



YOUR
31-DAY
GUIDE
TO LIVING HAPPIER
AND HEALTHIER

Fill your resolution list with easy good-for-you goals! With one tiny lifestyle tweak a day, you'll feel fantastic by month's end and psyched to make 2018 your best year yet!

by KATE ROCKWOOD

MON
01

SKINCARE

Stock up on citrus.

When you see all those gorgeous in-season grapefruits, oranges, clementines and pomelos in the produce aisle, grab an armful! Winter citrus can help keep skin looking healthy thanks to vitamin C, which aids in collagen production. In fact, an *American Journal of Clinical Nutrition* study found that people who ate foods high in C had fewer wrinkles and less age-related dry skin than those who didn't. Try clementine sections sprinkled with pistachios or sweet grapefruit dipped in Greek yogurt for a snack.

TUE
02

HEALTHY EATING

MAKE VEGGIES THE STARS. Whether you're slimming down or just staying well, vegetables are your friends, says *GH's* M.D., Dr. Mehmet Oz. He had women try 10 diets for the Great Diet Showdown episode of his show. Tiffany, who lost 31 pounds, says, "I sauté onions, peppers, mushrooms, corn — whatever I have in the freezer — and toss that on a bed of baby arugula and spinach," she says. (Sounds delicious!) Tune in today to see which diet won.

WED
03

ORGANIZING

Book all your doctor visits.

Open your calendar app and make your appointments for the year in one sitting — not only will you get the anxiety-inducing nuisance over with, but exams will be less likely to get squeezed out as life gets bonkers. Start with your GP, and ask which screenings (e.g., mammogram, colonoscopy) you're due for. Slot those in, then move on to the dentist's office, etc.



THU
04

WEIGHT LOSS

Eat to beat belly bloat.

Dieting is a drag. That's why we put together *GH's* new cookbook *400 Flat-Tummy Recipes and Tips* (\$20, bookstores). It's your go-to guide for making smart (tasty!) swaps that can help you reduce that puffy feeling and improve your overall health — no deprivation required.

FRI
05

GOOD HABITS

Share resolutions... carefully.

This year you're gonna drop 10 pounds! But before you post your intent on Facebook, hold up: "Some research shows that telling others your goal makes you feel like you've already achieved it," says Dr. Oz. But other studies indicate that sharing progress can help you keep going, he adds. Dr. Oz's advice: Confide in one friend, "then share achievements with others when you're on the road to success."

SUN
07

MINDFULNESS

Do. One. Thing. At. A. Time.

Multitasking doesn't make you more efficient, but it does stress you out, says mindfulness expert Pedram Shojai, author of *The Art of Stopping Time*. "If your focus is fragmented, you'll likely find yourself getting anxious as new items come up when old ones are still incomplete," he says. Instead, he suggests, organize your activities into chunks of time, such as kid time and cooking time, and then "commit to being focused in that allotted time and see what happens."

SAT
06

STRESS RELIEF

Get a plant.

Swing by the garden center after brunch this weekend. Just the presence of indoor plants can lower human stress levels, research shows, and one study found that actively caring for plants calmed the autonomic nervous system and lowered blood pressure. And when people work near plants, they report greater concentration, satisfaction and perceived air quality.



QUALITY PICKING
HOUSEKEEPING
TESTING
SEAL STARS
2018



GAIN DRYER SHEETS

Keep your fabrics feeling cozy and smelling fresh. *GH* consumer testers were impressed with how soft towels felt (even after 10 cycles!) when dried with these sheets.



PILOT PEN FRIXION COLORS ERASABLE MARKERS

Color-code your life with these multihued marker pens that wrote smoothly and proved easy to erase in our Lab evaluations.

MON
08

HAPPINESS

Scent your space.

Because smell is associated with the parts of the brain that process emotion and store memories, certain aromas can affect mood, says olfactory expert Rachel Herz, Ph.D., author of *The Scent of Desire*. Research shows that vanilla makes people more relaxed and joyful (mmm, baking), while peppermint can boost energy and lavender can zap stress.



THU
11

HYGIENE

Un-ick your phone.

Like, now! We check our phones 47 times a day on average, according to a recent survey from the professional services firm Deloitte, and if you've taken yours into the ladies' room, you're not the only one. But that means phones carry about 10 times as much bacteria as most toilet seats, says Charles Gerba, Ph.D., a microbiologist and professor at the University of Arizona, Tucson. (British researchers even found that one in six devices was contaminated with *E. coli*—blech!). The GH Cleaning Lab likes Lysol Disinfectant Wipes (\$10 for 240, walmart.com), which kill 99.9% of viruses and bacteria. They don't contain bleach, so they're safe to use on smartphones and tablets (but double-check your phone manufacturer's recs).

WED
10

LONGEVITY

DECORATE WITH HISTORY. In happy and long-lived cultures, people often display items from their families' pasts, says *The Blue Zones of Happiness* author Dan Buettner. "They remember and honor where they come from," he says. "We find that in happier cultures around the world, folks feel like part of a continuum." So hang your grandparents' wedding portrait, or put meaningful memorabilia on shelves.



