

# SIEMPRE MUJER APRIL/MAY 2006 ISSUE HIGHLIGHTS

## **-Siempre Mujer Editors Available For Interviews-**

### **TRAVELING WITH LILI ESTEFAN -- Page 50**

Lili Estefan is more than just the beloved, charismatic anchor of Univision's El Gordo y La Flaca. Her too-many-to-count travels for work and play have also made her an expert on how to pack, what to pack, and how to look stylish while on the road! Estefan shares her secrets: invest in durable, quality luggage; start planning what you'll bring early; and leave the valuables for the carry-on. Read on for much, much more.

### **TRIPS FOR YOU – MADE TO ORDER!-- Page 54**

There are so many places to consider when booking your next family vacation. It can be city or country, a historical sightseeing trip or a journey into your family's ethnic roots, relaxing or full of adventure. Siempre Mujer gives you the lowdown on four popular U.S. destinations – Miami, San Francisco, Santa Fe and Washington D.C. – including detailed trip planning information, hotels, attractions and restaurants.

### **25 STEPS TO A SPECTACULOR BODY -- Page 46**

Did you know dividing your workout routine into two 20-minute sessions instead of one 40-minute session can burn more calories and increase your energy levels? Or that holding weights firmly, but not tightly, focuses your workout on the muscles you really want to target, like biceps and triceps, instead of your hands? Follow these and 23 more proven fitness tips and you'll be on your way to an incredible body.

### **SPRING FASHION AND BEAUTY: THE FEMININE MYSTIQUE -- Page 38**

This spring is all about feminine looks and fabrics. *Siempre Mujer's* whimsical fashion spread gives you a sneak peak at trends to look forward to – Victorian Romanticism, 50s Glamour, 60s Sexiness and Geisha Style. We'll show you how to make the looks your own, and even share how to apply makeup to complement those styles.

### **WANT TO BE YOUR OWN BOSS? -- Page 86**

*Siempre Mujer* Financial Contributor Xavier Serbia tells you everything you need to know to start your own business successfully. What kinds of start-up and monthly run-of-business costs can you expect? How do you best keep track of financial transactions? Should you allow clients to buy on credit? Serbia discusses these and other important issues about taking the big step toward small business ownership.

The April/May 2006 issue of *Siempre Mujer* hits newsstands March 30th.

### **CONTACT:**

**Mariela Azcuy**  
**(212) 551-6955**  
**[mariela.azcuy@meredith.com](mailto:mariela.azcuy@meredith.com)**