

**WOMEN'S** SWEET! Eat what you crave and still lose weight

# HEALTH & FITNESS

No healthy. Be fit. Be you.

**Firm up your BUTT**  
in 15 min. a day  
*Plus: The jeans that look amazing on every shape*

**Our A to Z guide to BETTER SEX**  
32 ways to get more meaning out of your life NOW

**BORED? UNHAPPY?**  
22 ways to get more meaning out of your life NOW

**BREAST CANCER SPECIAL**  
Reduce your risk  
The latest facts on prevention  
& PLUS:  
•What to do when a loved one is diagnosed  
•How you can help TODAY

BEAUTY EXPERTS SPILL THEIR SECRET TRICKS OF THE TRADE

**HEALTH ALERT**  
Pills and depression: What doctors want YOU to know

**WE TRIED IT!**  
The hot trend of hot yoga

future



## Breast Cancer Awareness Special

**Girls Night In  
Courage Candle**  
\$16, [www.shopgirls-nightin.com](http://www.shopgirls-nightin.com)



### SMART SHOPPER

Before you buy ...

How do you know your money is really going to the right place? Ask yourself these questions:

1. Is this company committed? Visit the company Web site to make sure the company is credible and committed to the cause.
2. Is the company clearly stating how the money is raised and how much will be going to charity?
3. Does the money go to a well-managed, reputable non-profit or fund? The Better Business Bureau Wise Giving Alliance is a good resource if you are unsure. [www.give.org](http://www.give.org).
4. How does the benefiting organization spend my money? It should be abundantly clear exactly where the monies go.
5. Is the program meaningful to me? Selecting the right program is a personal choice based on what feels the most comfortable.

(Source: Susan G. Komen Foundation)

**Day-Timer Pink  
Ribbon Planner**  
\$39, [www.daytimer.com](http://www.daytimer.com)



**Lee National  
Denim Day  
Signature  
Anniversary  
Jean**  
\$44,  
[www.denim-day.com](http://www.denim-day.com)



**Zip It Pink Ribbon Sox**  
\$14.99,  
[www.zipitgear.com](http://www.zipitgear.com)

