

Oxy

ROBERT KENNEDY'S
WOMEN'S FITNESS

TAKE INCHES OFF
**YOUR
THIGHS**
with 6 fail-proof moves

CHANGE YOUR MOOD
WITH FOOD

6 steps to defining
hard to see abs

SARS Should you be worried?

SEE RESULTS!

30 minutes after turning to page 52

SEPTEMBER 2003 US \$3.99 CAN \$5.99



TOP IFFB TRAINER
TELLS ALL



QUESTION OF THE MONTH

What is your gym pet peeve?

"I LIKE TO HAVE TIME TO MYSELF WHEN I WORKOUT."

Danielle Edwards

I am not too concerned about other peoples habits in the gym. However, I do like to have time to myself to work out. When I am at the gym working out or doing cardio, I get interrupted by people walking up to say hello. And that is fine. But they continue into an entire conversation with questions they want answered and that interrupts my workout. That would be a gym pet peeve of mine.





PRO'S POINT OF VIEW

PHOTO: ERIC FREEMAN

Stacey Cravens

**"GETTING INTO
CONVERSATION RATHER
THAN EXERCISE!"**

My pet peeve is getting into conversation rather than exercise! Being a big talker, sometimes it is hard for me to remain focused when my friends work out at the same gym. I wear headphones to help me stay focused and resist the temptation to chat.