



**THANKS A MUNCH**

If you're a meal master, but mid-afternoon munchies still defeat you, snap up "100-Calorie Snack Cookbook" (\$18.95, Wiley). The 200 recipes range from the savory (spiced goat cheese balls) to the sweet (poached pears). And though they're low-cal and low fuss (no complex techniques required), they're surprisingly gourmet.



**SLEEP EASY**

Tossing and turning? Try donning a headband that's part of Zeo system (\$399, Myzeo.com), which reads your sleep patterns and records them on an alarm clock-esque device, above. With that info, you're ready to start your sleep overhaul, perhaps with Zeo's online coaching program.



**THREE WISHES**

Moisturizers with SPF are nothing new, but A/P/A's 3-in-1 Daily Defense (\$55, Antiphotoging.com) also throws natural antioxidants into its non-greasy, salmon-hued cream. The result, it claims, is spotless, lineless, taut skin with an even tone — and, of course, no skin cancer.



**FRESH IDEA**

So, you're not waking up in time to make it to the farmers market. No prob. Just order from the Fruit Guys (Fruitguys.com), now doing home delivery. A case with 25 servings is \$37, and during peak season (aka now), most of it's locally grown. And in D.C., Maryland and Virginia, shipping's free.

**GUINEA PIG**

**Below the Belt (and Above), This Works**



It's possible no DVD box has ever weighed as much as the one carrying "10 Minute Solutions: Dance Your Body Thin" (\$29.95, Anchor

Bay). But that's not because of the one, slim disc inside—it's what comes with it: a 2-pound belt you're supposed to wear while swiveling and stepping.

Once it's strapped around your waist, it's actually not so noticeable. The idea is the extra pounds force you to work just a bit harder during the five quick segments (each has a wee warm-up and cooldown, with a simple combination in the middle).

But even with an unencumbered midsection, you'd work up a sweat following the ever-gyrating abs of instructor Andrea Leigh Rogers. That's because the choreography seems to be more focused on the fitness benefits of the moves than their artistic merit. Would you actually want to perform the "Get Fit Club Mix" outside your living room? No way — particularly the strange waving motion. But your toned arms will probably be OK with that. VICKY HALLETT (EXPRESS)

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