



DELICIOUS NEW RECIPES

*for Chicken, Pasta,
Meatless Mondays & more*



FAB
STYLE FINDS



WINNING
SLEEP TOOLS

GOOD HOUSEKEEPING



Top-Tested
Solutions
for DRY
SKIN

awesome
Makeover
Ideas *for*
EVERY
ROOM



Michelle
Obama
**Answers
YOUR
Questions**

★ POLL RESULTS ★
**AMERICA'S
BEST FIRST
LADIES**

p 6

GOOD
HOUSEKEEPING

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C O B SIMBORIO
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CARSON CA 90745-1339

your
**healthiest
HAPPIEST**
year ever!

**Eat Smarter, Stress Less,
Reach Your Goals...and Have Fun!**

the **GOOD** stuff

JANUARY 2019



GH WELLNESS LAB

HOW HEALTHY ARE WE?

At some point you've probably been lured into taking one of those "What's the best diet for your zodiac sign?" types of online quizzes. We've got something as fun as that, but with a greater purpose. The Good Housekeeping Wellness Lab has partnered with Elaine Chin, M.D., and William Howatt, Ph.D., a behavioral-science and coping-skills expert, to create Your Total Wellness Index, a science-backed survey that will give you *real* insight into your health. This New Year, we owe it to ourselves to take a few minutes to think about our health and wellness. How are you feeling? Do you like how you spend your days? What are you doing to take care of yourself? In just 15 minutes, you'll understand your physical and mental well-being better so you can make effective changes for 2019. Plus, *GH* editors will review the data to produce the health articles that will benefit you, dear readers, the most.

FILL OUT THE SURVEY

You can finish it in 15 minutes or less. Answer honestly: That's the best way to get an accurate look at your health.

REVIEW YOUR RESULTS

When you're done, you'll receive a customized report describing your personal Wellness Index score.

COME BACK IN THE SUMMER

Take the survey again. How have your stress level, resiliency and health improved?

Go to totalwellnessindex.surveyanalytics.com.

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Michelle Obama

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on page 87)

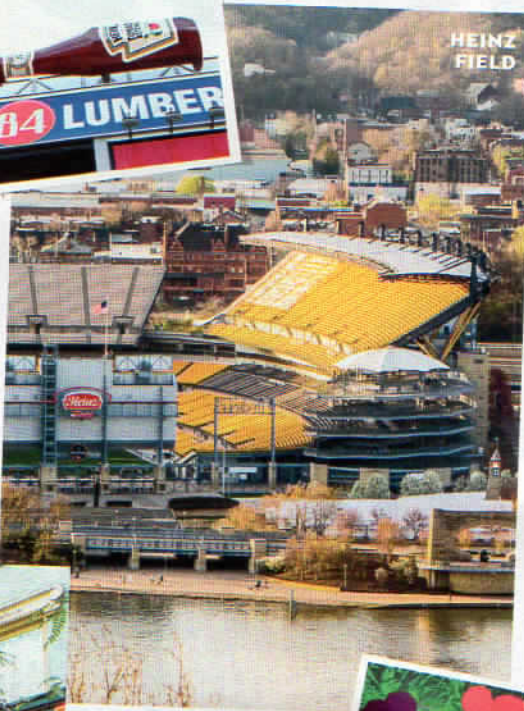
5

6 Golden Globe
Awards on NBC



MY HOMETOWN PITTSBURGH

Leah Wyar, *Cosmopolitan* beauty director and a judge on Lifetime's *American Beauty Star* (Season 2 premieres January 2), shows off her city



→ watch

"I can't talk about Pittsburgh without talking football! I try to go to a game at **Heinz Field** once a year. Fun fact: There are two giant ketchup bottles above the scoreboard, and if they were to fill both with ketchup, every spectator would get a 14-oz bottle!"

→ eat

"When I go home, I always get the Capicola & Cheese sandwich from the famous **Primanti Bros**. In addition to meat and cheese, the sandwich has coleslaw and french fries inside. Think of it as the easiest way to eat side dishes."

→ explore

"My father, who loves modern art, introduced me to **The Andy Warhol Museum**. While I'm a fan of any piece with soup cans or Edie Sedgwick, I especially love the painting *Flowers* (above). The colors are so vibrant, and it makes me happy."

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FAMILY

Game night

IN EVERY ISSUE

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GH SEAL STAR

OF THE MONTH

L'Oréal Paris Age

Perfect Day Cream



COVER: Photographed by Miller Mobley. Styled by Meredith Koop. Hair by Yene Dantew. Makeup by Carl Ray.

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8 Elvis Presley Birthday Celebration at Graceland

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