

8 Things to Do **RIGHT NOW** to Stay Healthy for Life

IT'S GOOD TO BE YOU™

Women's Health

**YOUR
FITTEST
YEAR
STARTS NOW!**

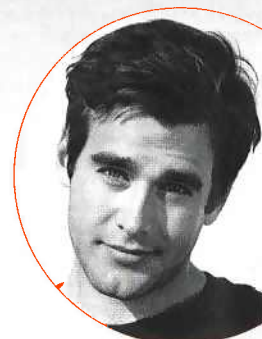
**» All-New Workouts,
Instant Results!**

**SUPER-HEALTHY
ONE-POT
MEALS** page 84

**DO MORE—
IN LESS TIME**

**1,701
COOL HEALTH,
FITNESS, NUTRITION
& SEX TIPS**

**LOSE
FAT
FAST**



**Plus! What
He'll Never
Tell You**
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**GET
GLOWING
WINTER
SKIN!**
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JANUARY/FEBRUARY 2007

DISPLAY UNTIL FEB. 13, 2007

\$4.99US \$5.99CAN



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TEST #4
ARE YOU WELL BALANCED?

Flamingo Reach ▶ Place a water bottle 2½ feet in front of you. Stand with your feet together, arms at your sides. Draw your navel toward your spine and lift your left foot off the floor behind you and your arms straight overhead, in line with your shoulders. Bend forward at the waist, allowing your right knee to bend slightly as you reach your arms forward and down to touch the bottle. Return to standing and repeat as many times as possible up to 15, without letting your left leg touch the floor. If it does, the test is over. Repeat on your left leg. Take the average.

BALANCE SCORING

- Aspiring** 7 or less
- Solid** 8 to 11
- Strong** 12 or more



TEST #5
DO YOU HAVE FAST FEET?

Two Line Hop ▶ Place two pieces of tape on the floor parallel to each other, 12 inches apart. Stand with one foot on each line, arms at your sides. Lift your right foot. Hop from line to line (side to side) on your left foot as many times as you can in 15 seconds. Repeat on your right foot, then take the average.

AGILITY SCORING

- Aspiring** 21 or fewer
- Solid** 22 to 26
- Strong** 27 or more

HIT YOUR MARK

Whether you call them short pants, long shorts, or even cropped capris, bottoms that hover around the knee provide extra coverage until you meet your goal. And they're perfect for erratic spring temperatures.

Left: Body Up tank, \$51, and knee shorts, \$57, bodyupfitness.com; Ryka N-Gage Innovation Run sneakers, \$80, ryka.com; Sigg sports bottle, \$20, mysigg.com. Above: Lululemon Origami deep V tank, \$44, lululemon.com; Champion O2Cool knee pants, \$36, championcatalog.com; Ryka Tri-Trainer sneakers, \$75, ryka.com