

## THIS JUST IN

### *Laser Away Fat*

The FDA recently approved Zerona, a machine that uses low-level laser beams to puncture tiny holes in fat cells. “Fluid drains out and gets swept away by your lymphatic system,” says Jeffrey Kenkel, M.D., president-elect of the American Society for Aesthetic Plastic Surgery. It won’t give you Brooklyn Decker’s body, but it may help trim trouble spots—and the fat cells will stay smaller as long as you don’t gain weight. The process takes two weeks (six 40-minute sessions, every other day) and costs about \$1,500 to \$2,500.

## FOREIGN EXCHANGE

People in other countries hoof it a heck of a lot more than we do in the States. According to a new study in *Medicine & Science in Sports & Exercise*, this pedestrian difference may be one reason for Americans’ XL behinds. “While diet and culture play a role in a nation’s obesity rate, average adults in other countries use public transportation more and rely less on their cars than Americans do,” says study author David Bassett, Ph.D., of the University of Tennessee. Let these numbers inspire you to grab a pedometer and aim for 10,000 steps a day:

Country	Average daily steps	Obesity rate
United States	5,117	34%
Australia	9,695	16%
Switzerland	9,650	8%
Japan	7,168	3%