

Go Bare! The Ultimate Summer Skin Guide

# SHAPE

SHAPE YOUR LIFE

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Jillian Michaels

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So how often should you vacuum? Once a week on carpets and hardwood floors is sufficient. Every month or so, run the brush over your upholstered furniture and hit the floor underneath bigger items, like your dresser. And dust after with a microfiber cloth to catch any particles you stirred up.

## BE A GREENER CLEANER

- Every time you spray a cleaning product onto a surface, you breathe it in. "There are some dangerous ingredients in cleaners—such as formaldehyde and chlorine—that, if inhaled, can affect your respiratory system and irritate your lungs," says Leslie Reichert, author of *The Joy of Green Cleaning*. "And the risk doesn't stop when the sink is gleaming; those chemicals linger in the air for a long time." One solution: Make your own cleaner by mixing equal parts water and vinegar. This blend gets rid of dirt and kills germs without affecting your air quality. Or stick to environmentally safe brands—like **Seventh Generation**, **Method**, and **Mrs. Meyer's Clean Day**—that don't have harsh chemicals.

## LOSE THE PAINT CANS

- Got any open cans of paint sitting around? Get rid of them or store them in a detached shed. They can emit chemicals called volatile organic compounds, or VOCs, into your home—even if they're tightly closed—which could lead to throat irritation, headaches, and worsening of asthma symptoms. **Check local waste disposal laws to see how your city wants you to ditch old paint**—most don't allow you to throw it in the trash. And if you want to change the shade on your walls, use a VOC-free kind like **Ecos Organic Paints** (from \$38 per gallon; [ecospaints.net](http://ecospaints.net)).

## REMAKE THE BED

- Your mattress and pillows are probably teeming with dust mites—microscopic organisms that feed on human skin. Gross? Sure. Bad for you? For many, yes. "More people are allergic to the droppings and

## To zap odor in your home, open windows and turn on fans.

decaying bodies of mites [we told you it was icky!] than to any other substance, including pollen," says Marc Meth, M.D., an allergist at Cedars-Sinai Medical Center and the David Geffen School of Medicine at UCLA. "To stop breathing in those leftovers, encase your pillow, mattress, and box spring in dust mite-impermeable coverings," he says. **Look for the word "breathable" in the product description** (check out the line from [sitsnsleep.com](http://sitsnsleep.com)). Another good idea is to throw your pillows and quilt or duvet in the dryer on high for 15 minutes every two weeks—that's enough time to kill them, according to Jeff May, a certified indoor air quality professional and author of the book *Jeff May's Healthy Home Tips*.

## SMELL REAL ROSES

- Candles, diffusers, and plug-ins all bill themselves as an effective way to zap odors in your home. And they do,



• From top: Ecos VOC-free paint, Method's natural cleaner, and the Dyson vacuum