

THE NO-GIMMICKS, NO-HYPE HEALTH AND FITNESS MAGAZINE

# EXPERIENCE LIFE

Being Healthy  
Is a Revolutionary Act

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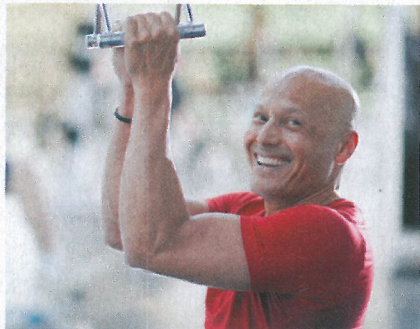
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**LIFETIME**

THE HEALTHY WAY OF LIFE COMPANY™



# BE STRONG, LIVE LONG



**One more great reason to start strength training now:** Older adults with more muscle mass live longer, according to a 2014 UCLA report published in the *American Journal of Medicine*.

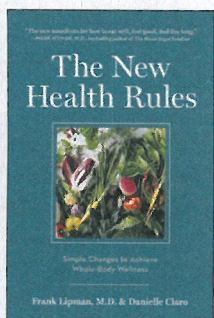
Researchers looked at data from 3,600 men aged 55 or older and women aged 65 or older, tracking survival rates over a decade. Across the board, those with greater muscle mass — regardless of their body mass index (BMI) — were less likely to die

prematurely from nonnatural causes.

For older people, ample muscle mass appears to be even more important than low fat mass, says professor Arun Karlamangla, PhD.

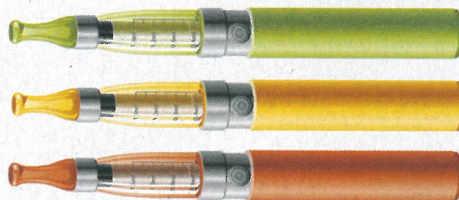
Participants' muscle mass was measured by a small electrical current sent through the body, then normalized to height, similar to BMI scoring. The study found that a higher-than-average muscle mass index was linked to longer life.

What to Read Now



Transforming your health doesn't have to be daunting. In this new book, *The New Health Rules: Simple Changes to Achieve Whole-Body Wellness*, respected integrative physician Frank Lipman, MD, offers a collection of single-sentence maxims — from “eat the whole egg” to “move five minutes every hour.” With just one insight per page, and inspiring photos throughout, the book is easy to absorb at a glance. Plop it on your coffee table, desk, or breakfast counter for daily motivation.

## E-Cig 101



**Are electronic cigarettes** any healthier than tobacco cigarettes? The answer is hazy, finds a 2014 review published in the *Journal of Addiction Medicine*.

“You’re basically trading one known, dramatically harmful product — regular cigarettes — for a product that has an unknown degree of harm,” says Michael Weaver, MD, medical director of the Center for Neurobehavioral Research on Addiction at Houston’s University of Texas Health Science Center.

Some 3.5 million Americans smoke e-cigarettes. While their vaporized liquid may do less lung damage than tobacco smoke, the long-term effects are unknown. “We do know that there are carcinogens, impurities, and a lot of variability in the ingredients,” says Weaver.

Currently only e-cigarettes marketed for therapeutic use are regulated, but the FDA has proposed a rule to extend tobacco laws to govern them. Currently, ingredients vary by brand: Some contain nicotine and other chemicals at levels similar to regular cigarettes; others

may contain no nicotine at all. That makes it difficult for consumers to know what they’re getting.

One known danger: Users can modify e-cigs to deliver toxic amounts of nicotine. “There’s something called ‘dripping,’ which bypasses the cigarette mechanism, so users are inhaling the nicotine vapor directly,” Weaver explains.

“You can also get different forms of electronic cigarettes where you can adjust the voltage: A higher voltage means higher nicotine delivery.”

With sweet-treat flavors like cotton candy and gummy bear, the targeting of youths is a serious concern. According to the Centers for Disease Control and Prevention, e-cig use by middle and high school students doubled between 2011 and 2012. There are some state age restrictions, but none at the federal level.

While many adult users say they “vape” because they want to quit smoking, about only 10 percent who use e-cigs for this purpose are successful, Weaver notes. “Even if they stop smoking tobacco, they’ll keep using the electronic cigarette to get their nicotine fix.”

## ATHLETIC EVENTS

**JAN. 1**  
**Commitment Day Festival & Fun Run**  
Find a 5K walk/run near you at [www.commitmentday.com](http://www.commitmentday.com).

**JAN. 10**  
**12 Hours in the Papago**  
Ride your bike through Papago Park in Tempe, Ariz. [www.12hoursinthepapago.com](http://www.12hoursinthepapago.com).

**JAN. 25**  
**Miami Marathon and Half Marathon**  
Get more information about both races at [www.usroadsports.com/Signature/Miami](http://www.usroadsports.com/Signature/Miami).

**FEB. 1**  
**Indoor Tri**  
The nation's largest indoor tri series kicks off a new season. Sign up at a club near you or at [www.indoortri.com](http://www.indoortri.com).

**FEB. 7-9**  
**90-Day Weight Loss and Transformation**  
Life Time Weight Loss Kicks off its biannual challenge with weigh-in weekend.