



The best safeguard against a running injury is consistency, not shoe technology.

Injury-Proof Your Run

To guard against aches and pains when running, don't count too much on those extra-cushy running shoes with the hefty price tag. A recent study published in the *British Journal of Sports Medicine* found that among a group of 247 runners, those who ran in shoes with soft midsoles for a five-month period reported similar injury levels as those who clocked the same miles on harder midsoles. What did work: cross-training and running consistently. "Researchers have known for years that shoes are not a 'magic bullet' for preventing running injuries," notes Reed Ferber, Ph.D., associate professor at the University of Calgary in Canada. "This study shows that cross-training and knowing your injury history are more important than the type of shoe you run in." While it's important to wear a shoe that's specifically designed for running, to minimize risk, make sure to warm up properly—and see your doctor if the aches don't go away after a few days. —Diana Kelly

Fast-Track Your Fat Loss

Want to make sure you're getting the quickest results from any pill-form supplements you may be taking? Choose ones that come in liquid gel caps. Also called soft gelatin capsules, these supplements give you more bang for your buck because they dissolve in just about five or 10 minutes, says Sudip Das, an associate professor of pharmaceutical sciences at Butler University in Indiana. "Their absorption is much faster, the bioavailability increases, and the contents are delivered to the cells quickly," explains Das. Below, a few of our favorite supps that feature this speedy formulation. —D.K.



▶ **Zantrex Black** is specially formulated for rapid release, helping to create high-velocity weight loss along with an energy lift. (zantrex3.com)



▶ **MuscleTech Clear Muscle** helps build a leaner body more quickly with a formula that's designed to get to your muscles pronto so you can get to work in the gym. (muscletech.com)



▶ **Nutrex Lipo 6 Unlimited** helps bring your appetite under control while increasing your focus and energy—without a subsequent crash. (nutrex.com)



▶ **Performix SST** features a micro layering technology that allows each dose of the energy booster to be released in different stages. (gnc.com)



THE ANTI-AGING REGIMEN YOU'RE ALREADY DOING

You already know working out can help you look your best, but it's not just your muscles that are reaping the benefits: A new study shows that regular exercise may reverse skin's signs of aging. Researchers from McMaster University in Ontario asked previously sedentary men and women over age 65 to use a cycle ergometer twice a week, then biopsied non-sun-exposed skin after three months of exercise. Result: Most subjects experienced a reversal of aging changes in the skin, including a thicker dermis (inner) layer and a thinner stratum corneum (outer layer)—resembling a skin composition closer to that of 20- to 30-year-olds' than those over 60. "Exercise has numerous benefits beyond just muscle and cardiovascular adaptations," says lead researcher Mark Tarnopolsky, M.D. "It's remarkable the many roles it plays in improving your health." —D.K.

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