

fitness **fitness** Mind, Body + Spirit

7 FOODS THAT FIGHT WRINKLES

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EXTRA HOUR POWER

This year, Standard Time returns November 4. You can snooze—or you can use the bonus hour. Here, five worth-it ways:

1 Make an indulgent yet nourishing breakfast of whole-wheat pancakes, topped with blueberries, walnuts and maple syrup.

2 Dig out your phone book and call that good, from-way-back buddy you've only been e-mailing recently.

3 Read the travel section of the Sunday paper, and start planning. Or go to national geographic.com/traveler.

4 Write a "to be" list. Less late? Better at poker? Jot down what you wish you were, then what you can do to be so.

5 Sew your own suede shoes! Really! It's fast, fun work with Simple's Stitch-It moccasins (simpleshoes.com/DIY).

—Jacqueline Saunders

Sources: Stephanie Tourles, author of Organic Body Care Recipes; Mary Anne Radmacher, author of Lean Forward Into Your Life; Amanda Dickson, author of Wake Up to a Happier Life; Karen Salmons, author of Gut; Celeste Brown-Wright

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