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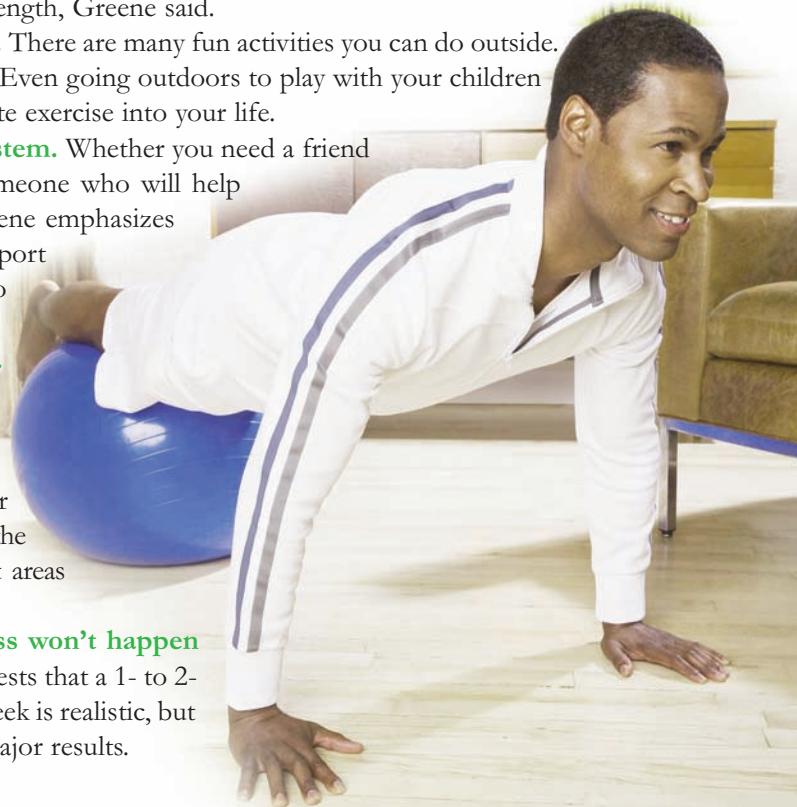
CLEANER APPLES

Boost the scrubbing power of water with baking soda, suggest the makers of Arm & Hammer Baking Soda. Clean dirt and residue off fresh fruits and vegetables. Just sprinkle a little baking soda on wet produce, then gently scrub and rinse.

From couch to crouch: You can exercise well at home

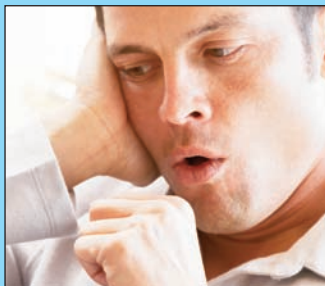
By purchasing the right equipment, adding creativity to your workouts, and keeping your motivation up, you can start an exercise program around the house that will last. Colleen Greene, wellness coordinator with MFit, the University of Michigan Health System's health promotion division, offers the following tips:

- * **Get a fitness assessment.** An evaluation will show if you need flexibility work or if you should focus on increasing your cardiovascular capacity. This will provide a starting point for fitness planning. Also, be sure to check with your doctor to ensure that your new routine will be the best and safest one for your needs.
- * **Purchase equipment that is right for you.** Don't get something that is just going to end up as a coat hanger, Greene said. "You want to look at what is exciting to you, what you will do and what to focus on once your assessment has been done."
- * **Be creative.** Do you have a can of soup? Then you've got yourself a dumbbell. An empty milk carton filled with sand? A heavier weight. Using the resources around you not only mixes up your routine, but it saves you some money too. You can even use your own body weight to do various resistance exercises (such as push-ups) that help to increase your strength, Greene said.
- * **Embrace the outdoors.** There are many fun activities you can do outside. Walking is ever popular. Even going outdoors to play with your children are great ways to integrate exercise into your life.
- * **Maintain a support system.** Whether you need a friend to work out with or someone who will help you stay motivated, Greene emphasizes the value of getting support to help you commit to your new routine.
- * **Change up your routine.** Not only can adding a mix to your workouts prevent injuries, it can also add some "spice" to your routine. It also gives you the chance to target different areas of your body.
- * **Realize that weight loss won't happen overnight.** Greene suggests that a 1- to 2-pound weight loss per week is realistic, but it will take time to see major results.





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COUGH MEDICINE

More than a century ago, a restaurant owner in Poughkeepsie, New York, cooked up the first batch of cough drops, in two flavors still popular today—cherry and licorice. His name was James Smith. Today, we spend over \$154 billion on cold relief medicines each year, according to the US Census Bureau.

Medical Updates: Know the dangers of using antibacterial soaps

Before you buy antibacterial soap, you should know that it may do more harm than good, says Peggy Edwards, chair of the department of clinical laboratory science at Saint Louis University. It's a common misconception, according to Edwards, that antibacterial products can prevent illness. Overuse of antibacterial products might even make bacteria resistant to antibiotics.

Today, more than 45% of soaps contain antibacterial ingredients. And the options do not stop there. Cleaning products, laundry detergents, trash bags, and sponges are among the growing list of consumer antibacterial options. Edwards gives these reasons why consumers should avoid antibacterial products:

- * Antibacterial products will not keep you healthier. They do not prevent the spread of viruses that can cause colds and flu.
- * Antibacterial products could make bacteria resistant to antibiotic medication.
- * Antibacterial products go somewhere after we wash them down the drain. The effects of these chemicals on the environment are not known yet.
- * Antibacterial soaps give us a false sense of security. Bacteria are everywhere, and most bacteria are not harmful. Good hand washing is still the best way to remove germs.

