

fitness

mind, body + spirit

# fitness

**FREE  
WORKOUT  
VIDEOS**  
For details,  
see p. 12

## LOSE YOUR BELLY BULGE

*Plus*

- Drop a Jeans Size
- Banish Cellulite
- Get Rid of Back Fat

*Pssst...*

### Success Story Secrets

Turn your "before"  
body into an "after"

WINTER BONUS

## WALK OFF WEIGHT NOW!

Easy slim-down plan, p. 91

**NEW!**

FAT-MELTING  
CARDIO, p. 56

**QUICK**

BLAST 500  
CALORIES DOING  
YOGA, p. 100

**DIET**

ALWAYS HUNGRY?  
FIND HELP, p. 110

**HEALTH**

MISTAKES WE  
ALL MAKE, p. 83

**SEX vs.  
SNACKS?**

Exclusive poll  
p. 64

# Shop for Your Body Type

We found the most flattering looks so you can get fit in style—no matter what your shape. BY CELESTE BROWN-WRIGHT



CELESTE BROWN-WRIGHT, SENIOR FASHION EDITOR, PICKS HER FAVORITES

## size 2-4



**TIP #1**  
The streamlined Asics Packable Shelter Jacket looks great on smaller women; \$60, [asicsamerica.com](http://asicsamerica.com).



Lycra-cotton shorts from FitnessFit are the perfect cut for petites; [fitnessfit.com](http://fitnessfit.com).



**TIP #3**  
Not big in the bust? Try the Lululemon Athletica Pirouette bra; \$32, 877-263-9300.

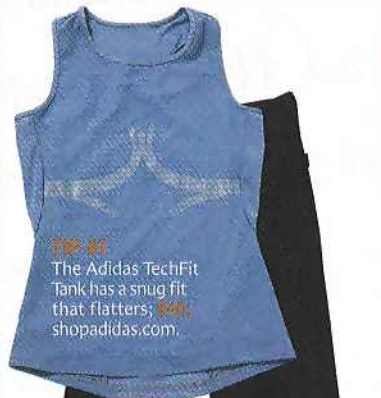


**TIP #4** The Pump Energy shoe by Reebok adjusts to fit your foot; \$110, [rbk.com](http://rbk.com).



**EXTRA!**  
Download up to 1,000 songs with the Creative Special Edition Pink 2GB Zen V Plus; \$140, [us.creative.com](http://us.creative.com).

## size 6-8



**TIP #1**  
The Adidas TechFit Tank has a snug fit that flatters; \$40, [shopadidas.com](http://shopadidas.com).



**TIP #2**  
The V-shaped waistband on these KOS USA pants helps you look long and lean; \$49, [kos-usa.com](http://kos-usa.com).



**TIP #3**  
The CW-X Firm Support Bra is made for high-impact workouts. [cw-x.com](http://cw-x.com).



**TIP #4** Ryka N-Gage Innovation Run shoes give extra support for high arches; \$80, [ryka.com](http://ryka.com).



**EXTRA!**  
Race against time with the Adidas Performance Adistar Curve Watch; \$99, 800-826-2205 for stores.

## size 10 & up



**TIP #1**  
Champion's Shape Underwire Sports Tank is available in sizes 38-40D/DD; \$42, [championcatalog.com](http://championcatalog.com).



**TIP #2**  
With individually adjustable straps, the Goddess Sports Bra 2000 is perfect if you are big in the bust; \$48, [bare necessities.com](http://bare necessities.com).



**TIP #3**  
The Brooks Motion Skort minimizes your hips; \$56, [brooksrunning.com](http://brooksrunning.com).



**TIP #4** The Nike Air Zoom Haute+ relays distance and calories burned to an iPod; \$90, [nikestore.com](http://nikestore.com).



**EXTRA!**  
Adidas Adilbria sunglasses have three settings to sit comfortably on your nose; \$145, Adidas stores.