

# Fitness September 2007 Issue Highlights

***Good-for-you Beauty; Kicking Your Sugar Habit; Insider's Guide to Swimming, and more***

**DAISY FUENTES: BODY IMAGE, THE NEXT WAVE; PAGE 130**

Hispanic women, more than ever, are feeling the pressure to be skinny. *Fitness'* inaugural Mind, Body, Spirit Superstar, Daisy Fuentes, former model and Cuban-born TV personality talks about her body confidence, and how to reset the dial on what America calls beautiful. On (yes!) celebrity role models: "It takes someone as confident as Jennifer Lopez to turn a body part that's often considered a flaw into something hot."

**BEHIND THE SCENES OF THE BIGGEST LOSER; PAGE 32**

Don't have time to gorge on weight-loss wisdom and the spellbinding encouragement from NBC's cult-followed phenomenon, *The Biggest Loser*? One unsuspecting *Fitness* writer satiated this urge with 40 hours (the first three seasons) in less than a week. From keeping yourself from worshipping the fondue alter to committing the occasional dessert adultery, what else did she learn about weight loss success? Read on.

**GOOD-FOR-YOU BEAUTY; PAGE 46**

Good for you beauty can be easy. How about washing with sunscreen and wearing your vitamins? *Fitness* magazine brings you fall's must-tries that have a healthy theme – ones that let you stay active and healthy and smudge proof.

**INSIDER'S GUIDE TO SWIMMING; PAGE 58**

Can you think of a more Zen way to get fit? Swimming allows you to blast fat while sculpting your major muscles—and it's just you and the water. This month's feature offers gotta-have-it gear, step-by-step freestyle tips and three easy to do workouts, beginner, intermediate, and advanced, to help you stay in shape while having fun in the pool.

**KICK YOUR SUGAR HABIT; PAGE 77**

See food, must eat! You can stop putting stuff in your mouth just because it's in front of you. Just because there are doughnuts at the morning meeting, and your kids didn't finish their burgers doesn't mean you have to indulge! To stop mindless munching, start here.

**NEW SUPERFOODS; PAGE 134**

Ever wonder if your diet is missing something? Add our expert-approved, eat-right picks to stay lean, healthy, and strong. Did you know that an antioxidant in curry has been shown to stop the growth of cancer cells in their tracks? *Fitness* magazine gives you the 10 new super foods for women that taste good and are good for you.

The September issue of *Fitness* magazine is available on newsstands August 14th.

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