

Fitness June 2007 Issue Highlights

In the June Issue of *Fitness* Magazine:

Is Your Salad Making You Fat?; How Many Calories Are You Really Burning; Blast More Fat All Day Long; and Sun and Skin-Care Special Continued

WHAT DO YOU HAVE TO LOSE? – PAGE 34

30 pounds? 50? More? When you need to lose a lot of weight, reading about how to lose those last five pounds is like getting marriage advice when you're single. We found a revolutionary plan that will help you get healthy—and stay healthy—for good. Includes equations to figure out how many calories you should be eating and how to get friends and family involved.

IS YOUR SALAD MAKING YOU FAT? – PAGE 98

To find out, *Fitness*' go-to nutritionist, Cindy Sherwin, R.D. stopped three women at a popular salad place in New York to analyze their choices. Find out where the fat lies, plus, how to build the perfect salad.

HAPPY FEET– PAGE 144

They are the second hardest working part of your body and they get zero respect. Sure, you may treat them to the occasional pedicure or prop them up at the end of the day, but experts say we ought to be much kinder than that. *Fitness* has solutions to the five most common pedi problems (even warts!) and gives you quick moves for stiletto strength.

YOUR 360° BODY CONFIDENCE PLAN – PAGE 126

This year you can walk confidently in your swimsuit, sans cover-up. *Fitness*' 8-week program will get you so strong, lean, and sexy you'll actually enjoy being half-naked in public. We've also got six real reader success stories to prove this efficient, easy-to-follow plan will get you the results you want, fast.

HOW MANY CALORIES ARE YOU REALLY BURNING? – PAGE 134

Will going for a run really erase the jumbo sundae you ate? It depends. Research shows that many women overestimate the number of calories they're blasting daily, sometimes by nearly 1,000! *Fitness* gives you the facts on how many calories exercises actually burn and busts some common calorie myths. We've also got workouts that keep working after you're done and ways to burn more calories all day long.

The June issue of *Fitness* magazine is available on newsstands May 8th.

CONTACT:

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

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

The June issue of *Fitness* is on newsstands May 8, 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
