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## In This Issue

## **Fitness**

- Feature article: Healthy Skin for a Healthy Life: Now is the time to learn basic steps for proper skin care.
  - A Happy Pregnancy-Guaranteed: How to help you feel better, help your baby grow, and even make it easier to lose the weight after your baby is born.
- 12 Effective Exercising Without a Gym Pass: Great ways to work up a sweat without driving to a gym or buying expensive equipment.

## **Food**

- Having Your Cake and Eating It Too!: A few simple ways to make your favorite foods more body-friendly.
  - Protein and Health: Inexpensive and simple ways to meet your protein needs.
- Happy Mama: What a pregnant mother should know about getting the right nutrition through the most important nine months of her life.

## Frame of Mind

- What Makes a Woman Attractive: It's not just a pretty face after all. One man shares three qualities that he looks for in a woman.
- Top Ten Countdown to Beautiful: An exclusive look into the top ten things a man finds most beautiful.
  - 28 Drug Abuse: A Real Disease: Don't let it snag you in its trap. Find out how to avoid potential problems.
- 30 Love Life: How To Battle Stress: Go ahead and let the stress fade away. Don't spend time stressing away over life's worries.
  - Time for You: Get back some of that well-deserved time.
- The Skinny on Diet Pills: Can losing weight really be as easy as popping a pill?

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Anorexia Nervosa: A look into the mental illness that has become so prevalent among young women.

