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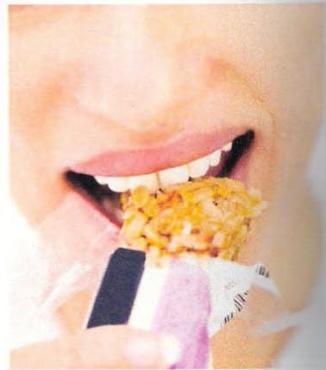
Burn 100 Calories

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

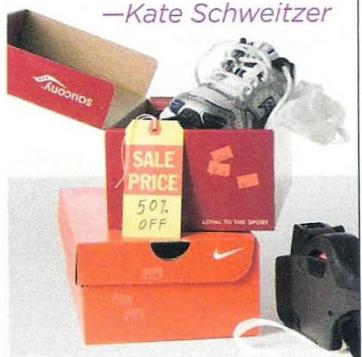
MOVE MORE TO CURB CRAVINGS

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

TOP: PHOTODISC; BOTTOM: PHOTOGRAPH BY KANG KIM; STYLING BY MEGAN HEDGE/PETIT