

# FITNESS JANUARY 2006 ISSUE HIGHLIGHTS

## -Fitness Editors Available For Interviews-

### FEATURES

#### **LADIES AND GERMS--** Page 48

Ladies and Germs: Could your office desk be dirtier than a toilet bowl? As cold/flu season approaches, Fitness sorts through 12 germ myths to explain what's true, what's false and what's just disgusting.

#### **10 BEST EXERCISE DVDs--** Page 28

From Brazilian dance workouts to mat Pilates, Fitness unveils the ten best workout DVDs in time to combat holiday weight gain.

#### **REACH ANY FITNESS GOAL--** Page 78

Determined to stick to your New Year's resolutions? Fitness highlights nine common fitness goals and suggests simple ways to achieve each

#### **SURPRISING SIGNS YOU'RE WAY TOO STRESSED--** Page 46

Your body may be telling you something. Fitness reveals seven ways stress can manifest physically and mentally and how to deal with them.

### HEALTH

#### **MAKE YOUR NEXT MEAL HEALTHIER--** Page 82

Small substitutions can make healthy food even better for you. From cereal to salad, Fitness makes over four meals to boost vitamins, minerals and protein.

### DIET/NUTRITION

#### **JUICY COUTURE--** Page 60

Pomegranates contain almost as much potassium as bananas and may combat hypertension and hardening of the arteries. Simply slice the fruit in half and snack on the seeds or mix them into a refreshing Pomegranate and Citrus-Fruit Compote.

#### **LOG ON AND LOSE WEIGHT--** Page 62

One out of every 20 Americans has created a blog. If food journals aren't your forte, Fitness explains why going online may be the dieting tool for you

### FITNESS

#### **DROP FIVE POUNDS IN FOUR WEEKS--** Page 86

Fitness features a total-body workout to help burn fat, boost your metabolism and shape your arms, abs, thighs, and butt in a month flat. .

### BALANCE

#### **THE NICE GIRL'S GUIDE TO WINNING--** Page 98

Poor sport? Fitness provides five tips to help you discover your competitive spirit and foster fair play

*The January issue of Fitness is on newsstands Nov. 29, 2005.*

*Launched in 1992 and reaching 6.4 million readers, Fitness is today's preeminent lifestyle magazine for the Mind, Body, and Spirit. Editors are available for interviews. [www.fitnessmagazine.com](http://www.fitnessmagazine.com)*

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