

## Beauty 2017's Most Wanted

*The Workout* LISS

A gentle approach to fitness is finding favor among personal trainers. Called Low-Intensity Steady State (LISS), the method promotes any type of cardio (walking, swimming, even cross-country skiing) that's not done at full force. "LISS is good for endurance—it helps build up mitochondria in cells and promotes oxygen delivery," says Debora Warner, founder of New York City's treadmill studio Mile High Run Club. A bonus: "As you exercise for long periods at about 60 percent of your maximal effort, that's when you really start to burn fat," confirms Michael Fredericson, M.D., a professor at Stanford University's School of Medicine. In other words, slow and steady wins this race. —MARISA MELTZER

*The Buzzword*  
TELOMERES

Forget focusing on fine lines; the secret to combating aging skin just might lie in telomeres. The protective material at the ends of our DNA strands wears away every time cells replicate; the shorter the strands are, the higher the risk for damage—from cancer and Alzheimer's to skin thinning. New mail-order tests measure our cellular age, which we can slow down with lifestyle improvements. Another line of attack: topical products that target telomere erosion in vulnerable skin cells. Zelens's Youth Concentrate Serum contains peptides that stimulate telomerase, a natural enzyme that extends telomere life, while Nerd Skincare's new Cellular Intelligence Age Postponing line activates the telomere-conserving klotho gene. Smart skin care just got a little smarter. —LAUREN MECHLING

