

fitness

mind, body & spirit

13 ways
to feel calmer
every day

Real-life weight-loss solutions

Lose 5, 10, 15 pounds

31 pages of news, research, strategies

- Easiest ways to cut calories
- Control cravings all day
- Most effective time to exercise
- Eat fast food and still lose

Single best 20-min. workout

BANISH CELLULITE

Stop the jiggle in 4 weeks p.169

Diet secrets from the
slimmest people on earth

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\$3.50 U.S. \$4.50 Canadian/Foreign
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Flatten your abs and burn 550 calories

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Do It Now:

1 Celebrate Cinco de Mayo! Make classic Mexican cocktails diet-friendly with Baja Bob's Low Carb Original Margarita Mix. One drink has just 100 calories, including the alcohol. For stores or to purchase, visit bajabob.com.

2 Outsmart Your Craving Take a tip from the successful dieters profiled in *Thin for Life* by Anne M. Fletcher, R.D. (Houghton Mifflin, 2003): Remind yourself that you don't have to have every food you're craving right now. It'll all still be there in a few hours, or tomorrow or next week. Planning for cravings is key to keeping calories down.

3 Drop That Snack Cake Steering clear of high-sugar foods like cakes and cookies can help more than your waistline. The insulin surge they cause may increase your risk of colorectal cancer, according to a new study in the *Journal of the National Cancer Institute*.

Serve your margaritas with a side of fat-free salsa and baked tortilla chips.