



Let's Face It

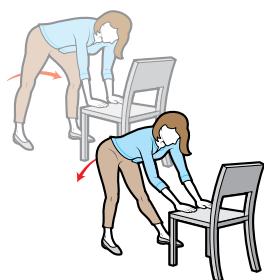
If weight gain hasn't convinced you to stop eating white bread and pasta, maybe this will: They can also lead to breakouts. These high-glycemic foods quickly spike blood sugar levels and cause the body to release insulin. This elevates hormones that produce oil and creates inflammation around hair follicles, which can trigger or worsen acne, says Rajani Katta, MD, professor of dermatology at Baylor College of Medicine. Stay in the clear (and healthy!) by choosing brown rice, quinoa and 100% whole grains, which distribute glucose more slowly into your system.

BY MALLORY CREVELING

Hair: Jannie Syfu for TRESemmé. Makeup: Albee Franson.

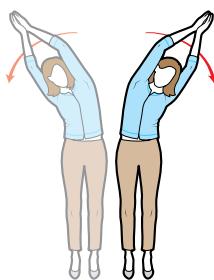
Take a *STAND*

Getting out of your chair and on your feet for at least a quarter of your day has been linked to a lower risk of obesity, most likely thanks to the extra calorie burn you get by moving around, according to American Cancer Society research. So use your health as an excuse to stroll the office, and stand up for these three tension-taming moves from Katy Bowman, biomechanist and author of *Don't Just Sit There*.



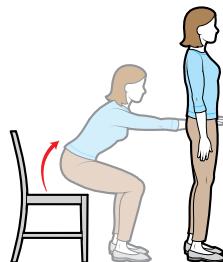
HIP SLIDE AND GLIDE

Stand in front of a chair with feet a bit more than shoulder width apart. Bend forward at the hips, place hands on the seat and straighten arms. Push hips back behind heels. (If your back rounds, raise the seat.) Hold for 30 seconds. Shift pelvis toward the right. Hold for 30 seconds. Shift toward the left. Hold for 30 seconds.



WALL CRESCENTS

Stand with your back to a wall, feet a few inches away and butt, ribs and head against the surface. Bring hands together over head and touch the wall. Keep legs straight and pelvis neutral. (If knees bend or back arches, place hands away from the wall.) Do a side bend at the waist. Hold for 30 seconds. Switch to the other side for 30 seconds.



CHAIR SQUATS

Sit on the edge of a chair with your knees bent at a 90-degree angle and feet flat on the floor. Stand up without using your hands. Slowly lower yourself back down—no crashing into the seat. (If you can't do this without assistance, raise the seat height with a pillow.) Repeat 10 times.

Unexpected Reaction

One in five potentially life-threatening allergic reactions that occur at school happen to students with no known allergies, according to the American Academy of Pediatrics. While doctors don't recommend screening unless your child has already had an incident, you should tell her pediatrician about any family history of allergies and whether she's had issues with food upsetting her stomach or making her throat or skin itch, says Janna Tuck, MD, spokesperson for the American College of Allergy, Asthma and Immunology. Also, check with your child's school nurse or principal that there are EpiPens on-site and a plan in place in case of emergency.



Asleep at the Wheel

Alcohol isn't the only thing that could seriously impair your teens' driving skills: Staying up late is also dangerous. More than half of teens report nodding off or nearly doing so behind the wheel, according to a survey from Liberty Mutual Insurance and Students Against Destructive Decisions. While 61% of parents believe their children get enough shut-eye, 52% of teens actually sleep less than six hours a night during the week. Chat with your kids about the potential consequences of drowsy driving so they're more likely to let you know when they're feeling fatigued, says Stephen Gray Wallace, president and director of the Center for Adolescent Research and Education.