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The Quick-Change Workout Shoe

Nike's new barely-there kicks give you a grippy surface to prevent slips during yoga, barre, or Pilates classes and protect against germs that barefoot people leave behind (sorry, but it happens). Even better, they come with supportive ribbon and supercute mesh flats that you can wear over the wraps—or alone—to and from the gym. Nike Studio Wrap Pack 3 three-part footwear system (\$120, nike.com).



PRESTO CHANGO!

Slip the flats (below) over the ribbon-laced wraps and you're good to go.



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one product, three ways

FIX IT WITH TEA

You know about the potential cancer-fighting and heart-boosting powers of drinking tea. But those little bags are good for a slew of home remedies, too—like these:

► Get rid of swollen eyes

Place a warm, wet black or green tea bag on your eyelid to shrink a sty. Or use a chilled one to reduce puffiness.

► Treat a headache Steep peppermint tea and pour over ice. Soak a washcloth with the iced tea; place over your forehead and closed eyes.

► Soothe breakouts Make ice cubes from freshly brewed green tea. Wrap a few in a washcloth, then apply it to skin inflamed by acne or rosacea.



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exercise made easier

USE YOUR NOSE

Chances are you breathe through your mouth during sweat sessions. But Patrick McKeown, breathing trainer and author of *The Oxygen Advantage*, recommends breathing through your nose: It delivers nitric oxide, which helps bring extra blood to your muscles, and cuts down on dehydration. Next time you're on a walk, run, or bike ride, inhale and exhale through your nose while keeping your lips closed. It'll feel weird, but within a few weeks you'll notice you can exercise longer and don't tire as quickly, McKeown says.



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