

# Wedding Tips

## Looking Your Best On The Big Day

(NAPSA)—About 175 guests attend the average wedding, which means 350 eyes are locked on the bride as she walks down the aisle. That's 350 reasons—352, if you count the groom—for wanting to look your best on the big day.

“It all comes down to three things,” says Tina Johnson, editor-in-chief of *Women's Health* magazine. “Exercise, eat well and get plenty of sleep before the wedding.” The magazine's new fitness DVD, “*Women's Health: The Wedding Workout*,” offers these bridal tips:

### Pre-Wedding Menu

Eating and avoiding certain foods the weeks before your wedding can help change the way you look and feel.

- Eat salmon for its protein and essential fatty acids to give your skin a healthy glow.
- Eat nuts and seeds to prevent blackheads and whiteheads.
- Eat oysters, turkey and crab to benefit from their high zinc content, which protects against wrinkles and acne.
- Cut the salt to cut the bloat. Avoid packaged foods with more than 400 mg of sodium per serving during the week before the big day.
- Eat less carbs. You'll actually shed some water weight by reducing your carb intake.

### Sleep On It

Make sure your pillowcase is newly laundered the night before you wed to keep your skin clean. If you wake up with puffiness around your eyes, place some chamomile tea bags in boiled water, let them cool, then place them on your lids.



**The right workout can help you look and feel great as you walk down the aisle.**

### Walk The Walk

Mastering your high-heeled walk down the aisle is crucial:

- Posture—Pull everything up nice and tall. Resist the forward hunch.
- The Walk—Cross the feet very gently in front of each other with each step so the hips sway naturally.
- The Workout—Squats, calf raises and lunges in the weeks prior will strengthen the muscles and joints that will help you walk gracefully.

Speaking of working out, exercising regularly is one of the most important things you can do to look and feel good at your wedding. “*Women's Health: The Wedding Workout*” DVD has more great advice and results-oriented routines. To make your special day a great one, the DVD is available at stores wherever videos are sold and at [www.womenshealthdvds.com](http://www.womenshealthdvds.com).