

Walk off lbs faster  
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# Health

A **new** secret to lasting weight loss

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The **DANGER** at your doctor's office

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The **CANCER** a mammo can't catch... but you can!

**Kristin Davis**  
Her surprising health passion

Want to burn more fat?

» Look in your freezer  
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**ERASE 10 YEARS** with this hair trick  
Page 34

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for great skin, flat abs, amazing energy

\$3.99US \$5.50CAN

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## Equipment

**1. Best weight system: ADVANCED FITNESS GROUP 2.0 AS HOME GYM.** The gym's simple cable design offers more than 70 exercises. Plus, it's sleek-looking and quick to assemble. The removable seat leaves room for a stability ball. (\$1,199)

**2. Best stationary bike: LIFECORE FITNESS LC1000RB RECUMBENT BIKE.** The comfortable mesh-back seat on this step-through bike reclines to three different positions, and the easy-to-read console makes it a cinch to adjust time and intensity levels. (\$1,499)

**3. Best treadmill: HORIZON FITNESS T1200.** Listen to and charge your iPod on this smooth, quiet treadmill. Thirteen programs, a hydraulic-lift incline, and a lifetime performance tracker make it simple to vary and measure workouts. (\$2,599)

**4. Best elliptical: THE SPORTSART FITNESS E825 ELLIPTICAL TRAINER.** This machine's electronically adjustable strides ensure the most natural and efficient leg motion. Personal trainer programs and easy-to-read icons help you target specific muscles, too. (\$3,699)

## DVDs

**5. Best Pilates: 15-MINUTE EVERYDAY PILATES WITH ALYCEA UNGARO.** Good for beginners on up, this DVD comes with an instruction book so you'll never get lost. Each of the four 15-minute programs gives you a full-body workout. (\$17.95)

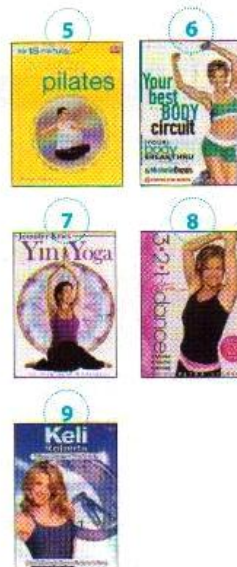
**6. Best cardio: YOUR BODY BREAKTHRU: YOUR BEST BODY CIRCUIT BY MICHELLE DOZOIS.** Varied music and athletic moves

with a resistance band (included) will keep you feeling the burn throughout this 58-minute session. Each move progresses from basic to more advanced. (\$19.99)

**7. Best yoga: JENNIFER KRIES YIN YOGA.** During the 75-minute session, Kries takes yogis of all levels through the "yin" style of holding poses for up to 15 minutes. Easy-to-follow instruction helps keep you focused during this relaxing and strengthening workout. (\$14.99)

**8. Best dance: 3-2-1 DANCE FEATURING PETRA KOLBER.** Straightforward cueing and creative moves make Kolber's dance variations fun during this calorie-blasting 55-minute workout. (\$19.95)

**9. Best strength: KELI ROBERTS' TIME SAVER WORKOUTS, BREAKTHROUGH UPPER BODY AND CORE.** Burn serious calories and shape your top half with your choice of three intense 30-minute medicine ball and dumbbell workouts. Geared toward intermediate and advanced fitness levels. (\$14.99)



## Meet the judges ...



**Gear: Therese Iknoian and Michael Hodges,** both long-time gear reviewers, run GearTrends magazine.



**Fuel: Samantha Heller,** a registered dietitian and exercise physiologist, is the nutrition coordinator at the Fairfield, Connecticut, YMCA.



**Equipment: Lynn Allen** is a consultant for the Sporting Goods Manufacturers Association.



**Shoes: Lisa Halbower-Fenton,** a former designer for Nike, currently does wear-testing for developing footwear lines.



**Apparel: Cindy Whitehead,** a sports stylist and former pro skateboarder, has worked with top athletes like Mia Hamm.



**DVDs: Michele Olson,** an exercise physiologist, teaches exercise science at Auburn University in Montgomery, Alabama.



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