

FITNESS FEBRUARY 2006 ISSUE HIGHLIGHTS

-Fitness Editors Available For Interviews-

FEATURES

MAKE THIS YOUR SLIMMEST WINTER -- Page 62

:Fed up with winter weight gain? Fitness suggests five strategies to keep you trim this season, comfort food included.

14 BEST FOODS FOR A WOMAN'S HEART -- Page 44

More than 80 percent of heart disease is preventable. In honor of heart disease awareness month, Fitness helps reduce your risk in your 20s, 30s and 40s with diet and exercise changes.

THE TRUTH ABOUT SELF-HELP BOOK -- Page 98

With the New Year in full swing, Fitness editors set common goals (ie. be less sensitive and stop procrastinating) and used self-help books to try to achieve them. Find out what they learned.

IS YOUR DIET MAKING YOU PSYCHO? -- Page 64

If you feel bitter watching your thin friend eat dessert, you may have a problem. Fitness explains how your diet can put you in a bad mood and how to fix it.

HEALTH

HOW HEALTHY ARE YOU -- Page 88

Your annual physical could be missing something. From allergies to stress, Fitness provides a 13-point checklist to help raise your health awareness.

DIET/NUTRITION

CRESS TO IMPRESS -- Page 60

Watercress is more than a garnish. The leafy green provides almost 100 percent of the recommended daily dose of vitamin K, good for bone health and blood clotting, and contains only four calories per cup. The peppery flavor of the leaves is the perfect compliment to any dish - Watercress Salad with Beef and Feta Cheese.

FITNESS

STRONG, SEXY ABS -- Page 107

Fitness demonstrates six, simple steps to transform your abs using a scarf or towel.

BALANCE

"I BEAT MY PANIC ATTACKS WITH KARATE" -- Page 72

One in 75 people suffer from panic disorder. Fitness shares one woman's story of how exercise helped combat anxiety.

BEAUTY

HAVE BETTER SKIN TOMORROW -- Page 38

Curious about beauty pro tricks? Fitness divulges insider secrets about achieving radiant skin, healthy hair and perfect nails.

The February issue of Fitness is on newsstands Dec. 27, 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

###

Contact:

Zoë Lampel, 212.455.1077; zoe.lampel@meredith.com

Holly Fussell, 212.551.7053; holly.fussell@meredith.com

<https://news.people.inc/2006-02-01-FITNESS-FEBRUARY-2006-ISSUE-HIGHLIGHTS>