



Nearly  
**80%**  
of pet owners admit  
their pets spit out pills.



**GREENIES® PILL POCKETS®**  
Treats mask the smell  
and taste of medicine.

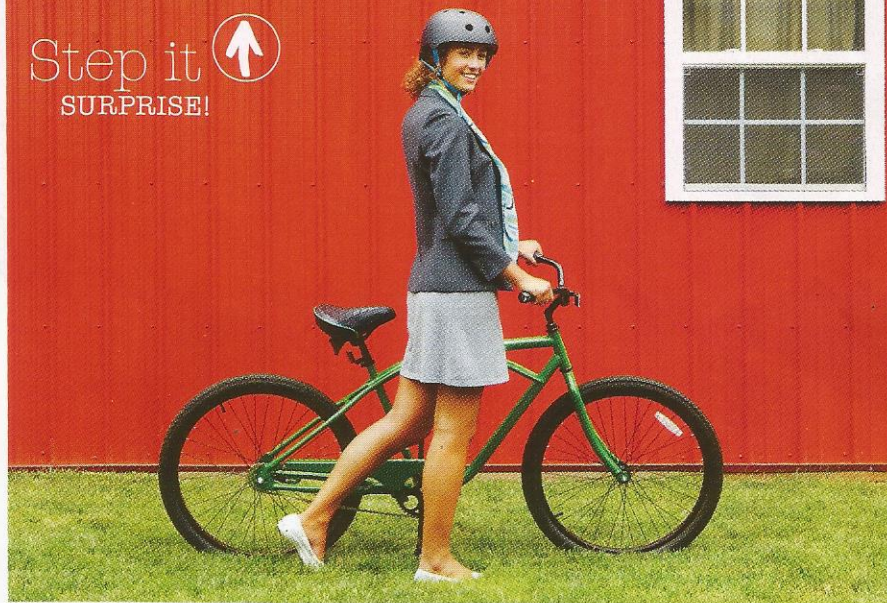
Discover the  
**#1 vet-recommended**  
way to give pills to pets.\*



**TURN PILL TIME  
INTO TREAT TIME™**

Data on file, The Nutro Company, 2013.  
®/™ Trademarks © The Nutro Company 2013

Step it  
SURPRISE!



## YOUR (FITNESS) BENEFITS

### Be happier

#### Bike, walk, jog

##### Morning

Dedicating half an hour every morning to a bike ride, brisk walk or jog may help prevent job burnout. A *Journal of Applied Psychology* study revealed that people who exercised were less likely to feel job-related depression over a three-year period. The Centers for Disease Control and Prevention recommend 150 minutes per week (or five 30-minute sessions).

**TRY** Hit an intensity level in your workout that elevates your heart rate and causes you to sweat— just make sure to leave enough time for your cardio and a shower.

### Stay sharp

#### Yoga

##### Midday

A little “om” can go a long way, according to a recent *Journal of Physical Activity and Health* study, which showed people did significantly better on tests that measured their ability to focus and absorb new information immediately after a 20-minute yoga session.

**TRY** Grab your laptop or smartphone and sneak into a conference room, or “zen out” at your desk before your next meeting. Audio recordings, podcasts and videos available online illustrate mind-boosting moves for all levels. [yogadownload.com](http://yogadownload.com), free.

### Erase stress

#### Dance

##### Evening

Missed your 6 p.m. Zumba class because of a deadline? Opt for a dance-based fitness DVD at home after work instead. Here’s why: A 2013 study of over 1,100 Chinese men and women found that exercising later in the day can help to reduce your risk of coronary artery disease (CAD) more than moving in the morning.

**TRY** Pop in a high-energy dance workout to relieve stress and keep your heart healthy. *Weight Watchers Ultimate Dance Party*, \$25, *Weight Watchers Centers* nationwide.

## ON THE BALL

How’s this for water cooler talk: If you’ve heard that replacing your desk chair with a stability ball will deliver perfect posture and killer abs, you may want to reconsider before you wheel away your chair. The journal *Human Factors* discovered that the benefits were minimal while the level of back discomfort increased when using a ball as a chair. **OUR ALTERNATIVE** Keep your desk chair (making an effort to sit upright—no leaning!), and devote 10 minutes, three days a week to core-strengthening exercises instead.

PHOTOGRAPHY: JIM ESPOSITO/GETTY IMAGES.