



What We're Reading This Week

BY LINDSAY ROSEMAN, March 19, 2012

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In With The New Say buh-bye to the annual Pap test. The United States Preventive Services Task Force announced new guidelines that say women only need a Pap test once every three years and don't need to be screened before age 21. Since cervical cancer was found to be fairly slow-growing, the new guidelines will still keep women healthy. One year, three years, the important thing is that you're getting tested! [Via Reuters](#)

Work Out With Miranda Want a body like Victoria's Secret model Miranda Kerr? Now you can work out *with* her! If at least 500 people upload their own "I will if you will" challenge to YouTube, Miranda will host a free yoga class online. The campaign was created to raise awareness for Earth Hour. [Via New York Daily News](#)

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Dangerous Meat Here's another reason to cut back on red meat consumption: eating it daily might raise the risk of early death and cancer. Many people who eat red meat were found to have other unhealthy habits too, like smoking, drinking or being physically inactive. What to do? Find healthier sources of protein, like poultry, fish and beans. [Via ABC](#)

Sleep Your Way Slim Sleep is obviously important to weight loss, but a new study tells us why. Those who are more sleep deprived consume around 539 more calories and use less energy, aka they gain more weight. Rather than opting for an afternoon nap, get your sleep at night so you have energy to hit the gym later. [Via Fit Perez](#)

Risky Spa Business Next time you hit up the spa for a Brazilian blowout, spray tan, or gel manicure you should know the risks behind these common procedures. Formaldehyde in a Brazilian, DHA and synthetic dyes in a spray tan, and UV light in a gel manicure are all things to watch out for. Don't worry, there are alternatives. [Via Prevention](#)

In-Your-Face Ads In efforts to encourage more Americans to quit smoking, the CDC launched a graphic, 12-week ad campaign called "Tips From Former Smokers." The campaign kicks off Monday and we'll start seeing billboards, print, TV, radio and online ads all over the place. Ads include a man who lost his legs, another who has a hole in his neck, and other shocking images. [Via Healthland](#)

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We'll never tell.

LIFE

All of the Messed-Up Sh*t That Keeping Secrets Does to Your Body

December 3, 2015

It might be time to speak up.

ISSUES

New Mom, New Fears in the Age of Mass Shootings

December 3, 2015

"With this once incomprehensible joy, there has emerged an entirely new kind of fear—one that I'm told by other mothers, including my own, I will never shake."

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