

No. 2

TAKE DECORATIVE TO DELICIOUS

As you boil eggs this Easter, put the extras to good use with this pesto twist on a deviled-egg recipe from Jennifer Iserloh, author of *Secrets of a Skinny Chef*. Peel and halve 6 hard-cooked eggs. Remove yolks, and stir with 3 tablespoons plain nonfat Greek yogurt, 3 tablespoons chopped fresh basil, and 2 tablespoons jarred pesto until creamy. Divide among whites.

No. 3

ADD LUSTER TO YOUR LOCKS

Dust and dirt that collect in your brush can weigh down hair, but a clean one “grabs hair better at the root, which brings natural oils from the scalp toward the hair shaft, making strands appear shinier,” says James Corbett, owner of James Corbett Studio in New York City. To clean your brush, run a comb through it from the top to the bottom.



No. 4

QUIT WHILE YOU'RE AHEAD

Continuing to run after your body is tired can lead to overuse injuries, such as iliotibial band syndrome and plantar fasciitis, researchers at Indiana University say. Fatigue makes you lose muscle control, causing a subtle increase in the range of motion in your joints. To stay ouch free, stop running when your exertion feels like a 17 out of 20, which is as hard as you can run.



No. 5

SPRUCE UP YOUR DESK

If you're gunning for a promotion, help boost your productivity by adding personal touches, such as plants, photos, or art, to your work area. These kinds of items make you feel at ease, which inspires greater focus and precision on the job, a study in the *Journal of Experimental Psychology* reveals.

No. 6

SWEAT WITH YOUR PET

To burn more calories while walking, bring along your dog instead of a friend. People who walked with Fido increased their pace 28 percent, compared with a 4 percent boost from strolling with a pal, research from the University of Missouri finds.

No. 7

HOWL WITH LAUGHTER

Got a case of the giggles? Good! Just be sure to laugh with your mouth wide open. A hearty laugh is more likely to uplift others' moods and lead them to smile than a closed-lip snicker is, a new study from Georgia State University shows.

No. 8

BREATHE EASIER

One of the best ways to reduce dust, pet hair, and dander in your home is to wash your blinds. No need to take them down: Add a capful of all-purpose cleaner to a bucket of warm water. Dip a microfiber cloth into the solution, and squeeze out the excess. Close blinds. Starting at the top, wipe each blade in the same direction. Repeat with blinds closed the opposite way.

No. 9

REDUCE, REUSE, REFRESH

According to the Environmental Protection Agency, about 13 million tons of plastic, such as soda and water bottles, end up in landfills each year. In honor of Earth Day, cut down on waste by investing in a soda maker that comes with reusable bottles. “For extra flavor, add a squeeze of lemon, lime, or orange,” says Kate Geagan, a registered dietitian.



No. 10

BE GRATEFUL FOR YOUR COWORKERS

You spend 40 hours a week with your office mates, so why not make the best of those relationships? To strengthen colleague camaraderie, express gratitude, which “makes people feel closer to one another and sets the stage for developing friendships,” says Shawn Achor, author of *The Happiness Advantage*. Remembering to say “thanks” or “good job” is all it takes.