

FULL YEAR JUST \$5.99 plus 2 FREE GIFTS

WORKOUTS | **HEALTHY RECIPES** | **WEIGHT LOSS** | **HEALTH** | **BEAUTY** | **BLOGS** | **TOOLS** | **VIDEOS** | **PROMOTIONS**

- Health**
- ▶ Your Healthy Body
 - ▶ Head to Toe
 - ▶ Bacteria & Germs
 - ▶ Quit Smoking
 - ▶ Pain Relief
 - ▶ Healthy Toolkit
 - ▶ Beat Your Period
- Conditions
- Body Image
- Healthy Eating
- Your Sex Life
- Pregnancy
- Lose the Baby Weight
- Family Fitness
- Energy Boosters
- Spirit: The Happy Girl's Tool Kit
- Superstars
- Stress Relief
- Quizzes
- Brain Fitness

Home / Health / Your Healthy Body / Healthy Toolkit

Little Habits, Huge Health Payoffs

Like 0 | Pin It 0 |

In Less Than 10 Minutes You Can...

In 6 Minutes You Can...Start Your Day Smarter

Overweight women who ate two eggs for breakfast for eight weeks as part of a low-fat diet lost 65 percent more weight than those who chose bagels. They also experienced an astonishing 83 percent greater reduction in waist size, say researchers at Louisiana State University's Pennington Biomedical Research Center.

In 7 Minutes You Can...Improve Your Zzzs

Do absolutely nothing -- besides silently repeating a relaxing word like "calm" -- for 5 to 10 minutes before hitting the sack. You'll fall asleep faster and sleep better. "Sitting quietly and concentrating on your breath tells your body it's time to slow down," says Jacob Teitelbaum, MD, author of *From Fatigued to Fantastic!*

In 10 Minutes You Can...Lower Your Blood Pressure

Carve out 10 minutes three or four times a week to relax and slow your breathing to fewer than 10 breaths per minute, and you may lower your blood pressure 5 to 10 points, according to the *Journal of Human Hypertension*. To help get to that snail's speed, try meditation or the expert-recommended Resperate, a device that uses rhythmic tones to help regulate breathing (\$300, www.resperate.com).

Next: [In Less Than 20 Minutes You Can...](#)

What do you think of this story? [Leave a Comment.](#)

PAGES IN THIS STORY:

- ▶ [In Less Than 5 Minutes You Can...](#)
- ▶ [In Less Than 10 Minutes You Can...](#)
- ▶ [In Less Than 20 Minutes You Can...](#)
- ▶ [In 20 Minutes You Can...](#)
- ▶ [10-Second Eat-Healthy Moves](#)

Win This!

Enter Now

My husband and I are having a naming throw down.

NOW WHAT?

Get the best advice at **HUGGIES[®] MOMMY ANSWERS**