

» ARE DIET DRINKS
MAKING YOU FAT?

» DROP POUNDS
AROUND THE CLOCK

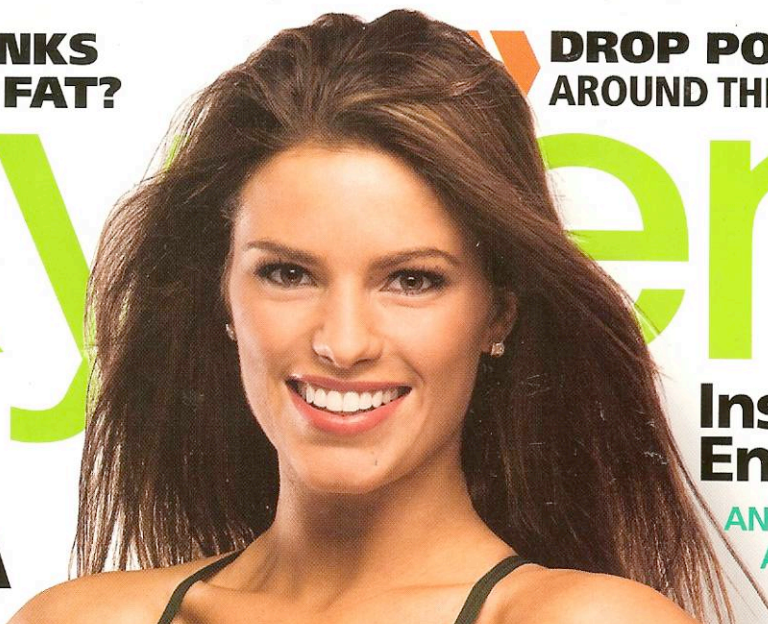
Oxygen

ROBERT KENNEDY'S
WOMEN'S FITNESS

Instant
Energy

ANYWHERE!
ANYTIME!

PG. 38



BUILD A
BEACH
REAL
BODY

- ✓ Tight
- ✓ Amazing
- ✓ Sexy
- ✓ Strong

All By J

Torch
Fat In
ALL NEW

25
BLU
QUIC

REVIEWS

» BUST THAT RUT!

Watch, read or listen your way to a healthier you with *Oxygen's* top picks! BY KRISTIN KENT

PLAY:

SmartBells

Thinkfit.com | \$69.99

The people from SmartBells say they can "improve flexibility, balance, range of motion, coordination, strength and endurance." And each SmartBell comes with an instructional DVD. We gotta say, we did have fun giving them a go.



READ:

The Vice-Busting Diet

By *Julia Griggs Havey with J. Patrick Havey*, St. Martin's Press, 2007 | \$13.95

Kicking bad habits is far from easy; just ask Julia Griggs Havey. She worked off 130 pounds in just over a year by getting rid of her vices. She says if you can just change one bad eating habit, you can change your life.

LISTEN:

Skinny Songs, First Run Edition

skinnyongs.com, Skinny Little Things, 2007 | \$15

Play it in your car, on your walk, at the gym, cleaning house, anywhere! The point is to keep your eye on the fat-loss prize. Does it work? Well, can't hurt.