



**Jennifer
Right Now!**

How
She's Doing

Her
Brand-New
Album

How She's
Helping
Others Lose

MAY/JUNE 2011

WeightWatchers

Eat, Drink, Enjoy

LOSE

**STOP
WEEKEND
OVEREATING**

**TAME THE
CLUTTER!**

Chicken 24/7
**EASY
RECIPES**

*Friends & Family
Inspiration Special!*

**MOTHERS, DAUGHTERS,
GRANDMOTHERS, GUYS,
CO-WORKERS, COUPLES**

813 LB
GONE IN ALL

U.S.A. \$3.99

\$3.99US



WeightWatchers.com

AN EYE ON DEPRESSION

A surprising new link between depression and bone health is emerging: A recent Israeli study suggests people suffering from depression have significantly lower bone density than nondepressed individuals. What's more, the National Institute of Mental Health has found that even women with mild depression have less bone mass than their happier counterparts. The culprit may not be the depression itself but the unhealthy behaviors that it can yield. "People who are depressed aren't motivated to work out or eat healthy food. They're more likely to smoke, drink, and be overweight," says Dr. Patience White. "We're seeing that those behaviors impact bone health, too." Certain antidepressants may also weaken bones. If you're on an antidepressant, consider scheduling a bone density test.



PHOTOGRAPHY: GETTY IMAGES.

The Hip Factor

It's not your imagination; younger and younger people are having hip and other joint replacements. In fact, statistics suggest that in the next few years, **the majority of those needing joint replacements will be under age 65.** Excess weight may be partially to blame. A recent study found that patients with a body mass index of 35 or higher had hip replacement surgery seven years sooner than normal-weight patients. Weekend warriors also risk putting stress on their joints. "You're far less likely to need a hip replacement if you exercise regularly," says Bal M. Rajagopalan, MD, an orthopedic surgeon in Beverly Hills, California. [WW](#)

MAKE DELICIOUS MORE NUTRITIOUS. ENJOY GUILT-FREE GOODNESS WITH POST SHREDDED WHEAT APPLE CRISP.



INGREDIENTS

- 5 cups peeled apple slices
- 1/2 cup firmly packed light brown sugar, divided
- 1 tbsp. lemon juice
- 1 tbsp. tapioca
- 1/4 tsp. ground cinnamon
- 1-1/2 cups Post Original Shredded Wheat Spoon Size Cereal, finely crushed
- 1/4 cup (1/2 stick) margarine, melted

DIRECTIONS

- Mix apples, 1/4 cup of the sugar, lemon juice, tapioca and cinnamon in large bowl. Let stand 10 minutes.
- Stir crushed cereal, remaining 1/4 cup sugar and margarine in medium bowl until well blended.
- Spread apple mixture in ungreased 1-1/2-quart baking dish. Sprinkle evenly with cereal topping.
- Bake at 350°F for 45 minutes or until topping is browned and apples are tender when pierced with a fork.

Try more recipes loaded with whole grain.*



GRAPE-NUTS CRUNCHY
PEANUT BUTTER BARS



POST RAISIN BRAN
APPLESAUCE MUFFINS

Visit PostNatural.com/recipes

