

FLARE

*FALL'S
BEAUTY
PICKS*

**Bold brows
& sexy lips!**

**A-LIST
WORKOUT
TIPS**

**HAPPY
PILLS**

News that will
change your life

plus!

**CHRISTINA
AGUILERA—
STILL NAUGHTY**

**24's
ELISHA
CUTHBERT**

**BEST BUY!
THE NEW
"IT" BAG**

**450+
FALL
LOOKS**

**START
SHOPPING
NOW!**

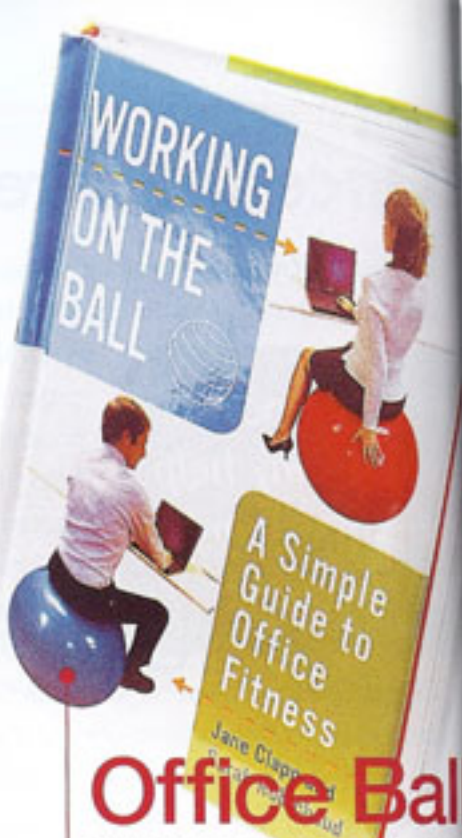
\$4.50 Sept. 2006 flare.com





get your rest

Not getting enough sleep may boost your blood pressure, according to a large study by epidemiologist James Gangswisch at Columbia University Medical Center in New York City. People between the ages of 32 and 59 who reported getting five or fewer hours of sleep per night were more than twice as likely to develop hypertension over a 10-year followup period.



Office Ball

Squeeze in exercise from 9 to 5 with *Working on the Ball: A Simple Guide to Office Fitness* by certified personal trainers Jane Clapp and Sarah Robichaud. The duo's fitness plan focuses on sculpting a long lean physique by using a stability ball at your desk. Note: eye rolls from coworkers may ensue when you try exercises such as Saddle Up (and Ride Off into the Sunset)—basically straddling the ball and squeezing your inner thighs while grabbing onto your desk. \$14

BRIGHT EYES Clocked too many hours blogging? Those stinging eyes, blurred vision and headaches signal visual fatigue. Even if you don't wear prescription glasses, the new Essilor Anti-Fatigue lens could get you back online in no time (and help keep your peepers happy). The lens is designed to alleviate eye strain for those between the ages of 20 and 45 who need it, so you can spend even more hours googling your online suitors.



sole attraction

When yoga devotee Christy Turlington partnered with Puma, Nuala footwear was born. Magnetic inserts embedded into the sole are aligned in accordance with reflexology, so Nuala's lace-ups and slip-ons promise to stimulate circulation and enhance energy. The four styles are available in fabrics from brushed suede to cashmere. \$120-\$270.

TIMELY TEST

True or false? If you suspect you're pregnant, you have to wait until the first day of your expected period to take a test. False: now the pregnancy hormone can be detected through a home test with the First Response Early Result Pregnancy Test, \$13, four days before your expected period.

STYLE *source*

● **Page 126**

Essilor Anti-Fatigue Lens ACROSS CANADA At eye-care specialists. **First Response** ACROSS CANADA At drugstores. **Nuala** VANCOUVER/EDMONTON/CALGARY Gravity Pope. TORONTO - Exclusive to Ron White.

Working on the Ball Visit www.chapters.indigo.ca. ▶ ▶