

# Health

A full-page photograph of Sarah Michelle Gellar, a blonde woman with long hair, smiling and wearing a white tank top, a grey cardigan, and red pants with a black belt. She is the central focus of the cover.

**FEEL  
FAB  
ALL  
DAY**

**Sarah  
Michelle  
Gellar**  
Shares her  
surefire  
stress busters

**GREAT  
HAIR  
SECRETS**

**GET  
SLIM**  
WITH THIS  
SUPER SNACK

**BREAST  
CANCER**  
WHAT YOU  
MUST KNOW  
NOW

Health.com OCTOBER 2011

**139  
Quick  
Health  
Fixes**

# What I ♥ About My Healthy Life

Bike rides and sparkly sneakers are just a few of the things that keep *Blue Bloods* star **Bridget Moynahan** super-fit and full of energy.

Interview by Elizabeth Jenkins



### cozy clothes (ahhh!)

"Fall is my favorite season because I grew up in New England. I prefer to wear jackets and sweaters and boots. That suits me!" Shown: **Lucky Brand Aspen Zig-Zag sweater jacket** (\$149; luckybrand.com)

### a real eye-opener

"Garnier makes an under-eye roller for combating dark circles that I store in my freezer. Keeping it cold helps de-puff my eyes for my early-morning call times." Shown: **Garnier Skin Renew Anti-Puff Eye Roller** (\$13; drugstores)



### love this toothpaste!

"I am a **Marvis toothpaste** fan. I am sure it's more expensive than other brands, which is totally silly, but it just tastes better." (\$10.50; drugstore.com)



### for pep in my step...

"I have these funky Converse sneakers that are kind of rock 'n' roll-y and sparkly. You can dress your look up for night with them." Shown: **Converse One Star** (\$39; available exclusively at Target)

### playdates, rain or shine

"Every single day my son, Jack, and I try to do something active outdoors. We play soccer or go for a bike ride. Even if there is snow, we'll put hats on and go. Kangol hats have the best cuts." Shown: **Kangol Bubble Cable beret** (\$38; kangolstore.com)



Between exercising and hanging out with my son, I'm always eating! I'm all about keeping my diet healthy and clean.

### smart sips

"My new favorite drinks are Hint and Metromint. They're flavored essence waters with a more refreshing taste but no sugar—and no extra calories!"

Shown: **Metromint Lemonmint water** (\$1.69; at grocery stores nationwide); **Hint Watermelon** (\$1.79; drinkhint.com)



### best. workout. ever.

"The Indo Board is the most fun workout! It's all about core training and balance. I ordered one for my New York apartment so if I can't get to the gym, I can still fit in some kind of exercise." Shown: **Indo Board Original** (\$135; indoboard.com)

Photography: Stills by Ted Morrison. Photo: Moynahan: Melanie Dunes/CPI Syndication

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**smart sips**  
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**Metromint**  
**Lemonmint water**  
(\$1.69; at grocery stores nationwide);

**Hint Watermelon**  
(\$1.79; [drinkhint.com](http://drinkhint.com))

The image shows two clear plastic bottles of flavored essence water. The bottle on the left is Metromint Lemonmint water, featuring a grey label with a yellow 'm' logo and a lemon slice. The bottle on the right is Hint Watermelon, featuring a white label with a red 'hint' logo and a watermelon slice. Both bottles are set against a light, textured background.