

the daily WD

Little tips and shortcuts to make life more fun

7:45

Is your favorite skirt a little tight after the holidays? Shed the winter weight with expert tips at womansday.com/jumpstart. You'll be sliding into your skinny clothes in no time—promise!



8:30

Yogurt isn't just a nutritious morning meal. Studies show that eating 3 ounces twice a day prevents bad breath. So eat up.



10:20

New research shows that people who feel stressed at work have a higher risk of depression and anxiety. Clear your head by sipping a cup of decaf tea or taking a lunchtime walk with a friend.

12:30

Sick of the same old salad for lunch? Add some spice to your healthy eating plan with a new guide. *The World's Healthiest Foods* by chef George Mateljan offers easy recipes that maximize the vitamins and nutrients in your diet while keeping calories down. Check out whfoods.org for tips from the chef.

4:30

A few coats of insulating paint keep heat inside your home during the chilly months and can cut your energy bill by 20 to 40 percent. Try Nansulate Home Protect—it's water-based and environmentally safe.

CLICK

Get the info you need right when you need it. Go to dailywd.womansday.com for new tips, advice and recipes posted throughout the day.

7:15

It's cold out there, so spend some quality time indoors with a needle and thread instead. Go to womansday.com/sewing for 12 super-easy projects you can do today.

