



STEP LIVELY

Seventy-six percent of women suffer from foot conditions—but fashion doesn't have to hurt. Consider these strategies for healthier feet, as you step into spring's sprightly styles.

■ **HEELS:** Take them off after an hour. Strengthen the over-worked small-toe muscles by rolling a golf ball under bare feet and doing heel raises for a few minutes a day. Also, introduce calf stretches to your usual workout.

■ **HARD-SOLED SHOES** (like Birks): Get gel heel cushions. And, because these soles tend to dry out skin, moisturize daily to prevent cracking.

■ **BALLET FLATS:** Do calf exercises and add foldable insoles to improve support.



RETAIL THERAPY

Electra's Townie Holiday 3i, \$620

WHAT IT IS: A retro get-around-town cruiser in lively shades. **WHAT'S COOL:** The ergo design lets you pedal efficiently in a comfy upright position. **WHAT WE LOVE:** Plunk your stuff in the roomy tray to tackle errands and a workout at the same time. (electrabike.com)

MENTAL GETAWAY

Solage Calistoga, Napa Valley, CA

WHAT IT IS: A lush, eco-friendly wine-country resort for imbibing and unwinding. **WHAT'S NEW:** The guided bike-hike-and-picnic package, which takes you past vineyards, up the Palisades mountains, and to the perfect picnic spot. **DON'T MISS:** Group mud therapy at the spa's Mud Lounge. (solagecalistoga.com)



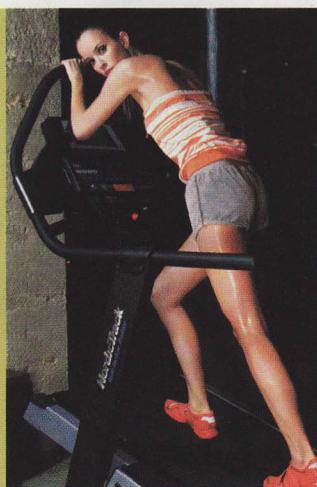
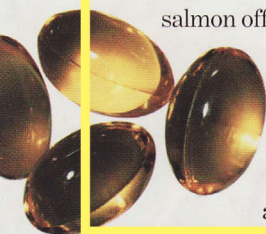
Health Monitor

Your monthly Rx for eating, thinking, and living strong

By Joanne Chen

Eat This Now: Vitamin D

Scientists have gained new insight into how vitamin D, once thought to be a mere calcium sidekick in building bone, might help prevent heart disease, cancer, diabetes, and even the flu. They're also noticing that up to half of us aren't getting the recommended daily allowance (up to 400 IU); even fewer attain the 1000 IU needed to reap the extra benefits. So when patients of NYC's Dr. Jeffrey Morrison complain of symptoms such as achy joints and fatigue, he'll run tests. If levels are low, he'll suggest vitamin D3 supplements and several edible sources: 3.5 ounces of cooked salmon offer 90 percent of the RDA; light tuna (in oil) in a 3-ounce can has 50 percent; four cups of fortified milk provide 100 percent. And for 350 percent in one fell swoop, suffer through a tablespoon of cod-liver oil.



Spring Training

Next time you finish a set of leg presses, don't just sit there. Jog in place for 30 seconds, or head for the stationary bike. Then move on to your second set. Active recovery, say experts, is significantly better than plain old resting or on-the-spot massage to relieve cramping and to raise your threshold for anaerobic activity. "It hastens the removal of acids that are produced from

exercise and create muscle burn," says John Caruso, Ph.D., associate professor of exercise physiology at the University of Tulsa. That means you'll not only get stronger faster, but you'll also be able to move from one bout of sprints to the next—just in time to kick butt on the tennis court.

TALK TO THE HAND You know it as BlackBerry Thumb—that dull pain in your wrists that results from your dependence on handheld tech. But in its more advanced stages, De Quervain's tendonitis can lead to swelling, tenderness, and even difficulty grasping a mug. To avoid a full-blown injury, try this: **1.** Connect your laptop to a docking system so you can use an ergonomically correct mouse. **2.** Stretch and flex your fingers and thumbs for a couple of minutes, three times a day. **3.** For every 50 minutes spent e-mailing or scanning blogs, stop for 10. Ditto for *Guitar Hero*.