

IT'S GOOD TO BE YOU™

Women's Health MAGAZINE

JULY/AUGUST 2008

FLAT SEXY ABS!

IN JUST 2 WEEKS

**Boost Your Metabolism
& Lose 5 lbs—Fast**

Delicious 400-Calorie Meals

**Too Much Stuff?
Recycle Everything!**

Take Control of Your Life

WH BEAUTY AWARDS

**65 SKIN, HAIR & MAKEUP
PROBLEMS SOLVED!**





Q&A
Get Your Green On
 By Alexandra Cousteau

Blowing in the Wind?

I love fresh air, but my boyfriend always wants to crank the AC. Which is better for your car?
 —Sue M., Bend, OR

It depends. If you're tooling around town or stuck in stop-and-go traffic, try to go au naturel. Cranking the air can reduce fuel efficiency by 10 to 15 percent, depending on what kind of car you drive. For the highway, feel free to chill in the artificial cool. Open windows cause drag, and at higher speeds your engine runs more efficiently with the windows closed and the AC on. So there you go: You can have it both ways.

Shiny Bubbles

When I wash my car at home, the suds go down the storm drain. Is that bad?
 —Carly R., Rochester, NY



Yep. Some drains lead directly to rivers and oceans, so the water doesn't pass through treatment plants. Untreated wastewater contains residue from oil, gasoline, and exhaust (you know, all that gunk you're trying to scrub off in

the first place) that can kill animals and sicken humans. Wash your vehicle on grass using nontoxic biodegradable cleaners (*WH* likes Lucky Earth Waterless Car Wash; see the Planet Report, page 32). You'll water your lawn, and the soil will naturally filter out contaminants. Or take your ride to a commercial or DIY car wash—by law, they have to either recycle their wastewater or pump it to a treatment plant.

Do More, Drive Less

I'm behind the wheel way too much. What's one good way to minimize the time I spend in the car?
 —Ashley W., Boulder, CO

Multitask! Start combining all those little trips you take throughout the week: Make a list of all the things you have to do, buy, or pick up, and try to knock them all off in a single after-work or weekend drive. If you have to get groceries, then drop off the DVD, deposit your check, and pick up your dry cleaning at the same time. You'll save not only on gas but on car repairs, too, as vehicles operate more efficiently and smoothly after they've warmed up from a cold start. Or try tacking a few errands on to your morning run: A sweaty check is still money in the bank!



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 /PLANET NATIONAL GEOGRAPHIC
 EMERGING EXPLORER ALEXANDRA
 COUSTEAU TRAVELS THE GLOBE
 AND TELLS IT AS SHE SEES IT ON THE ECO FRONT.
 SEND HER YOUR PLANET PONDERINGS.

easy driver

» Unlock your vehicle's eco side

CONVINCING AMERICANS TO DITCH THEIR CARS is like asking Flavor Flav to shelve his clocks. But although we make up just 5 percent of the world's population, we pump out a whopping 45 percent of the planet's auto emissions. You don't need to put your car on blocks to save the world—just drive it smarter. Follow these 10 tips to reduce your tireprint.

30%

OF THE
 WORLD'S
 AUTOMOBILES
 ARE IN THE
 UNITED
 STATES

WHEELING AND DEALING

DO THIS

GET FUEL SAVVY

WHY If you're an average American and log 15,000 miles per year, at \$3.51 a gallon, a 30 mpg cruiser will save you \$878 compared with a 20 mpg guzzler, according to the U.S. Department of Energy. Get gas-saving tips and stats on all rides at fuelconomy.gov.

DO THIS

CONSIDER YOUR COMMUTE

WHY Hybrids are best in stop-and-go city traffic because the gasoline-powered engines shut off when they idle. But on the highway, some superefficient nonhybrids, like the Toyota Yaris and the Mini Cooper, are actually more cost effective.

DO THIS

SNAG A REBATE ON A HYBRID

WHY Federal tax rebates on hybrids phase out over time. Check www.irs.gov/newsroom for updates on the models that can get you some cold hard cash.

AT THE HELM

DO THIS

REDUCE IDLE TIME

WHY Idling for five fewer minutes per day will save 20 gallons of gas per year. Fact: Restarting does not waste gas or increase wear.

DO THIS

LIGHTEN YOUR LEAD FOOT

WHY Driving 65 in a 55 zone lowers your car's gas mileage by 15 percent. Every 5 miles per hour over 60 can cost you an additional 20 cents per gallon.

DO THIS

SCORE CHEAP GAS

WHY It can save you about \$50 a year. Log on to gasbuddy.com to map the quickest routes to the cheapest pumps.

DO THIS

FIND A GOOD MECHANIC

WHY All your green intentions can go down the drain if you don't have a good wrench to monitor what's happening under your hood: Poorly tuned engines waste 4 to 40 percent more fuel than those kept humming. Check out recommended garages near you at cartalk.com/content/mechx.

DO THIS

LOSE THE RACK

WHY Roof-rack drag can waste the equivalent of two full tanks per year. Postseason, remove the hardware, too; or add a streamlined fairing, a long, narrow shield that deflects wind over your rack.

DO THIS

ROLL HIGH

WHY Properly inflated tires boost gas mileage by 3 percent, increase safety, and extend tire life. Pick up a tire gauge, check the tires' sidewalls for the recommended PSI, and top 'em off once a month.

THE END OF THE ROAD

DO THIS

DONATE YOUR BEATER

WHY Nonprofits get the proceeds from your sale; you get a tax write-off. Try Habitat for Humanity's Cars for Homes program: habitat.org/carsforhomes.



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