

DIET DISCLOSURE: EXPERTS REVEAL WHAT REALLY WORKS

# oxygym

ROBERT KENNEDY'S  
WOMEN'S FITNESS

START  
NOW!

TO GET YOUR  
**BEST ABS  
EVER!**

**15 minutes**  
TO JIGGLE-FREE ARMS

**Set the Mood With Food**  
LOW-CAL TREATS TO TURN HIM ON

**Work Out Your Wrinkles**  
A SURGERY-FREE SOLUTION

Cover model, actress, and mom Cindy Ambuehl

**"HOW I GOT MY  
BODY BACK**

after giving birth to twins." pg. 114



**TONE UP**  
WITH TEAM TRAINING



## INSIGHTFUL

I just started reading *Oxygen* and I love it! The articles are so in-depth and cover various perspectives on what it takes to be fit. I especially like Stacey Cravens' "Resolve to Evolve" in the December 2003 issue. As a former gymnast developing my future fitness routine, I appreciate her advice on not going overboard with gymnastic moves. I now plan on focusing on strength moves and hope it will pay off at my first event.

—Jessica Bookstaff, Knoxville, TN

ROSA VITTORE/GETTY IMAGES



**Stacey Cravens**

Stacey Cravens is a fitness model and former gymnast. She is known for her toned physique and has appeared in numerous fitness magazines and TV shows. In this article, she shares her insights on fitness and the importance of strength training.

**Introduction**  
Stacey Cravens is a fitness model and former gymnast. She is known for her toned physique and has appeared in numerous fitness magazines and TV shows. In this article, she shares her insights on fitness and the importance of strength training.

**Her Motivation**  
Stacey Cravens is a fitness model and former gymnast. She is known for her toned physique and has appeared in numerous fitness magazines and TV shows. In this article, she shares her insights on fitness and the importance of strength training.

**Her Routine**  
Stacey Cravens is a fitness model and former gymnast. She is known for her toned physique and has appeared in numerous fitness magazines and TV shows. In this article, she shares her insights on fitness and the importance of strength training.

