

Smart ways to live well

JANUARY 2008

# Prevention

## LOVE YOUR AGE!

Look & Feel Confident, Healthy & Beautiful

**SLIM DOWN FAST!**  
90% of Women Swear By This

**Better Body Foods**  
10 TO EAT  
5 TO AVOID

FEEL BETTER IMMEDIATELY!

**#1 Natural Cure**  
(THAT WILL HELP VIRTUALLY EVERYONE)

SPECIAL REPORT  
**10 HEALTH DISCOVERIES**  
That Could Change Your Life

ALL-NEW WAYS TO  
**Rev Energy**  
— AND —  
Walk Off Weight

**TURN UP YOUR BRAINPOWER!**

- REMEMBER EVERYTHING
- THINK FASTER



WE TESTED THEM!

## The Top Joint-Friendly Machines

Our favorite new home models:

### The Best Elliptical

**SportsArt E83** (\$2,600; *sportsartfitness.com*) This machine allows you to custom-fit the stride length, since a 5-foot-4 woman takes shorter steps than a 6-foot man. Too short a stride will be bouncy, increasing impact, while one that's too long will overextend your hip and back region.

**TIP:** Lift your knees as you stride—rather than simply gliding forward—to target more muscles and minimize pressure on hips.

