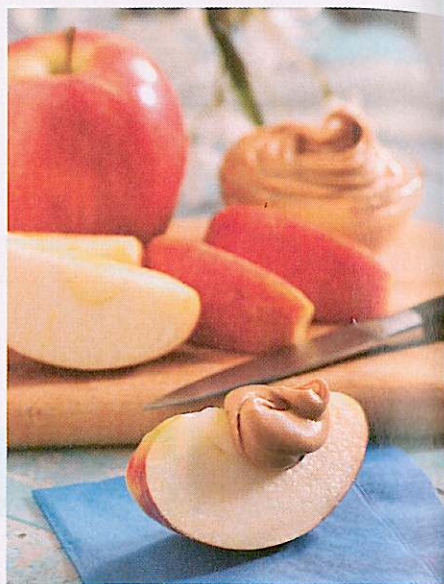


In Brief

Low-glycemic index foods get more points for helping you stay slim

Wondering why those pounds won't budge? A Danish study published in a recent issue of the *American Journal of Clinical Nutrition* reinforces the idea that a low-glycemic index (GI) diet can help. Made popular by diets like South Beach, low-GI foods (high-fiber, complex-carb foods like veggies, beans, nuts, lean meats, and whole-grain breads) slowly release energy into your bloodstream and keep you satisfied longer. Study participants who ate high-GI foods gained more weight, especially in the stomach area, over six years. To go low-GI, choose whole foods like an apple with peanut butter, over anything starchy, sugary, and refined.



To keep off the pounds, go for whole foods like an apple with peanut butter over anything refined.

Can losing weight be a "Cinch"?

It isn't often that we find a weight-loss system we like, but Shaklee has developed a new line of products that caught our eye. Cinch, a program designed to help you lose inches while preserving muscle, features surprisingly tasty shakes, bars, and tea, and a supplement that contains leucine, an essential amino acid that helps build muscle mass. The Starter Kit (\$223.45; www.shaklee.com) gives you all of the above, plus a journal, pedometer, and more. Don't want to fork over all that cash? Choose more leucine-rich foods, like eggs, dairy products, lean meats, and soybeans.

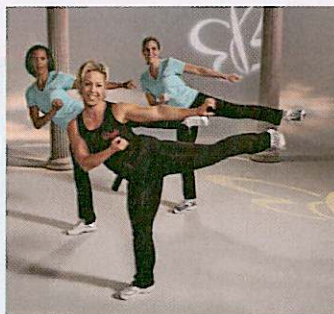


Why your BMI could save you cash

Cutting back on your junk-food consumption isn't just good for your health—it may also benefit your bank account. The Phoenix Companies Inc. promises customers up to a 20 percent savings on life insurance if they maintain a healthy BMI—for most adults, that's between 18.5 and 25. Customers who want to take advantage of the discount must have their BMI checked every five years. Want to figure out your BMI? Visit Health.com/tools.

One-stop shop for diet and fitness

A new express-gym-and-diet-center hybrid may soon come to a corner near you: Butterfly Life franchises are popping up across the country. We like the convenient approach to combining fitness and nutrition under one roof—you can do a 30-minute circuit or DVD classes in yoga, Pilates, cardio ball, or dance, and get nutrition, beauty, and psychology advice (in sessions such as "control cravings"). Butterfly Life also offers a high-fiber diet plan, which lets you choose recipes from their 1,200-calorie-a-day menus. Membership costs between \$29 and \$49 a month and requires a year-long contract. For more details, check out www.butterflylife.com.



Vital Stats

3

Number of states (California, New York, Tennessee) that received a grade of A from the University of Baltimore for their efforts to control obesity

9

Number of states that received a D or worse



Did your state make the grade? visit Health.com/links.

Holding the
ries may be
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waistline,
ut it also
ght benefit your
nk account.

stills in children
beat (most lonely)