

When you live with pain, sticking to get-healthy resolutions can make the difference between real relief and more ache.



#### HEALTHY CHANGE:

##### Drink more water

Not only does H<sub>2</sub>O keep your skin looking more youthful and fresh, studies show that drinking plenty of water decreases the body's inflammatory response, which can mean less discomfort and fewer aches. Carry the wet stuff with you in a one-liter eco-friendly **7 SIGG water bottle** (\$24.99, [mysigg.com](http://mysigg.com)), which you can customize with your name or a motivational message—like “I heart water”—at [cafepress.com](http://cafepress.com).

#### HEALTHY CHANGE:

##### Exercise more

A vigorous workout may be the most under-utilized treatment for pain there is. Regular physical activity is among your best defenses against a slew of chronic conditions, from low back pain to fibro-

myalgia. Aim for at least 30 minutes of cardio exercise most days of the week, with a focus on moves that promote balance and strength, like those in **8 Jillian Michaels' Fitness Ultimatum 2010** for the Wii (\$39.99, [jillianmichaels.com](http://jillianmichaels.com)). Engage in one-on-one workouts with The Biggest Loser trainer, tailor workouts to your ability and energy level and plan an exercise regimen for up to six months.

#### HEALTHY CHANGE:

##### Get organized

Professional organizers agree: Clear containers are your friend, and great for storing medicines and supplements. We like The Container Store's durable, flip-top **9 Pharmacy Boxes** (69 cents to \$1.49, [containerstore.com](http://containerstore.com)). Ann Sullivan, author of *Organizing for Life: The Kids Room* (CreateSpace, 2009) also suggests keeping

items you'll need on your way out of the house all in one place. **11 The Doorganizer** (\$15, [annosullivan.com](http://annosullivan.com)) can hold keys, sunglasses, checkbook and cell phone.

#### HEALTHY CHANGE:

##### Manage my time better

You know that stress makes pain worse. Reduce that frenzied feeling by getting a better handle on your time, says Melissa O'Brien, a California-based certified life coach. To keep tasks from becoming overwhelming create two to-do lists: one for work, which you leave on your desk, and a second one in your day planner. “Timers, alarms and calendars are essential companions,” O'Brien says. We love **10 Wrapable's Vintage Magnetic Kitchen Timers** (\$11.95, [wrapables.com](http://wrapables.com)). **PS** CAROLINE RYDER is a freelance writer based in Los Angeles.