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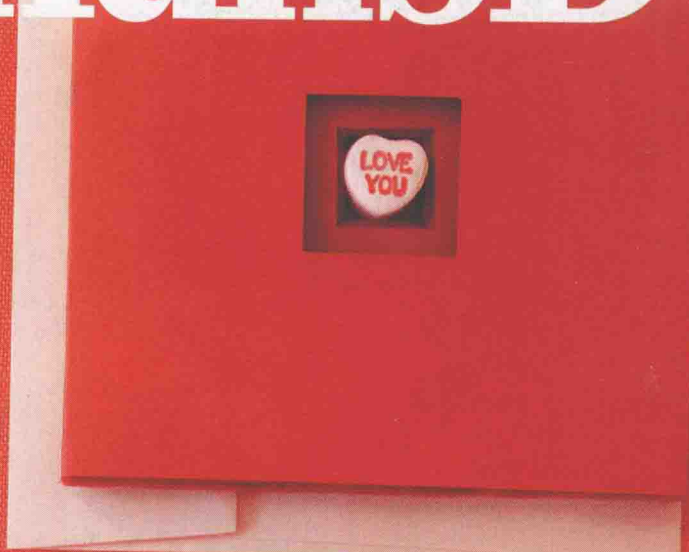
- LITTLE CHANGES TO SAVE YOUR LIFE
- 14 HEALTHY DINNERS
- STRESS BUSTERS & MORE

**STOP
ARGUING**
about
MONEY, p. 50

"We lost 230 lbs!"

READERS' SECRETS • STRATEGIES

FEBRUARY 2011

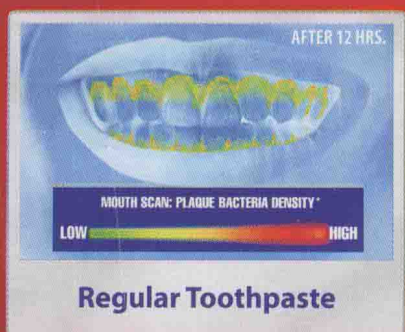




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**vs. regular fluoride toothpaste 12 hours after brushing. ©2010 Colgate-Palmolive Company

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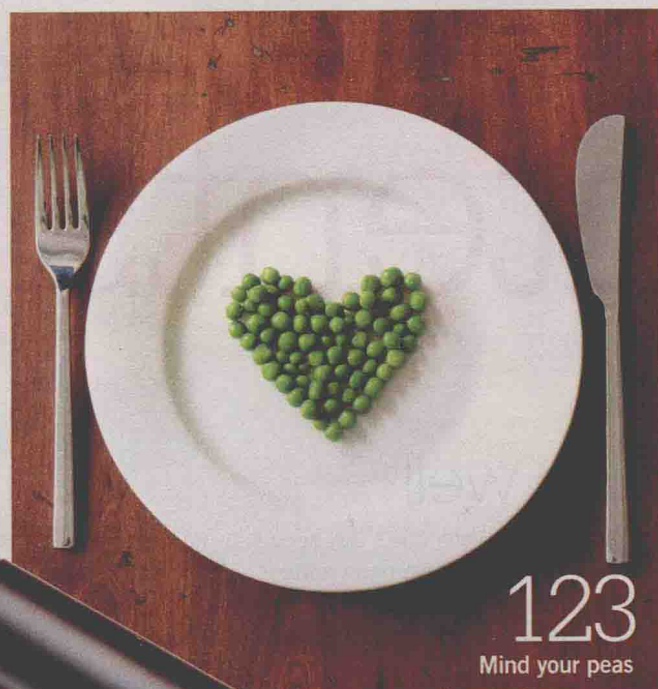
"As water reflects the face, so one's life reflects the heart." Proverbs 27:19

