

Fitness April 2007 Issue Highlights

Cure Your Body-Image Blues; Real Women's Stay Slim Success Tips; The 20 Minute Mind/Body Workout; 6 Fitness and Health Superstars

CURE YOUR BODY-IMAGE BLUES; PAGE 89

About one in 100 women have a body image that's so distorted it takes over their lives, and doctors say the condition—known as body dysmorphic disorder, or BDD—is on the rise. Even women without BDD can still suffer negative body image: some experts speculate that as many as 80 percent of women are dissatisfied with their appearance. *Fitness* investigates why millions of women hate the way they look and what can be done to reverse the negative thinking and boost confidence.

EXCLUSIVE INTERVIEW: SUZE ORMAN, SAVE MONEY AND YOUR HEALTH; PAGE 94

For years, Suze Orman has linked weight and self-esteem issues to money problems, and *Fitness* is there as she spells out the costs of not putting yourself first. "Health and wealth are powerfully interconnected. The number one reason for bankruptcy today is medical bills" says Orman in an exclusive interview. Orman explains how focusing on your health can save you money as well as years.

6 SUPERSTARS THAT ARE GETTING AMERICA MOVING; PAGE 20

Fitness introduces us to the experts making us healthier. Meet the experts, from Jeanette Jenkins, star of The Hollywood Trainer DVD series and author of The Hollywood Trainer Weight-Loss Plan, Jean Knaack, executive director of the Road Runners Club of America and Lori Mosca, M.D., PH.D., a pioneering researcher in women's heart health and director of preventive cardiology at New York Presbyterian Hospital, among others. Promote change by signing *Fitness*' online petition in support of the Personal Health Investment Today (PHIT) Act, which would allow Americans with a Health Savings Account to use up to \$1,000 each year to pay for exercise programs.

SIX TIPS FOR YOUR PRETTIEST SMILE EVER; PAGE 35

Fifty percent of consumers said they'd feel better about themselves if their teeth were whiter. Use the advice here and your grin will be so bright, everyone around you will have to wear shades! *Fitness* shares tips for getting the pearliest whites possible both on your own and at the dentist's office. Also, check out the results when the *Fitness* staff put over-the-counter tooth brighteners to the test.

THE 20 MINUTE MIND/BODY WORKOUT; PAGE 98

Crazy busy? Pants feeling a bit tight? No problem! *Fitness* shows you how just a few minutes of exercise a day can get you slim and sculpted for life. Trainer Annette Lang designed this quickie workout that can help you get stronger, leaner and totally energized in only 20 minutes a day. In less than three weeks, you'll see (and feel) major changes.

REAL WOMEN'S BEST STAY-SLIM SUCCESS TIPS; PAGE 123

Meet 8 *Fitness* readers who have dropped more than 50 pounds EACH—and kept it off for years. Instead of resorting to deprivation, these women show how the true key to success is incorporating small but significant lifestyle changes that ultimately add up to pounds lost. *Fitness* shares how you can make their winning strategies like setting mini goals, taking pictures of your progress, among others, work for you.

ON FITNESSMAGAZINE.COM

Team *Fitness* Social Networking Site: *Fitness* to launch Team *Fitness* this March, the first online workout community of its kind that allows users to search for running and walking partners, fosters supportive relationships with enthusiasts, and connects readers who share fitness goals. Team *Fitness* offers daily and current advice to this demographic through a social network supported by expert content and featuring user and expert workout videos. Visit www.fitnessmagazine.com/team

20-Minute Miracle Editor-In-Chief Blog: *Fitness*' Editor in Chief, Denise Brodey's, 20-Minute Workout Club allows users to share their own fast-fitness tips and quickie workout ideas. It submits daily motivation on how to squeeze valuable minutes of fitness conditioning and holistic wellness into

a personal routine and a family's regular schedule. Visit www.fitnessmagazine.com/20minutemiracle

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