

# fitness **fitness** Mind, Body + Spirit

New!  
**SUPER FOODS**  
THAT FIGHT  
FAT

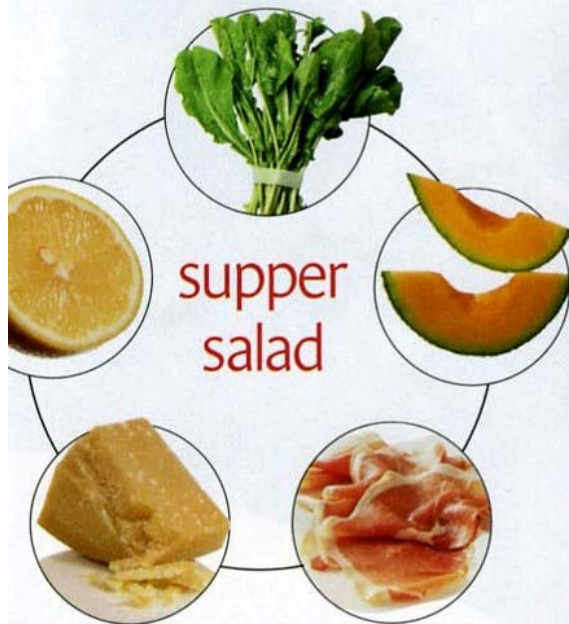
**RESULTS IN JUST 2 WEEKS**

**YOU CAN LOSE  
POUNDS**

**CELEB  
BODY  
SECRETS**

Which moves  
work (which  
don't) for  
real bodies

[ MEAL-O-MATIC ]



supper  
salad

BARE (OR DRESSING-FREE) WITH THIS TASTY RECIPE FROM STAFFER ALICE OGLETHORPE

- Cantaloupe
- Prosciutto
- Parmesan cheese
- Lemon (juice)
- Fresh cracked pepper (not shown)
- Portions to taste
- Mix and enjoy!

## AVA JUNKIES

ult to quit," says  
id Griffiths, Ph.D., a  
ssor of behavioral

plan for kicking the habit.  
1. Suss out hidden sources  
of caffeine in your diet,

## 5 THE FIT

Musts for This Month

**JOHN SIMPLY AUDIO-BOOKS** Download practically anything—from John Grisham to Oprah's Book Club—onto your MP3 player. A monthly subscription lets you choose from more than 4,000 magazines and fiction and nonfiction books. \$11.95 and up; [simplyaudiobooks.com](http://simplyaudiobooks.com)

**TRY CAMELBAK ALTERRA** With this fluid-carrying fanny pack, you'll never interrupt your workout for a water break again. Plus, the bending tube makes for easy sipping and there's a pocket for your keys. \$45; [camelbak.com](http://camelbak.com)

**HEAR ROCKITWAVE 8** Get your sweat on to these CDs of Latin, house and world-beat grooves, hot off the turntables of international mix-masters. Says company founder DJ Deekron, "We know how to 'move bodies.'" \$20; [rockitwave8.com](http://rockitwave8.com)

**SEE THE SIMPSONS MOVIE** Laughing this much should count as an ab exercise. You'll bust up so often you can skip stomach crunches!

FTY IMAGES (ARUGULA); JUPITER IMAGES (CANTELOUPE, HAM, PARMESAN);

**Look Your Best for Less** p 43

**Not in the Mood? The #1 Reason** p 77

**BONUS: New Playlists!**

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SAVE CALORIES