be well

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Brushed to
perfection

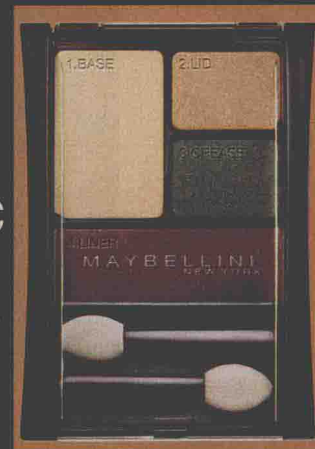


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Fresh food-
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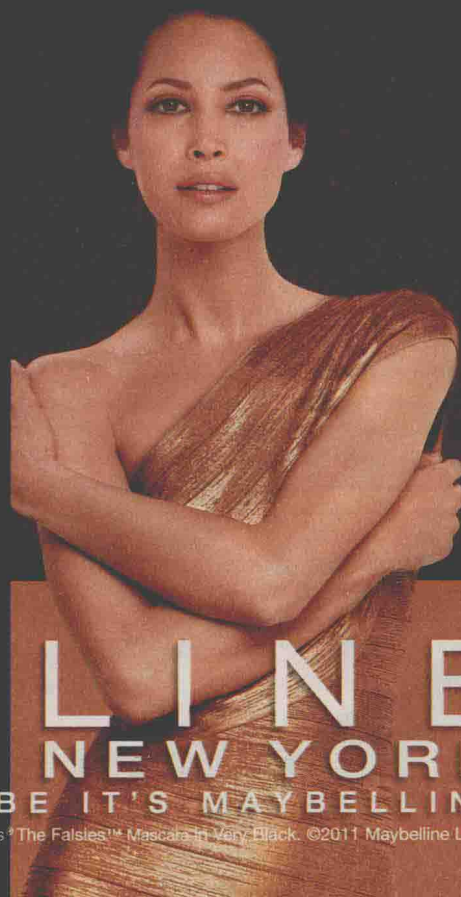


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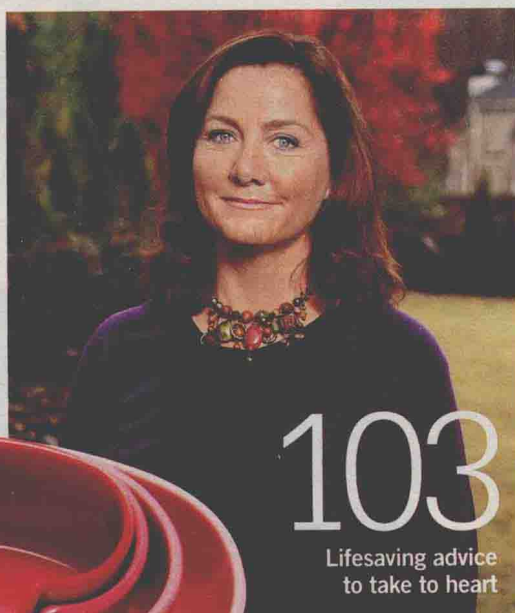
MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.[®]

Christy is wearing ExpertWear[®] Modern Metallics Eyeshadow Quad in Enchanted Forest and Volum' Express[®] The Falsies[™] Mascara in Very Black. ©2011 Maybelline LLC.



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Bowl over your guests with this delicious
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COVER PHOTOGRAPH by Kate Sears, food styling by Paul Grimes (cake), craft and prop styling by Matthew Gleason.



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your day off right?

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"I gain an hour and a half for myself by telecommuting and skipping the commute—now I use that time to go to the gym."

*Sue Kakstys,
Group Managing Editor*

"By making time for my favorite breakfast: egg whites with veggies and a little cheese on a whole-grain English muffin. Starting the day with a protein-rich meal gives me energy all day."

*Barbara Brody,
Health Editor*

"Instead of the news, I listen to Country Music Television while I get ready in the morning. The mellow tunes ease me into the day ahead."

*Brynn Mannino,
Assistant Editor, Womansday.com*

"I pick out my outfit the night before—if I don't, I'll be 30 minutes late and come home to a three-foot pile of clothing on my bed."

*Beth Haase,
Editorial Business Associate*



Join the conversation!

How do you start your day off right? Tell us at facebook.com/WomansDayMagazine

Senior VP/Chief Brand Officer Carlos Lamadrid

VP/Brand Publisher Ginger Sutton VP/Brand Development Donya Vance

"By waking up an hour earlier to do a Rodney Yee yoga DVD. It's more convenient than the gym and keeps me centered and focused through the day."

*Carlos Lamadrid,
Senior VP/Chief Brand Officer*

"I treat myself to a latte with skim milk: It gives me a shot of energy and 30 percent of my daily calcium requirement."

*Lisa Smith,
Brand Strategy Director*

"I start every morning by taking a walk with my husband and dog. There's nothing better than starting the day with those who mean the most to you!"

*Tina Marchisello,
Director, Special Projects & Events*

"Mornings are crazy with kids, so I keep two pocket organizers on my back door for permission slips and forms (one for my daughter, one for my son) so that nothing is forgotten."

