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APRIL 2010



“

ASKING MY DOCTOR'S OFFICE TO FAX OR E-MAIL ANY FORMS A FEW DAYS BEFORE A VISIT, THEN FILLING THEM OUT BEFOREHAND, HAS MADE MY MEDICAL APPOINTMENTS START ON TIME, NOT TO MENTION RUN MUCH MORE SMOOTHLY.”

NANCY SMITH, SIMSBURY, CONNECTICUT

“When it comes to eating better and exercising more, preparation is everything. Ever since we ran our August 2009 healthy-snacking story, my department stashes Mini Larabars in the office so we can skip the 4 P.M. vending-machine run. And I always have a pair of sneakers nearby.”

ELIZABETH GRAVES,
REAL SIMPLE BEAUTY AND
HEALTH DIRECTOR

“Now that you told me frozen vegetables are as nutritious as fresh, and sometimes more so, I use them in soups, stir-fries, and omelets.”

ELIZABETH BYRNE,
NEW YORK CITY

* To find out more about the tips and the ideas mentioned here, go to realsimple.com/giftoftime.

10 YEARS OF HEALTH TIME-SAVERS

A few *Real Simple* ideas that changed your lives—and ours.*

“I run for an hour during lunch. There's a hill I wanted to reach the top of, but I always had to turn around to get back to work on time. Then I read in *Real Simple* that I don't have to stretch before I exercise, only afterward. With those extra five minutes, I finally tackled the hill!”

LIZ MERHIGE, BERKELEY, CALIFORNIA

“When I don't have time for my morning walk, I try to park in the last parking spot to squeeze in some exercise.”

CAROLYN HARDAGE,
DYERSBURG, TENNESSEE

“I KNEW THAT GREEN TEA WAS PACKED WITH ANTIOXIDANTS, BUT WHO KNEW IT FRESHENED BREATH? EVER SINCE YOU REVEALED ITS MULTITASKING QUALITIES, I NO LONGER HAVE TO SEARCH FOR MINTS IN A PINCH!”

ANGELA TUNG, CHEVY CHASE, MARYLAND