

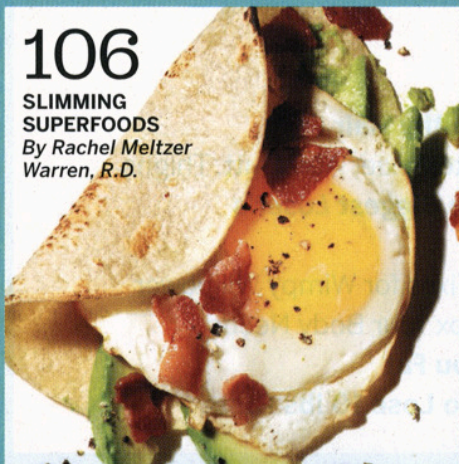
fitness *January*

in every issue

- 6 Advisory Board/Contributors
- 9 Editor's Note
- 12 Go Click It
- 21 Burning Qs
- 40 Love It!
- 96 Fresh Idea
- 114 Buyer's Guide
- 116 Fit Happens

106

SLIMMING
SUPERFOODS
By Rachel Meltzer
Warren, R.D.



58

OM SCHOOLED
How yoga taught one woman to listen to her body. By Sarah Hepola



71

MAKE IT TO THE TOP
The new trick to turn your dreams into reality. By Maura Kelly



51

EXPRESS
WORKOUT



CHILL OUT 56



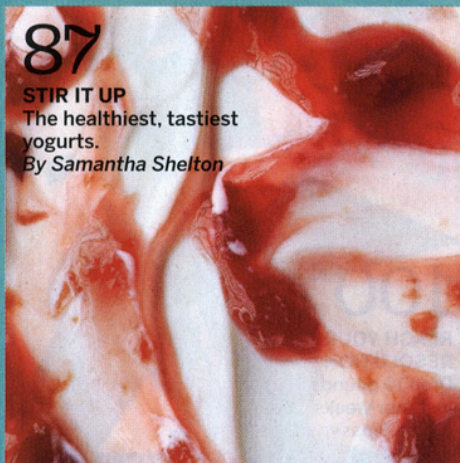
FAST FOOD 98



92
CHEW ON THIS
Food fact and fiction.

87

STIR IT UP
The healthiest, tastiest
yogurts.
By Samantha Shelton



82

LISTEN TO
YOUR GUT
By Dana White



ON OUR COVER Alison Sweeney. Photographed by Brian Bowen Smith. Hair: Matthew Holman. Makeup: Corina Duran-Rabichuk at Exclusive Artists using Chanel. Manicure: Elisa Wishaw at Exclusive Artists using Nars. Seamstress: Marina Bogin for Sew Ponies. Mei Cashmere dress. David Yurman earrings. Deville Fine Jewelry ring. Alternate cover: magascnom dress. David Yurman earrings



WIN THE COVER LOOK! Score Alison's cover look with makeup by Chanel. On face: Vitalumière Moisture-Rich Radiance Fluid Makeup SPF 15 in Beige, \$55; Joues Contraste Powder Blush in In Love, \$43. On eyes: Le Crayon Khôl Intense Eye Pencil in Noir, \$28; Inimitable Waterproof Mascara in Noir, \$30. On lips: Lèvres Scintillantes Glossimer in Allégorie, \$30. To enter, e-mail your full name with the subject line "January Cover Look" to coverlook@fitnessmagazine.com (official entry information, page 114).