

**TIRED OF CHICKEN?**

**25 WAYS TO MAKE OVER THIS DIET MAINSTAY**

# oxyjournal

ROBERT KENNEDY'S  
WOMEN'S FITNESS

**get lean**  
by July 4<sup>th</sup>

BY WORKING OUT ON  
YOUR LUNCH HOUR

**Picture Perfect Skin**  
say goodbye to pimples,  
bags, lines, and veins

**STRETCH**  
YOURSELF SLIM

8 simple ways to lengthen  
and strengthen your muscles

**TIGHTER  
GLUTES**

are just **15 MINUTES** away



**Heart Attacks Under 40**  
Are you at risk?



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Updates and News from Stacey...  
02.13.04 [New Family & Friends photos posted](#)

02.04.04  
Connor and Stacey are in the new Oxygen (April 2004) congratulating them on his arrival! Look for it in the "tab" section.

Stacey has a feature glute article in the special GLUTE issue of Oxygen Magazine and was selected as having one of the best butts in the fitness industry! :)

Thanks to [Michael Palmer](#) for the photos you see throughout the site.



### 2001 Fitness America National Champion



### Arrival of Connor Cravens

On December 15, 2003 at 9:13am I delivered my first child, Connor Stone Cravens. He weighed 5lbs, 9 oz and was 27 1/2 inches long. More photos are posted in the [GALLERY SECTION](#).



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This is a big year for Stacey Cravens. Shortly after the arrival of her first baby, Connor Stone, comes the arrival of her new website, [www.staceycravens.com](http://www.staceycravens.com). Everything from photo shoots to family and friend shots are available with one quick click of your mouse.