

new lease ON LIFE

Adopting a positive outlook on life can cut your risk of heart attack in half. A Harvard research review of more than 200 studies showed that being optimistic and satisfied with your life can decrease your chance of cardiovascular disease by 50 percent, regardless of your age, body weight, income or whether or not you smoke.



CRACK A smile



Regular consumption of energy and sports drinks can cause permanent damage to your teeth, especially among adolescents, according to a study from the Academy of General Dentistry. These sugary drinks bathe the teeth in acid and can erode the teeth's enamel in as little as five days of exposure. When the enamel wears away, it increases the risk of cavities, discoloration, cracks and tooth sensitivity.

Instead of sipping a soda or energy drink all day long, dentists recommend drinking it in one sitting. Water is the ideal beverage for hydrating throughout the day, but if you do choose a sugary beverage, rinse your mouth with water afterwards to minimize tooth damage.

show your STRENGTH

Resistance training continues to be one of the hottest fitness trends for 2013, according to the American College of Sports Medicine's (ACSM) annual survey.

An emerging trend in strength training programs is using your body weight to build more muscle. Body weight exercises eliminate the need for expensive equipment and often include pull-ups, push-ups, planks and squats. For the sixth consecutive year, the demand for educated, certified and experienced fitness professionals has topped the list of worldwide trends.

HERE ARE THE ACSM'S TOP 10 FITNESS TRENDS FOR 2013

- Educated, certified and experienced fitness professionals
- Strength training
- Body weight training
- Exercise for children and obesity
- Exercise for weight loss
- Fitness programs for older adults
- Personal training
- Functional fitness
- Core training
- Group personal training



bug OUT



A Stanford study found that organic produce and meats offered no major differences in nutrients and vitamins when compared to conventional varieties. However, organic foods had a lower level of pesticides and antibiotic-resistant bacteria.

More than one-third of conventional fruits and vegetables had measurable pesticide residues, compared to only 7 percent of organic equivalents. The study also showed that organic pork and chicken were one-third less likely to contain antibiotic-resistant germs than conventional meats.

While conventional foods clearly have higher pesticide levels, researchers say they are still within safe limits. Long-term studies have yet to be conducted to determine any increased health risks from consuming conventional foods over pesticide-free organic varieties.

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