

# Fitness February 2007 Issue Highlights

## In the February Issue of *Fitness Magazine*:

Real Women, Real Body Confessions; 30 Days of Workout Motivation; Fit Families' Age-By-Age Guide; What To Feed Your Cold

### **Features**

**Sexy Body Shortcuts:** You can get your dream shape, and results in ten days, with *Fitness*' 146 sexy body shortcuts. West Coast Editor and exercise physiologist, Nicole Dorsey-Straff, divulges her all-time favorite (and effective!) belly and butt moves. Page 45

**Indulge Without the Bulge—250 Calorie Desserts:** Rich brownies, gooey caramel popcorn and decadent mousse cake...spoil your sweet tooth rotten with these delicious and guilt-free recipes. Page 61

**“How Running Helped Us Heal”:** After their husbands were killed in Iraq, these wives took up running—and found that it helped heal their grief and keep their partner’s legacy alive in a way nothing else could. Page 87

**Real Women, Real Body Confessions:** *Fitness* celebrates active, confident women of all shapes and sizes. You’ll be surprised, and inspired, by what they love most about themselves—their cleavage, their calves and their post-baby body. Page 102

**Win 30 Days of Workout Motivation:** Reel yourself in from the brink of relapse! The most convincing news you’ll ever read about putting yourself first when it comes to achieving your fitness, personal, and psychological goals. Page 108

**Smart Recipes To Protect Your Heart** Heart disease kills nearly 500,000 women in the US each year. Food Network’s Ellie Krieger, R.D., cooks up 10 tasty dishes that will boost your heart health—guaranteed! Page 116

### **Beauty/Style**

**Make Any Beauty Treatment Last** There’s nothing like a perfectly coifed mane, a just-out-of-the-spa dewy glow and flawlessly groomed brows. Extend your beauty rituals well beyond their usual expiration date. Page 32

### **Nutrition**

**The Ultimate Health Drink:** Tea’s superprotective powers have been shown to fight breast cancer, heart disease and help you to lose weight. Learn how flavonoids can make a huge difference in your health and find the brew that’s right for you. Page 66

**Batali’s Healthy (and Satisfying) Baked Penne with Eggplant** Healthy cooking with (yes!) Mario Batali. Of Food Network fame and one of New York’s most acclaimed Italian chefs, Batali lightens up one of his favorite ultrarich fares exclusively for *Fitness*. Page 72

### **Health**

**How To Prevent a Misdiagnosis:** Experts say that up to 1 in 4 people who are misdiagnosed die because of it. *Fitness* shows you how to make certain you know what ails you, how to approach your MD to get the treatment you need—and when to stop worrying. Page 75

**Fit Families:** February blues? *Fitness*' new monthly get-moving guide provides an age-by-age exercise manual for active kids and parents. Page 80

**What To Feed Your Cold:** May the best cold and flu Rx be...in your kitchen? Here, five foods scientifically proven to help kick those cold and flu bugs. Page 82

***Life***

**The Single Girl's V-Day Survival Kit** *Fitness* staffers offer suggestions to get you through Valentine's Day, including what to rent, what to eat, what to carry and what to wax! Page 92

The February issue of *Fitness* is on newsstands January 9, 2007.

Launched in 1992 and reaching 6.8 million readers, *Fitness* is today's preeminent lifestyle magazine for the Mind, Body, and Spirit. Editors are available for interviews.

www.fitnessmagazine.com

**Contacts:**

Marisa Ollins  
212-389-5332  
marisa.ollins@meredith.com

Anna De Souza  
212-551-7072  
anna.desouza@meredith.com

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