

REMEDIES

NO. 16

"Eat one ounce of dark chocolate a day. It's the new superfood."

—DR. JEFFREY MORRISON, INTEGRATIVE MEDICINE AND NUTRITION

as Spa Castle in Flushing, Queens. For \$45 you get unlimited access to a labyrinthine complex of waterfalls, indoor pools, saunas, color-therapy rooms, and a bar and grill (131-10 Eleventh Ave., nr. 131st St., College Point; 718-939-6300).

NO. 12 If you see a parking cop working his or her way up the street, put a quarter into someone's expired meter.

NO. 13 "Just say yes every time your partner wants to have sex. It's only twenty minutes out of your day, and it makes you both feel better. If you're not in a relationship, say yes to your own private date night at least three times a week." —CLAIRE CAVANAH, CO-FOUNDER, BABELAND

NO. 14 Disappear into a fluffy robe and comfy slippers in the ever-elegant Great Jones Spa's water lounge. The \$50 three-hour pass is one of the best spa values in town (29 Great Jones St., nr. Lafayette St.; 212-505-3185).

NO. 15

Tone your midsection in transit. "When standing on the subway, knit your front ribs together and zip up an imaginary zipper as if you had on a very tight pair of jeans. Or when you're in a cab, tighten an

imaginary seat belt from hip bone to hip bone. You'll end up with a strong midsection, toned abdominals, and a strong back and spine."

—KRISTIN MCGEE, PILATES AND YOGA INSTRUCTOR

NO. 17

Socialize with the convivial, rosy-cheeked crowd at Dandelion Wine in Greenpoint. Come for Friday-night tastings or newly arrived wines (153 Franklin St., nr. India St., Greenpoint; 347-089-4563).

NO. 18

"Don't be afraid to change up your style. Your hair is your best accessory. Besides, what are you afraid of? It will always grow back. And invest in a Mason Pearson brush, with a mixture of boar bristle and nylon tufts. It's worth every penny."

—SALLY HERSHBERGER, HAIRSTYLIST

NO. 19

"Give the people pushing in the subway or rushing in the streets the benefit of the doubt by imagining that it is really important for them to get where they are going." —RABBI IRWIN KULA, PRESIDENT, NATIONAL JEWISH CENTER FOR LEARNING AND LEADERSHIP

NO. 20

Don't even leave your apartment: Claire Mullen of Refresh Body, a favorite of the beauty-editor set, will take over your living room and put you through a 60-minute, \$135 massage that's one part excruciating and one part sublime (212-242-4379).

NO. 21

"Forget the brown-rice sushi. The Japanese are some of the most long-lived people on the planet, and they only eat white rice."

—DR. OZ GARCIA, NUTRITIONIST

NO. 22

Respect the nostrils: The pleasures of scent are undisputed. Aphrodisia Herb Shoppe owner Joann Pelletier—who has assembled seemingly every herb known to man—will mix essential oils to treat whatever's irking you (\$8 to \$20 for a third of an ounce; 264 Bleeker St., nr. Cornelia St.; 212-989-6440).

NO. 23

"When you're in an elevator, put down the BlackBerry and engage in small talk.

There is simply no social-networking site that can replace that connection."

—FAVE ROGASKI, PROFESSOR OF COMMUNICATIONS, NYU

NO. 24

If street noise keeps you awake, download Buddhist nun Pema Chödrön reading her book *When Things Fall Apart*. Her soothing voice will have you asleep in moments.

NO. 25

"Take two to three grams of fish oil per day for inflammation and at least 2,000 I.U.'s of vitamin D. We don't get enough sun in the Northeast, and we need it in order to compensate."

—DR. ALEXANDER KULICK, INTEGRATIVE MEDICINE

NO. 26

Work out while you work. "At your desk, take five minutes to do back exercises—scapula retractions. Put your arms straight out in front of you and pull your shoulder blades together to get blood flowing and reduce tightness. Do shoulder rolls back and forth to increase circulation."

—ROBERT MOREA, PERSONAL TRAINER, GREAT JONES STUDIO

NO. 27

"Move your body for 45 minutes three times a week. Doesn't matter what kind of exercise you're doing. Just keep moving."

—JULIE RICE, CO-OWNER, SOULCYCLE SPINNING GYM

NO. 28

Ratchet up the intensity at Clay's newest class, fittingly called Sweat, launching January 18. The instructors switch from cardio to resistance to flexibility training, so students' bodies can't adapt to the routine (day pass \$35; 25 W. 14th St., nr. Fifth Ave.; 212-206-9200).

NO. 29

Acknowledge you have a short attention span and sign up for Exhale's new Core Fusion Cardio classes, starting in February. The classes will keep you so busy with jump-bucks, medicine-ball tossing, ab sculpting, and strength and flexibility work that you won't have time to think anything but *Where's my water bottle?* (\$35; 60-70 Spring St., nr. Lafayette St.; 212-249-3000).

NO. 30

Enjoy the views at the new SoHo location of 2+ Hour Fitness, which has big windows overlooking the surrounding rooftops. Memberships are month to month, so you don't have to commit to a year (136 Crosby St., nr. E. Houston St.; 212-918-9811).

NO. 31

"Collect visual memories of moments when you were incredibly happy, and close your eyes and picture them when you need a boost. The mind needs images to access feelings."

—EDWIGE GILBERT, WELLNESS AND STRESS-MANAGEMENT COACH

NO. 32

"Carry yourself more erect. Poor posture is a self-fulfilling prophecy of gloom.

