

IS YOUR FRIDGE MAKING YOU FAT?

# fitness

Mind, Body + Spirit

**WALK  
IT OFF!**

- \* Burn **Mega Calories**
- \* Lose **Belly Fat**
- \* Tone **Your Arms**

**Super-Simple  
Stress Relief**

**Stay Motivated!**

**8 WAYS TO  
BUST YOUR  
WORKOUT  
RUT**

**Healthy, Hearty  
One-Dish Dinners**

**7 Easy Recipes**

**Slim Down  
Without  
HUNGER**

**Finally!**

**Shinier,  
Sexier,  
Softer  
Hair**

APRIL 2009 \$3.50  
FITNESSMAGAZINE.COM



# Do the Twist

They sure look like antiperspirants, but—surprise—none are. The same portable, wind-up technology is being used in loads of new beauties this spring. It's a trend that's bound to stick.



**Sally Hansen Just Feet Spa Peppermint Healing Foot Stick**, \$6.50, drugstores. Swipe along soles for a refreshing dose of peppermint and callus-softening shea butter.

**Rodan + Fields Body Micro-Dermabrasion**, \$30, rodanandfields.com. Massage onto wet skin; buffing beads whisk away rough patches such as those on elbows and knees.



**Beyond the Zone Stiff Head**, \$5.99, sallybeauty.com. Rub straight onto hair to ground flyaways or apply to palms, then scrunch through strands to create loose, textured waves.