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**Reader's
Digest**



**Paul
McCartney**

talks about
his new album,
new love & why
the Beatles were
so good

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You Really
Need?**

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**Doctor of
Deception**

He fooled his patients
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\$2.49



Plus Man on the Bridge, Angels in the River
Why Marriage Makes Us Fat ★ The Code Talkers
Roots in America: Where Black Meets White

RD Health

Time-Saving Strength

FOR WOMEN who hate weights, it sounds too good to be true. A new study suggests you can get stronger without compromising cardiac fitness, taking extra time in the gym or lifting a single dumbbell. William Kraemer, an exercise physiologist at the University of Connecticut in Storrs, asked 35 women to exercise for 40 minutes three times a week: Some followed a step aerobics routine; others did 25 minutes of step and 15 minutes of resistance training using stretch bands.

Kraemer found that after 12 weeks, both groups were equally fit. But only the stretch-band users showed significant gains in strength and upper-body power, and they had lost just as much body fat as the aerobics-only group.

Want to give it a shot? Many gyms supply bands, or you could try the Jump Stretch bands used in the study. Call 800-344-3539 for more information.

— DANIELLE LAZARIN in *Health*

Wrist Rest

HAVING YOUR blood pressure read at an annual physical provides a somewhat blurry snapshot of this temperamental measure. Worse,

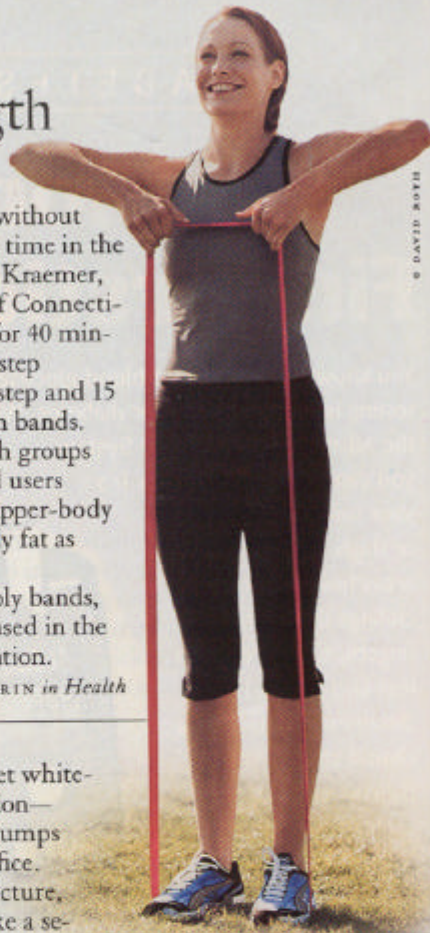
many people get white-coat hypertension—their pressure jumps in a doctor's office. For a clearer picture, you need to take a series of readings—a must for people with hypertension and those at risk of developing it.

Omron's new Ultra Compact Wrist Monitor (\$99; 800-634-4350) fits around your wrist and inflates with the push of a button. It makes tracking your blood pressure as easy as

telling time. (People with severe circulation problems should check with a doctor first.) The monitor also stores readings so your doctor can look for patterns. It can be used anywhere without a white coat in sight. — MARY ELLEN KING



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