

slimming news

How Angie Harmon lost her post-baby belly



The busy mom (her third daughter was born last December) reportedly slathers Mama Mio Get Waisted Body Shaper (\$70 for 3.4 oz.—a 30-day supply—at **MamaMio.com**) on her stomach. This cream contains caffeine (to fight cellulite), hydrolyzed wheat protein (to tighten skin) and brown-algae extract (to speed the breakdown of stored fat). **The benefit:** According to the company, women can drop a size in 21 days.



Stylish bracelet weights tone on the go

Perfect for women who can't squeeze exercise into a time-crunched day: **Banglz** (\$25 and up per pair, at **Banglz.com**) weight bands. These weights, available in ½ pound or 1 pound, convert daily activities into an upper-body toning workout. **The result:** Wearers effortlessly melt 300 extra calories a day and rev metabolic rate by 15 percent. One blogger on CafeMom.com raves, "I wore them for a week and my arms felt a little sore—they work!"

Snacking on blueberries helps melt ab flab

In a study at the University of Michigan Cardioprotection Research Laboratory in Ann Arbor, rats on a low-fat diet enriched with blueberries had 12 percent less abdominal fat and 7 percent less body fat than rats on a blueberry-free diet. **The theory:** Blueberries' antioxidants such as anthocyanins alter how the body processes sugar.



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First

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reveals how she
it off

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