

# Fitness December/January Issue Highlights

## -Editors Available for Interview-

**KELLY RIPA'S TOTAL BODY MAKEOVER; EAT, DRINK AND BE SLIM DURING THE HOLIDAYS; HOW FIT ARE YOU REALLY?; and more.**

### **THE NEW, POWERFUL KELLY RIPA – Page 100**

At age 37, **Kelly Ripa** from ABC's *Live With Regis and Kelly* has given her body an entire makeover! In this month's *Fitness*, Kelly shares some of her secrets: her favorite workout classes, her personal health fears, even the three moves that were key to achieving eye-popping results. But how does she keep motivated? "A month or two after I started working out, I wore a sleeveless turtleneck to work. Regis was like, 'Pipa, your arm muscles look incredible!' It was the first time anybody had ever said anything to me about my muscles. And because I am a vain person, that's all I needed to hear to stay with it."

### **FITNESS' SECOND ANNUAL ACTIVE BEAUTY AWARDS – Page 40**

*Fitness* editors and some of the country's top fitness trainers tested beauty products and tools in search of those that best fit an active lifestyle. They've listed their favorites in sun protection, hair, body, makeup and skin care that are the ultimate in sweat-proof, long-lasting and portable.

### **HOW FIT ARE YOU REALLY? – Page 45**

Whether you're new to exercise or the proud owner of a wall of finish line photos, you can benefit from a fitness reality check. This guide will help you test how strong, fast and flexible you really are—and learn how to get even better. How fit are you really? Find out here!

### **YOUR TOUGHEST DIETING DILEMMAS—SOLVED! – Page 63**

Every month, *Fitness* gets tons of letters and e-mail from readers asking for diet and nutrition help. In this issue, the experts answer the questions you ask most, such as "Is it a good idea to have a 'cheat day' when dieting?" "Is eating at night really bad for you?" "When does it really pay to go organic?", "How many calories do I really need?" , "Should I cut back on artificial sweeteners?" and more.

### **25 GIFTS UNDER \$25 – Page 81**

'Tis the season for healthy gift giving. No matter what your price limit, be it under 10 dollars, 25, 50 or a splurge, there's something on this list to fit any budget. These fantastic finds are healthy for the recipient, and for your wallet!

### **EAT, DRINK, AND STILL BE SLIM – Page 96**

Holiday season can spell disaster for even the most conscientious dieter. This month's *Fitness* includes a guide to prevent the holiday party pig-out, including how to healthier hors d'oeuvres, desserts—even healthier cocktails. Plus: when all else fails, how to at least dress 10 pounds thinner!

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