

4 ways to feel happier & healthier

Instant mini-fixes; try a couple to get your body and spirits in a much better place.

1 Jazz up your water

If you typically have one high-calorie drink a day, like a can of soda or a vanilla latte, replacing it with water could help you drop almost *14 pounds* a year. Do it like a swanky spa: Throw in some citrus fruit or fresh berries, or fruit-and-herb combos such as pineapple and mint leaves or watermelon and rosemary. This Flavor Infuser water bottle (\$15; uncommongoods.com) makes it easy. And it's so much prettier than that can of Red Bull.



2 Burn calories—in bed

Researchers at the University of Quebec in Montreal found that having sex for an average of 25 minutes gets your heart pumping and your muscles activated enough for it to count as moderate exercise. You know you want it (more than the elliptical, anyway).



4 Go ahead and reach out

We've all been there: not knowing what to do when a friend or loved one is ill. "Many people told me that they 'didn't want to bother' me," says Hollye Jacobs, a registered nurse and breast cancer survivor who chronicles her journey with the disease in her new book, *The Silver Lining*. But, she says, "there was nothing better than receiving a voice mail, email, or a card in my mailbox that said, 'I'm thinking about you. You don't need to respond. Just know.'" It's such an easy thing to do, and according to Jacobs, it's "fueling, loving, and so appreciated."

3 Revive toxic gym clothes

If your leggings and tees have been festering in your gym bag for a few days (or, yikes, weeks), your regular spin cycle might not cut it. Jolie Kerr, author of a new book that solves all kinds of cleaning conundrums—*My Boyfriend Barfed in My Handbag... and Other Things You Can't Ask Martha*—swears by this D.I.Y. solution: Fill your sink with cold water, Woolite, and white vinegar and soak your clothes for 30 minutes. Then rinse (you can roll them in a towel, but don't wring them out) and let them air-dry. Good as new.

