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*Does running three miles on the treadmill equal running three miles outdoors?*

—Tiffany, South Pasadena, CA

Not quite. "You're much better off hitting the trail or road," says running coach Denise Margulies, co-owner of Core Fitness, a private fitness center in New York City. Running against wind or on uneven terrain engages more of your muscles, requires more energy, and burns more calories (10 percent more, says Margulies).

If you can't get outside, do speed work on the treadmill (run hard for a minute, then jog for a minute, for a total of 30 minutes); the moving belt means less muscle power is required from your legs, allowing you to run faster. And set the incline to 2 percent to simulate an outdoor run more accurately.

You'll get further pounding the pavement.

**What's the best protein powder to add to a smoothie?**

—Kayleigh, Kissimmee, FL

Egg-white protein powder knocks it out of the park. Unlike many powders, it is close to "real food," says certified nutritionist Christine Avanti, R.D., author of *Skinny Chicks Eat Real Food*. (And no, it doesn't taste eggy!)

"I recommend Jay Robb's egg-white protein powder [822.15, jayrobb.com]," says Avanti. "It's made with 100 percent natural ingredients and pure egg whites—a near perfect protein." For a good vegan alternative, Avanti suggests hemp protein powder. >>