*Bonnie Hutchinson,
Integrated Brand Director*

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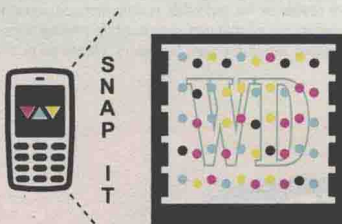
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- WIN a "Sparkling Smile" beauty kit from the makers of ARM & HAMMER[®].....page 59
- WIN a \$250 gift card, compliments of TurboTax[®].....page 76
- Florida's Natural[®] invites you to WIN a year's worth of free orange juice along with other great prizes.....page 122
- GET delicious, heart-healthy recipes from Campbell Soup Company.....page 149

Editorial Pages

- WIN a copy of *The Weird Sisters*, by Eleanor Brown.....page 16
- WIN a full set of Dr. LeWinn by Kinerase skincare products.....page 19
- WIN Rubbermaid's new Glass Food Storage with Easy Find Lids.....page 48
- WIN EmersonMade's 1960s Jacket.....page 72
- WIN a SPIbelt fitness pack.....page 84
- WIN Room It Up's Lap Desk.....page 100
- WIN a treasure chest stocked with Pirate's Booty.....page 138

NO PURCHASE NECESSARY. Entry period for WD Interactive Issue sweepstakes starts at noon ET on January 11, 2011, and ends at noon ET on February 28, 2011. Sweepstakes open to legal residents of the 50 United States and Washington, D.C., 18 years of age and older. To enter by wireless device, first download, only once, the Microsoft Tag application onto your smartphone by either visiting <http://gettag.mobi> using your mobile Internet browser or sending a link to your mobile phone from the Microsoft Tag website at www.microsoft.com/tag. Next, take a picture of the "WD Tag" on the pages mentioned above. Once you have properly taken a picture of the WD Tag, you will be sent to a mobile website with onscreen registration instructions that must be followed to enter. YOUR MOBILE ENTRY WILL NOT BE COMPLETE UNTIL YOU HAVE REGISTERED. Your carrier's standard Internet rates will apply. One entry per person or email address per day per sweepstakes. For rules and more details, and to enter online, visit www.WomansDay.com/Interactive.



7 ODORS SURRENDER TO FEBREZE FRESHNESS



it's a breath of fresh air

febreze

all in a woman's day

by Elizabeth Mayhew, Editor-in-Chief



WD's annual Red Dress Awards take place February 8, to honor women who have gone above and beyond to educate us about our risks of heart disease. Last year's attendees included readers (from left) Holly Colella, Jen Fortin, Lou Sparks, Julie Lin and Travis Darcy, shown here with WD Chief Brand Officer Carlos Lamadrid (center).



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you gotta have heart

A few months ago, I was in the emergency room when I struck up a conversation with a lovely 70-ish-year-old woman named Rose. Unlike my sister, who had been rushed to an operating room to reset the broken jaw she suffered after a fall, Rose appeared healthy—no cuts, no bruises—and was perfectly alert, composed and downright chatty. The only giveaways that something was wrong were her hospital gown and the loud beeping of her heart monitor.


Rose had not expected to be in the hospital. Earlier that morning she had gone to visit her doctor of 30 years to see him one last time before he retired. After examining her, he rushed her to the emergency room—she had congestive heart failure.

Rose's story is typical of the stories about women and heart disease you'll read in our pages. She felt fine. Yes, she was a bit more tired than usual and her legs, particularly around her ankles, had lately been swollen, but neither symptom seemed surprising, given that she had spent the past several days cleaning. She had been rushing around busily tending to her apartment, trying to get ready for the family lunch she was hosting that Sunday.

Like so many of us, Rose explained away her symptoms, never entertaining the idea that something might really be wrong. That's why we have devoted most of this issue to your heart health.

If you don't know it already, heart disease is the number-one killer of women, and it's our goal at *Woman's Day* to change that fact by educating you about the symptoms as well as preventive steps you can take. Read on to find recipes, stress busters and medical advice to keep your heart healthy and ticking for years to come. As for Rose, she and my sister were moved to different areas of the hospital and I lost track of her, but I'd like to think that she is well, and hosting lunch this Sunday and every Sunday for years to come.

ELIZABETH

P.S. Look for this symbol  in the issue for heart-healthy advice.

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