

LOSE YOUR BELLY! *Weight-Loss Secrets That Work*

*It's Good to Be You™*

# Women's Health

## DROP TWO SIZES

In Just 2 Weeks!

### HOT SEX NEWS

Kick Your Sex Life Up a Notch!

### 15 FAT-BURNING POWER FOODS

### MORE ENERGY—INSTANTLY!

# 1,432

Smart New Health, Fitness, Nutrition, Beauty & Sex Tips!



## SUCCESS WITHOUT STRESS

DISCOVER A HAPPIER, HEALTHIER YOU!

## FLAT ABS!

## FIRM BUTT!

## LEAN LEGS!

## LOOK YOUR BEST

## BUYER'S GUIDE

← **Watchmen Star MALIN AKERMAN**

*"Be in love if you can. It keeps you radiant and happy." p.108*

March 2009

\$4.99 US DISPLAY UNTIL MARCH 17, 2009 03>



WomensHealthMag.com



# The pain-free guide to wearing heels

This season's skyscraper heels have fashionistas wobbling around like Bambi. But not you, honey: Check out these deceptively comfy options.

1

Tibi Flavia, \$437,  
212-226-5852

STURDY  
HEELS

2

Report  
Signature  
Randolph,  
\$185, shop  
bop.com

3

Marciano Carmi,  
\$198, marciano.com

5

Joie Calendar Girl,  
\$326, shopbop.com

4

Michael Antonio  
Grady, \$37,  
cutesygirl.com

## SOLE SURVIVAL

Why suffer for fashion? New York City podiatrist Johanna Youner, M.D., and David Mesquita, co-owner of New York's Leather Spa, offer tips for scoring pain-free heels.

> When shopping for a pair of shoes, here's something to keep in mind, says Youner: The farther toward the toes the inner arch of the shoe is, the more balanced you'll feel. Also, be sure the left and right both fit. "Most people are a different size on each foot," she says.

> Feeling the pinch from shoes that are (yikes!) too pointy or too tight? Purchase a stretching solution from your shoe-repair shop. "Apply it to the inside of your shoes and then wear them while they're wet. That's when the leather is most malleable," Mesquita says.

> New shoes can be slippery. For added traction, scratch up the soles with a key. "Rubber soles can also help you avoid slips and slides," Mesquita says. "Just ask your cobbler to pare down the original sole by half a millimeter so you can maintain the aesthetic."