TUE
9

FITNESS

Be a stair master.

Take 10 minutes to run up the stairs in your office or home. A 2017 study in the journal *Physiology & Behavior* found that tired women who climbed stairs for 10 minutes got a bigger energy boost than those who had the caffeine equivalent of a can of soda or half a cup of coffee (and burned calories too!).

FRI
12

HEART HEALTH

Plan your getaway.

Women who vacation at least twice a year have a lower heart attack risk than those do so rarely. And researchers have found that even thinking about an upcoming trip can boost happiness for weeks. REI's Outessa weekend retreats for women (outessa.com) are relaxing and active: Enjoy sunrise yoga, kayaking, rock climbing and hiking with your crew.



BERKLEY JENSEN ULTRA SOFT BATH TISSUE

Clinching the top spot in our Textiles Lab's latest toilet paper test, it proved supersoft, absorbent and fast-dissolving. Plus, buying in bulk makes it a smart, inexpensive pick.



BISSELL PET HAIR ERASER UPRIGHT VACUUM

This vacuum will find pet hair wherever it hides with attachments like a lighted crevice tool and a brush that nabs embedded fur from upholstery.



SAT
13

MINDFULNESS

Do yoga with your honey.

A Sunday morning couples' class could make Sunday afternoon much more fun. Experts at Loyola's Sexual Wellness Clinic believe partner yoga helps couples get more comfortable with each other's bodies, a boon for better sex. Solo yoga can increase enjoyment as well, affecting arousal, desire and satisfaction—the practice helps relax your mind and strengthen pelvic muscles.

SUN
14

FITNESS

Listen for motivation.

Exercisers who saved an audiobook for the gym worked out 51% more often than those who didn't, per a study in *Management Science*. Sweat while listening to an intense thriller like *The Woman in the Window* by A.J. Finn, and the treadmill time will fly by.



WED
17

FITNESS

Try just one move.

Plyometric exercises get you fast results, says GH fitness partner Jillian Michaels.

Burpee Push-Ups

1. Squat and place hands on floor (as shown above).
2. Jump feet into plank.
3. Drop chest to ground and perform a push-up.
4. Jump feet forward into squat position.
5. Jump up, reaching hands over head, and repeat sequence for 30 seconds. Rest. Do two more sets.

Make it easier: Step back instead of jumping and do push-up on knees.

MON
15

WELLNESS

PITCH IN TO MAKE A DIFFERENCE. Martin Luther King Jr. Day is also the National Day of Service, so it's a great time to volunteer to clean up a park or help at an animal shelter. And research shows that pitching in regularly can lead to less stress and lower blood pressure. So use this day to jump-start a longer-term personal commitment. We recommend a community message board or Facebook group that can help you connect with others nearby.



TUE
16

ENERGY

Dive into hydrotherapy.

Feeling sore? Clients at The Spa at Rancho Valencia in Rancho Santa Fe, CA, switch between 10 minutes in a hot sauna and 30 seconds in a 60°F bath, a treatment known as hydrotherapy. "The drastic temperature change increases blood flow and flushes out lactic acid," says spa director Kristi Dickinson, making them feel energized. Research suggests that hydrotherapy may aid in muscle recovery more than a day of rest. For at-home treatment, end a hot shower with a burst of ice-cold water.

THU
18

TIME MANAGEMENT

Dump the chores.

Money can't buy happiness—but it can buy time, which is the next best thing. A large 2017 study found that people who spent money on time-saving services, such as using GH Lab-tested TaskRabbit to get someone to clean out the garage, obtained greater life satisfaction and happiness than those who shelled out for material goods. If money is tight, take on the least favorite chore of a friend and have her do the same for you.



GH BLINDS & SHADES

We developed our namesake collection with a focus on style (choose from dozens of colors and patterns) and safety (nearly all are available in cordless versions for homes with kids).



CASCADE PLATINUM ACTIONPACS

In our Cleaning Lab tests, these powerful packs made quick work of zapping even the toughest messes (like burned casseroles) while leaving dishes and glassware clean and spot-free.

FRI
19

CLUTTER-BUSTING

TIDY UP TO EAT LESS. If you can hardly see your counters through all the papers, Post-its and not-yet-put-away groceries, you may pay for that chaos on the scale. In one study, researchers found that when women were surrounded by clutter, they tended to eat more cookies — especially when stressed. Take 20 minutes to whisk it all where it belongs, and you may eat more mindfully in days to come.



SAT
20

FITNESS

Sport cute exercise gear.

Spend the afternoon shopping for workout clothes that flatter your body: Studies show that what we wear affects the way we feel, which impacts our ability to get stuff done, says Hajo Adam, Ph.D., a professor at Rice University. It's a phenomenon known as "enclothed cognition," and it's as true in Zumba as at work.

LAB PICK: LANDS' END WOMEN'S ACTIVE SHORT-SLEEVED TEE, \$40, LANSEND.COM

SUN
21

HEART HEALTH

Follow your curiosity.

