

TREAT YOURSELF: GIRL'S GUIDE TO AN AT HOME SPA RETREAT

# oxygen

ROBERT KENNEDY'S  
WOMEN'S FITNESS

## BEAT THE NEW YEAR'S BULGE!

Shape  
Up Before  
January  
1st

- get a head-turning tummy
- 5 butt-busting secrets
- stay lean party snacks

### 8 ways to shape up for the slopes

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"WHY  
I THINK  
WEIGHTS  
BEAT OUT  
CARDIO."

- Cover Model  
Sarah Orbanic



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COULD YOU HAVE AN  
**OVARIAN CYST?**



## CRAVIN' MORE CRAVENS

I can not express to you how much your magazine has helped me get in shape. I did Stacey Cravens' glute workout for six weeks and it was amazing how hard my backside got. She is such an inspiration! Recently, I've been doing Monica Brant's total-body workout. It's only been a few weeks, but I can already see results.

I heard Stacey Cravens is pregnant. I would love to hear how she gets back in shape after having her baby. I had a baby four months ago and its been tough, but with your help I'll be back in shape in no time.

—Lesley Murray, Atlanta, GA

QUESTION OF THE MONTH

## How do you maintain a fitness career living outside of California?

"IT'S GOOD TO NETWORK AND ASK FOR PEOPLE'S CARDS WHEN YOU ATTEND EVENTS."

# Melissa Hall

I'm in Minnesota, so I maintain my fitness career by contacting magazines and photographers before I go on a trip to Los Angeles or go to a competition. That way I'm able to set up shoots in advance and take advantage of the time when I'm in the same areas as the writers and photographers. I also use events and competitions as places to network and ask for people's business cards.





**Stacey  
Cravens**



PHOTO: JIHAN BISTAK

## Stephanie Worsfold

**"I DON'T GET AS MUCH  
EXPOSURE IN MAGAZINES."**

Since I've been a top IFBB competitor for a number of years, I find that I get a lot of work. I'm lucky enough to have a contract with a Canadian supplement company, PVL Nutrients, which is a great source of income. I think being Canadian has actually helped me in some ways. If I lived in California there would be so much more competition for the few available sponsors. The only downfall of living in London, Ontario, is that I don't get as much exposure in magazines, since most of the photographers work in California. I have a few trips to LA in the works, and I plan on organizing shoots before I go to make the most of my trips.

**"I SCHEDULE FREQUENT TRIPS TO  
CALIFORNIA FOR PHOTO SHOTS  
AND MAGAZINE WORK."**

I live in the rolling hills of Tennessee, which is basically void of any fitness photographers. Since the cameras aren't going to come to me, I go to them. I schedule frequent trips to California for photo shoots and magazine work. After arranging a flight, I contact photographers and editors to let them know that I will be in the area. This helps me make the most out of every trip to LA.

PHOTO BY STACEY CRAVENS - GREG FREEMAN