



**Glamour Health  
Stomach  
Stopper**

## World Cup Abs

The secret to Brandi's six-pack. (Hint: It isn't crunches.)

Sure, she'd just scored the game-winning goal to bring home the World Cup for the United States. But it still takes guts—or the lack of a gut—to whip off your shirt in front of the world. How did soccer star Brandi Chastain get so ripped around the middle? According to her trainer, Dave Oliver, exercise physiologist and strength and fitness coach for the U.S. women's soccer team, Chastain doesn't do sit-ups from dawn to dusk; in fact, she only does a five- to seven-minute circuit of ab and lower-back exercises five to six times per week. He attributes her six-pack to a healthy diet and an intense conditioning program that includes two-hour team practices, weight lifting, drills and workouts

with a medicine ball. "Toned abdominals don't come from doing a million crunches," explains Oliver. "The key is to get into good overall shape and keep your body fat down."

If you only have an hour to exercise, Oliver recommends splitting the time between cardio and strength training to burn fat and develop muscle—and reserving just a few minutes for crunches at the end of your workout. After all, you could already have an amazing washboard stomach—it may simply be covered by a layer of insulation. So rather than your usual 10 or 15 minutes of potentially half-assed crunches, try five minutes of quality abdominal work, and then spend the extra time sweating it out on the treadmill.



# Glamour's health & fitness Body book

by Stacy Whitman

Your Up-to-the-Minute Good-News Authority

## Q&A

### The Dope on Gym Drugs

**Q** I've heard of people using muscle-building supplements as party drugs. Is this safe?

**A** Definitely not. While products like **Extreme Ripped Force** that contain mixes of minerals and herbs aren't known to be harmful, you should be wary of certain muscle-head supplements sold on the Internet or through hush-hush deals with personal trainers. Since the FDA doesn't regulate supplements, manufacturers aren't required to prove that their products are safe—and some, including **Revitalize Plus**, **SomatoPro**, **Blue Nitro** and **Renewtrient**, are laced with the chemicals BD (1,4 butanediol) or GBL (gamma butyrolactone), relatives of GHB, a dangerous compound sometimes referred to as liquid ecstasy. While these products have no proven fat-burning or muscle-building benefits, they may give you a buzz, which is why people take them to party. However, taking too much could cause you to pass out, suffer seizures or slip into a coma—and mixing the supplements with alcohol ups the risks, says Gary Wadler, M.D., professor of medicine at New York University School of Medicine in Manhasset. In the past two years, three people have died and more than 120 have become seriously ill after taking products with BD or GBL, the FDA reports. So whether you're looking for buns of steel or a quick buzz, skip the supplements and try a good workout instead. —WESTRY GREEN



PARTY POOPERS: GYM DRUGS AND BOOZE

## 5 Medical Better-Health-Now Breakthroughs

• **If you smoke**, a new kick-butt screening test promises to catch lung tumors before they turn deadly. Low-dose CAT scans can identify nearly six times as many early-stage lung tumors as chest X-rays (the traditional screening method), according to a study recently published in *The Lancet*—and catching a tumor early increases your chances of survival by more than 75 percent, notes lead author Claudia I. Henschke, M.D., of New York Presbyterian Hospital. If you've smoked more than a pack a day for 10-plus years, talk to your doctor about getting the \$300 test. For details, call 800-298-2436.

• **If you've had unprotected sex**, the new FDA-approved POCkit HSV-2 Rapid Test can identify a case of genital herpes in minutes, which means no more waiting for visible sores to develop to tell whether you've been infected.

• **If you can't sleep**, there's a new prescription sleeping pill, Sonata, that wears off in four hours or less. "Sonata is eliminated from your system so quickly that you can take it in the middle of the night without experiencing a drug hangover,"

explains Gary Zammit, Ph.D., director of the Sleep Disorders Institute at St. Luke's Roosevelt Hospital in New York City. Still concerned about relying on pills? Try a natural sedative such as a late-afternoon workout, a soothing bath or aromatherapy—a vanilla-and-orange-scented lotion like the one in Origin's new line of sleep products may help send you into dreamland.

• **If you've been outside in deer tick-infested areas** (the Northeast, upper Midwest or northern Pacific coast), you may want to get a new test for Lyme disease. Early diagnosis is key to kicking this potentially crippling infection and the \$10 blood test, PreVue B, provides results in one to three hours, says Anthony Lionetti, M.D., medical director of the Lyme Disease Treatment Center in Hammonton, New Jersey.

• **If you get sick with a hacking cough**, a new FDA-approved urine test can help identify a strep bacteria infection in 15 minutes—a process that used to take days—so you can get started on antibiotics ASAP.



Origin's scentsible approach to beauty sleep





## Perfect your posture now!

Gwyneth deep-sixed her slouch, and so can you. Here's how.

Good posture is an insta-slimmer and can also make you look more than an inch taller, says Elizabeth Trindade, an alignment coach and owner of New York City-based Buffitness. Since weak back muscles are a common posture pitfall, Trindade has devised three easy exercises to help tone up your stand-tall muscles. Do them seven days a week, and you should lose the hunchback look in less than a month.



**Seated bent-over reverse flies**  
Holding a three- or five-pound weight in each hand, sit on the edge of a chair, right leg crossed over left. With your back straight, lean forward so your chest is as close as possible to your right knee, letting weights hang down toward the ground, palms facing in [a]. Keeping chin lifted and shoulders relaxed, lift elbows up and out to the sides to shoulder height [b]. Slowly lower weights, then repeat for a total of eight reps. Switch legs and do eight more reps. Strengthens upper back.

**Standing bent-over tricep extensions**  
Holding a three- or five-pound weight in each hand, stand with feet together, knees slightly bent, arms by your sides and palms facing in. With your abs pulled in, bend forward from your hips as shown [a]. Keeping your chest and chin up and elbows bent only slightly, raise the weights behind you until they're a little higher than hip level [b]. Slowly lower weights, then repeat. Do two sets total (eight reps each). Strengthens middle and upper back as well as triceps.



**Slumped shoulder reverser**  
Stand with right foot in front of left (body weight over front foot), hands crossed in front of you [a]. Squat down so you're sitting on your left heel; left knee points straight in front of you. Clasp hands around right knee, lift chin and lean back, gently pulling right knee toward you [b]. Hold for five seconds, pulling shoulder blades back. Return to standing position. Repeat move five times. Switch so left foot is in front; repeat five more times. Strengthens middle and lower back; draws shoulders back.

## Mass Rx Confusion

Are you getting the right meds?

Pharmaceutical companies churn out scores of new drugs each year—and many have uncannily similar names. Factor in your doctor's chicken scratch and an over-worked pharmacist, and you could have a prescription for a dangerous medication mix-up, warns Michael Cohen, president of the nonprofit Institute for Safe Medication Practices. The Food and Drug Administration cites 700 cases since 1993 in which

people have died after receiving the wrong drug. To protect yourself: If you can't read your physician's handwriting, ask her to print the name of your medication and the condition you're taking it for on your prescription. Double-check the label on your drug before downing it. And watch out for these same-ish looking or sounding prescription meds (see chart) that you're likely to encounter—they're at high risk for mix-ups.

—LIVIA FLOYD

Instead of:	You could get:
Celexa (for depression)	Celebrex (for arthritis)
Lamisil (for athlete's foot)	Lamictal (for epilepsy)
Prozac (for depression)	Prilosec (for ulcers)
Xanax (for anxiety)	Zantac (for heartburn and ulcers)
Zyrtec (for allergies)	Zyprexa (for schizophrenia)



\*Source for drug names: USP Medication Errors Reporting Program.