

# REDBOOK

**\*ATTENTION  
MULTITASKERS!**  
are you addicted  
to stress?

**you  
& him**  
19 ways  
to spice  
things up

**HEALTH  
MISTAKES**  
YOU CAN FIX  
RIGHT NOW

**68 WAYS**  
TO LOOK AND FEEL  
YOUR VERY BEST

- breezy **dress-slim** tips
  - quick, sleek, frizz-free **hair**
  - easy, **healthy** meals
- PLUS** great **ideas** for outdoor fun

**WILL HE  
CHEAT?**  
7 telltale signs  
+ what keeps  
couples close

**WIN**  
a \$4,000  
vacation  
(see page 26)

**Heather  
Locklear**  
on her life as a  
suburban mom,  
breaking all the  
parenting rules  
and why her  
bedroom door  
needs a lock

JULY 2005

\$2.99 US/\$3.99 Canada, Foreign



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beat the clock

# 4 weeks of ideas

Breeze through the dog days of July with these cool ideas.

# july



| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|---|---|---|---|--|--|---|
|   |   |   |   |   | <b>1 BIRTHDAY BUDDIES</b><br>Pamela Anderson, Dan Aykroyd, and Liv Tyler turn one year older today.  | <b>2 FUN</b><br>Today kicks off the Tour de France. It's your last chance to watch Lance Armstrong ride as he pursues his seventh straight win. |
| <b>3</b>  | <b>4 CELEBRATION</b><br>Live up an afternoon of lounging around with some lawn games—try Frisbee or an old-fashioned match of horseshoes. |   | <b>6</b>  | <b>7 ENTERTAIN</b><br>Line a cooler with foil to keep foods warm at your next BBQ! (Place a dish towel underneath hot platters.) |   | <b>8</b>  |
| <b>10</b>   | <b>11</b>   | <b>12 DONATE</b><br>Recycle any outdated prescription lenses or old shades—you can donate them to Lions Club International (lionsclub.org). | <b>13 GARDEN</b><br>Enjoy your planted flowers longer. Deadheading, or snipping off any faded blooms, will encourage perennials or annuals to keep blooming.            | <b>14</b>  | <b>15</b>  | <b>16 HEALTH</b><br>It's Dental Awareness Day. Call the SmileLine (800-764-5333, 8 a.m. to 8 p.m. ET, today only!) for free advice.             |
|    | <b>18 TRAVEL</b><br>Stock up on mini-toiletries and single-serving snacks for upcoming trips at minimus.biz.                              | <b>19</b>   | <b>20 PREP</b><br>Before you hit the beach, downsize your purse to the essentials—cash, driver's license, SPF lip balm. Tote Le Monde's mesh pouch (\$10) holds it all. | <b>21</b>  | <b>22 HOME</b><br>Replace your turn-dial thermostat with an Energy Star programmable model to avoid overcooling your home while you're out. By using the preprogrammed setting, you can save about \$100 a year on your energy bill, says EPA official Wendy Reed. |    |
| <b>24 GIVE</b><br>An elegant bottle of honey (\$20) says thanks to a host in a sweet, unexpected way (and tastes great drizzled over grilled fruit!). | <b>25</b>   | <b>26</b>   |    | <b>28</b>  | <b>29</b>  | <b>30</b>   |

## It's National Blueberry Month!

Get a healthy dose of fiber and antioxidants by adding a cup of blueberries to pancakes, yogurt, or fruit salad.

