

fitness
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**FLATTEN
BELL**

Drop a Size

**Fire Up Your
5 Meals That**

**WALK
EVERY**
Easy Workouts

Age-Proo

PLUS! YOUR PERSONAL

- ✓ Snack that
- ✓ Boost Your
- ✓ No More

earth friendly 



Read THE TASTE OF SWEET Author Joanne Chen investigates an all-time favorite topic: dessert. You'll never look at your sugar bowl in the same way again. \$24.95; in bookstores

Try PENGUIN SPORT-WASH The all-natural detergent that has a cult following gets the stink out of your high-tech performance fabrics. \$10 for a 20-ounce bottle; lucy.com

Wear REEBOK KOOL-AID T-SHIRTS Available in colors as bright as the kids' drink, these tops are guaranteed to make you grin (just like the iconic pitcher). \$30; complex.com/PROMOTIONS/REEBOK

Give WORLD VISION Help a girl on the other side of the globe get to school by bike. This Christian humanitarian organization will also use donations toward water wells and livestock. \$85 (for a bike); worldvisiongifts.org

Swing STELLA McCARTNEY FOR LESPORTSAC LARGE BOWLING BAG Looking for a new gym tote? As the proud owner of this gorgeous carryall, you'll want to work out every day. Store sweaty shoes in the bottom compartment. \$395; lesportsac.com



FITNESS APRIL 2008 21

spirit
SS

WIN!
A \$50,000
DREAM VACATION P. 45

SCULPT!
Banish Arm
Jiggle

CARDIO!
10 At-Home
Routines

EASY!
Vitamins
That Heal

SAVE!
Eat Healthy
on a Budget

**"How I Got
My Body
Back"**
Two Amazing
Stories

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