

STOP OVEREATING! LEARN TO ENJOY YOUR FOOD AND EAT LESS

oxygen

ROBERT KENNEDY'S
WOMEN'S FITNESS

30 minutes
to a
new you!

SCULPT YOUR
PHYSIQUE IN LESS TIME
THAN EVER

Why eating an
ounce of extra fat
can make you thin

6 STEPS
to give you
six-pack abs

THE QUICK AND HEALTHY WAY

**FINDING THE
PERFECT FIT**

Jeans to flatter every physique

**STOP MAKING
EXCUSES!**
with this
do-anywhere
workout



Is exercise
keeping you from
getting pregnant?

fitness mama



Congratulations to **Stacey Cravens**. The 2002 Fitness America champ gave birth to her first bambino, **Conner Stone Cravens**, on December 16, 2003. Conner weighed in at five pounds, nine ounces.