plan B available to 17-year-olds. I'm looking forward to the agency's removing all age restrictions.

—NAOMI BARR

Be Nimble, Be Quick

The Harlem Globetrotters play 390 games a year, not only shooting, dribbling, and scoring but also performing stunts and dancing. All this activity requires superb balance, says Special K Daley, point guard, ringmaster, and self-described "most handsome guy on the team." Below are his three favorite exercises for improving agility and coordination. Try these twice a week (or add them to your workout); perform each move for a minute.



Tennis Ball Squats

Stand facing a wall, about six feet away. Holding a tennis ball in your right hand, lower yourself into a squat position—feet shoulder-width apart, legs bent to nearly a 90-degree angle. Now throw the tennis ball against the wall with your right hand and catch it with your left. (This may take some practice.) Then throw it back at the wall and catch it with your right hand.



Crisscross Jump Rope

Use chalk to mark a plus sign (each line about 12 inches long) on the ground, or just visualize one. Jump rope at the center of the plus sign at your own pace. Then jump to one of the four end points, count four revolutions of the rope, and jump to another end point. Repeat side to side, and then front to back.



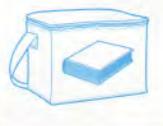
Jump Up

Standing next to a wall, hold a piece of tape or chalk in your hand and jump as high as you can, marking a spot. Now, with both arms over your head, crouch and then jump, touching the mark with both hands. Try to land in a balanced position—avoid taking a step backward or forward. Then crouch and repeat.

—POLLY BREWSTER

Power Lunching

Most people don't give much thought to their midday meal—it's just fuel to get them to dinner. But choose lunch wisely and it can do wonders.

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| <p>To stay sharp, try:</p>  | <p>Grilled salmon</p>  | <p>Spinach, corn</p>  | <p>Walnuts, blueberries</p>  | <p>Green tea</p>  | <p>The science behind it: These foods enhance memory and learning, says Fernando Gómez-Pinilla, PhD, a professor in UCLA's neurosurgery department. Omega-3s in salmon and walnuts help nerve cells communicate; antioxidants in spinach and corn (such as vitamin C and flavonoids) optimize brain cell performance; and green tea also helps boost brain function.</p> |
| <p>To watch your weight, try:</p>  | <p>Lentil soup</p>  | <p>Vegetable salad with grilled chicken</p>  | <p>Nonfat dressing</p>  | <p>Whole wheat roll</p>  | <p>The science behind it: According to research at Pennsylvania State University, people who start with soup eat fewer calories at that meal. (Just make sure the soup is broth based rather than cream based.) The lean protein in lentils and chicken will keep your hunger in check, and vegetables and whole wheat bread—both high in fiber—will fill you up.</p> |
| <p>For more energy, try:</p>  | <p>Whole grain pita pocket with cannellini beans</p>  | <p>Arugula, tomatoes</p>  | <p>Pesto sauce</p>  | <p>Apple, orange, peach, or plum</p>  | <p>The science behind it: This lunch will take time to digest—thanks to whole grains (pita), protein (beans), and healthy fats (olive oil and pine nuts in the pesto). The result is a time-released supply of calories, says registered dietitian Dawn Jackson Blatner, author of <i>The Flexitarian Diet</i>. "This will give you fuel for five hours of afternoon energy." —N.G.</p> |