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Burn 100 Calories

1. **Snowshoe** for 11 minutes.
2. **Ice-skate** for 13 minutes.
3. **Go sledding** for 13 minutes (walk up the hill).
4. **Shovel snow** from your driveway for 15 minutes.
5. **Splash around an indoor pool** for 15 minutes.
6. **Walk laps around the mall** for 18 minutes.
7. **Have a snowball fight** for 19 minutes.
8. **Dance** for 20 minutes.
9. **Build a snowman** for 22 minutes.
10. **Go bowling** for 30 minutes. —Marianne McGinnis

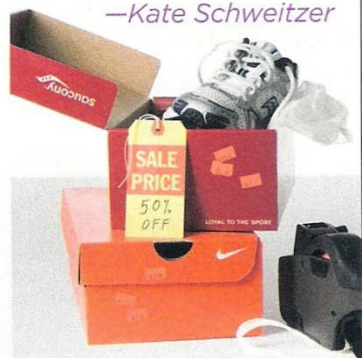
MOVE MORE TO CURB CRAVINGS

Brand-new research from the University of Massachusetts reveals that the more you sit, the greater your appetite—even if your body doesn't need the calories. In fact, sedentary subjects felt 17% hungrier than those who moved around during the day, says researcher Barry Braun, PhD, possibly because inactivity spurs secretion of ghrelin, a hormone that increases the urge to eat. Set a pop-up reminder on your computer to take a walk or do some stretches for a few minutes at least once an hour to keep hunger in check. —Gina Roberts-Grey

**Get Cheaper Workout Gear**

Find half-price sneakers and insider deals without scavenging the sale racks. Sign up at shopittome.com/running for free alerts when your favorite walking shoes or sports bra goes on sale on the Web.

—Kate Schweitzer

**Avoid Sprains and Strains (AND LOOK SLIMMER, TOO!)**

Women are twice as prone to ankle sprains as men, but simple balance exercises can help, finds a study from the University of Virginia. Subjects who did a routine including the following moves 3 times a week improved ankle stability by 15% in a month. Bonus: Better balance improves posture (so you look thinner instantly!) and protects against back and knee injuries.

■ Eyes-Open Hop

- A. Balance on left leg. Hop forward and back 10 times, pausing to stabilize between hops. Switch legs.
- B. Repeat, hopping side to side 10 times with each leg.

■ Eyes-Closed Balance

- A. Stand on left leg, arms out to sides. Close eyes and balance for 30 to 60 seconds. Switch legs.
- B. Balancing on left leg, hug arms over chest. Close eyes for 30 to 60 seconds; switch legs and repeat. (Keep a chair nearby to rest your hand on if needed.) —MM