

ULTIMATE HEALTH KIT

Movie must-haves

How to make the theater as comfortable as your own living room. BY AMANDA MAY AND VALERIE KRAMER DAVIS



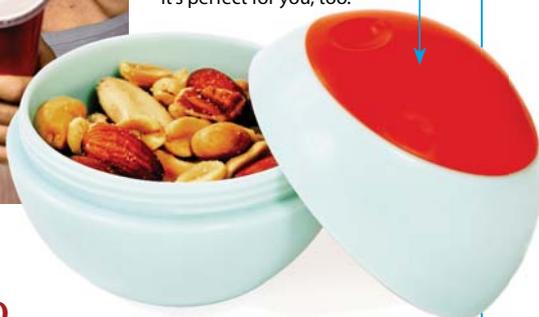
Double-duty mints

Caffeinated Vojo Extreme Energy Mints (\$1.99; www.vojoenergy.com) freshen your breath *and* keep you awake so you can find out whodunit.



Think portion control

Sneak in your own healthy munchies in the **Snack Ball from Boon** (\$6.49; www.booninc.com). This convenient container is made for kids—but it's perfect for you, too.



Stuck in the front row?

Prevent neck strain no matter where you're seated with the comfy **Bucky Minnie travel pillow** (\$19.95; www.bucky.com).

Light up the dark

Dropped your lip gloss? The tiny **Xtremely Bright Light** (\$8; www.flight001.com) lets you find dropped items in the dark without having to feel around on the (gross) floor for them.

Warm up

Combat the arctic temperatures inside theaters with this cozy, **lightweight pashmina wrap** (\$50; www.thepashminastore.com).

Snack on this

Don't know which munchies to choose? Consider this rundown from **Christine M. Palumbo, RD**, of the American Dietetic Association.

To be healthy: Get seltzer water and eat half a soft pretzel (190 calories).

To be somewhat healthy: Order a small popcorn with no topping (385 calories).

To be indulgent: Feast on a box of Junior Mints (570 calories). You may want to skip the soda, though.



Stretch it out!

If you're craning to see, **release neck tension with this stretch** from Cedric Bryant, PhD, chief science officer for the American Council on Exercise: Raise your shoulders, then roll them forward and backward 10 times; drop your head to your right shoulder and roll to the front and left. Repeat 5 times.



Protect your hearing: Hit the bathroom during the trailers, which often get louder than 100 decibels (lower than 85 decibels is safe).

Photos: Jamie Rowland (mints, flashlight, container, travel pillow, pashmina); Top center photo: iStock Photography/Veer; Popcorn photo: Valery Potapova/Shutterstock; Water photo: VR Photos/Shutterstock