

What We're Reading This Week

Posted on February 8, 2012 by Lindsay Roseman

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Airport Ohm

If the airport lost your bag, delayed your flight, or you just feel stressed, you can now get your yoga on while you wait – in Northern California, anyway. The San Francisco International Airport opened a yoga studio last week to help “improve passenger experience.” No shoes or cell phones? Sounds like a sweet escape. [Via Healthland](#)



Take The Stairs

Traveling up stairs just two minutes a day prevents weight gain. What happens if you put that on a sign in a building with stairs? More people actually take them! New York researchers tacked up these signs in buildings around the city and found that up to 35 percent more people ditched the elevator. [Via Booster Shots](#)



Bathroom Break

An unsanitary, but not-so-shocking survey uncovered that 75 percent of Americans use their cell phones in the bathroom. It get's worse. About 40 percent initiated a phone call! Blackberry users are the most frequent potty dialers. Have you ever dialed up a friend in the bathroom? [Via CBS Health Pop](#)



Madonna's Hotel Boot Camp

It's no surprise that this mega superstar didn't put her workout on hold the week before the Super Bowl halftime show. To stay in shape, Madonna had a hydraulic yoga mat with a platform that went up to the ceiling installed in her hotel room. Her personal yoga teacher was never too far from the makeshift studio. [Via US Weekly](#)



Jealous On Facebook?

Now that everyone and their mom (literally) is on Facebook, recent studies have found that the social networking site can have negative effects on your mental health. Having more ‘friends’ might make you feel warm and fuzzy, but seeing their accomplishments via status updates can knock down your self-esteem. [Via MSNBC](#)



Marathon Maniacs

These marathoners haven't just run a few marathons; they've run more than 100. Members of this elite group appear to be more patient, resilient and goal-driven. One woman has run an average of one marathon per month for the past ten years! And many started later in life, so there's still time to hit the pavement – even if you only hope to run one or two. [Via Reuters](#)