

51 Proven Dieting Tips

Woman's Day

LIVE WELL EVERY DAY™

14 Top Money Wasters

see page 103

15-MINUTE CHICKEN DINNERS

1 Go on a clutter diet

Professional organizer Lorie Marrero of ClutterDiet.com helps clients split organizing tasks into "meals" (time-intensive projects) and "side dishes" (quicker tasks). So dig into a 20-minute side dish! Clean out your wallet or work bag, clear off the front of the fridge, or tidy up two kitchen drawers.

2 Learn something new

On MonkeySee.com, you can watch real-world experts in a wide variety of fields giving clear, easy directions for everything from applying red lipstick to barbecuing like a pro.

3 Doodle!

Draw a funny picture and hide it in an unexpected place for a family member to find. Tapping into that childlike spirit, says Kim Kotecki, retired kindergarten teacher and coauthor of *The Escape Plan: A 40-Day Plan to Annihilate the Adulthood in Your Life*, brings joy and takes you out of your sometimes too-serious adult head.

be fun, be creative,
be productive



20 THINGS TO DO WITH 20 MINUTES

6 Make a short video

It takes less than 20 minutes on Animoto.com to upload that handful of photos languishing on your hard drive—your last

birthday, the school concert—and match it with music. The site does the rest, synchronizing the photos and music into a sharable video—and short videos are free. (Please turn to 42)