

WOMEN'S

The #1 workout for YOU

# HEALTHY FITNESS

Be healthy. Be fit. Be you.

## Have more SEX!

And 22 other ways to  
be healthier TODAY

SPECIAL RUNNING ISSUE

### The best new shoes and gear

PLUS: Expert tips for 5ks & 10ks  
How to prevent injury

### Outsmart your doctor

What you should  
know before you go

### SURGERY = BETTER SEX?

The latest (and scariest)  
trend in Silicon Valley

Don't skip  
the BBQ  
Summer eating  
without the guilt

### Is your job making you FAT?

Spray on tans:  
Are they safe?

### Top beauty do's and don'ts from the pros



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## FITNESS TIPS & TRENDS

### Write your way to weight loss

A 2004 study at the UC Berkeley found that Americans spend more time driving cars and watching television than they do exercising. Are you one of them? Find out by journaling your exercise habits. Grab a pedometer and pick up *Step on It! A Food and Walking Journal*. Created by health care professionals, the journal is a 30-day program to promote walking for exercise and maintaining a healthy diet. Each day you write your food and water intake and the number of steps you take in the handy, pocket-sized journal. The bonus — added health information on subjects like eating, cholesterol and weight management. (\$3.95, [www.pocketreferencejournals.com](http://www.pocketreferencejournals.com)) — *Melissa Lamkin*



### A quick patch-me-up

Forget energy drinks — a new technology by Life Wave promises to up your energy and stamina, just by wearing a small patch on your skin. The energy enhancer patches contain amino acids, water, stabilized oxygen and organics combined to “communicate” with the body through the human electro-magnetic field. What does that mean for you? Constant and stable levels of energy throughout the day, without the coffee. [www.energyrich.com](http://www.energyrich.com)