Another sleepy Sunday? Today's the day you try Ethiopian food, attend a ballet or take a painting class — whatever feels fun. When researchers followed 7,500 people for 25 years, they found that those who complained of major boredom were roughly twice as likely to die from heart disease.

MON
22

MOOD

Play your song.

Blasting any happy-making tune can work multiple mind-body wonders including reducing pain during exercise, elevating mood and lowering stress, research shows. So make a playlist — any songs that float your spirit will do the job.



THU
25

JOURNALING

BE YOUR OWN PEN PAL. When your inner critic picks up her bullhorn, jot down the kind words you'd say to a friend in the same situation. "We have such a hard time channeling compassion for ourselves," says Emma Seppala, Ph.D., of Stanford's Center for Compassion and Altruism Research. "Writing it down makes it easier to shift perspective."



TUE
23

FOCUS

Take back your lunch break.

If you scarf your sammie at your desk while skimming the Web, you're in good company: Only one in five Americans actually takes a lunch break, according to a survey, even though doing so has been linked to increased productivity. Grab a copy of *Gone for Lunch* by Laura Archer, a pocket-size guide featuring 52 fun ways to spend your midday hiatus, from scoping out cool architecture to making a film on your smartphone to getting your steps in for 30 minutes.

WED
24

MOTIVATION

Donate old clothes.

Bye-bye, too-tight jeans. "Keeping smaller clothes as motivation to slim down is baloney," says Kit Yarrow, Ph.D., a psychologist at Golden Gate University, "and it tends to backfire." Studies show that muffin-top shaming doesn't help, but focusing on being healthy does. After doing your Goodwill drop-off, take a lighter-cooking class or meet a pal for a hike.

Mike Garten.



CHARMIN ULTRA SOFT BATH TISSUE
In our Textiles Lab's latest test, this tissue was the consumer testers' favorite for softness. Plus, it beat out the competition for strength and acid absorbency tests.



TENA INTIMATES OVERNIGHT PADS
"Uh-oh" bladder leaks are no big deal with this Green GH Seal star — the pads' manufacturing process uses responsibly sourced materials and is also energy-efficient.



FRI
26

FITNESS

Switch up your routine.

Any exercise is good for you, but one study found that people who worked out in multiple ways were less likely to have shortened telomeres, the DNA segments on the ends of chromosomes that tend to break down as we age (longer telomeres are thought to be an indication that a body is aging slowly). Sign up for tai chi, rock climbing, crew and Pilates... so many choices!

SAT
27

DECORATING

RETHINK YOUR ENTRYWAY. Make the chaotic zone by the door a calm, happy space, advises Carly Moeller, founder of interior design firm Unpatterned. Set up simple systems (a mail basket, a shoe bench, hooks) for tidying. Then move art or flowers from the living room and invest in a mirror or a colorful rug. "You can be a little cheeky because it's a small area," she says.

SUN
28

LOVE LIFE

Snooze to get close.

Getting sufficient zzz's can make you feel ready for action. A study in the *Journal of Sexual Medicine* found that women who got more sleep had more desire the next day and an overall easier time becoming aroused. Every additional hour they slept increased their likelihood of having sex by 14%. So skip late-night Web searches and hit the hay.



TUE
30

BEAUTY

Treat yourself to a \$3 facial.

Give your skin a spa-level nutrient infusion. **Yes to Coconut Moisturizing DIY Power-to-Clay Mask** (\$3, Target) comes with a mini mixing bowl and a spatula. Just add avocado (to moisturize), yogurt (to soothe), honey (to smooth) or green tea (to reduce redness). As the clay dries, it draws dirt and oil from skin. More pampering? Yes, please!

WED
31

POSITIVE THINKING

Pay yourself a compliment.

Repeat after us: "Today is my day. I'm thankful for me." Positive self-talk can help you focus on what's good in your life, says psychologist Joy Harden Bradford, Ph.D. Research shows that a little vitamin G (for gratitude) can make you feel happier and more satisfied and even improve your sleep. "If you repeat an affirmation related to gratitude in the morning, you're likely to show and feel more of it throughout that day," Bradford says. You're so welcome!

MON
29

SHOPPING

Get new kicks.

Check out these GH Wellness Lab tips to start 2018 on the right foot.

Shop in the p.m. When feet are slightly swollen, it's easier to find the right size and avoid pinchy shoes.

Bring your old pair. Staff at specialty stores can assess which areas are most worn so as to suggest a pair with appropriate support for your gait.

Do squats. Lace up and do a couple of knee bends. If the shoes are properly supportive, your knee should move over your foot, not inward.

LAB PICK: THE BROOKS ADRENALINE GTS 18 (\$120, BROOKSRUNNING.COM) HAS GOOD SUPPORT FOR WALKING AND RUNNING.



—with reporting by Alexis Reliford

BALSAM HILL PRE-LIT TREES AND WREATHS

These are a no-brainer for the holiday season. The branches proved flame-resistant in our Lab tests, and there are plenty of style, lighting and size options.



RETAILMENOT

There are half a million deals on the easy-to-use app and website. Open one up the next time you're shopping, and you could save \$20 in 20 seconds.

