

Special **Get-Back-In-Shape** Issue!

It's Good to Be You™

Women's Health

January/February 2009

**LOSE
YOUR
BELLY!**

See Results in 8 Days!

**LOOK YOUR
BEST EVER—
ON ANY BUDGET!**

**FAT-BURNING
POWER FOODS**



**Michelle
Obama's**

**7 Secrets of a
Sexy Marriage!** p.82

2,145

**Best New Health, Sex,
Beauty & Nutrition Tips!**

**SUCCESS
WITHOUT
STRESS!**

Discover Your
Healthiest,
Happiest Self

**102
FAST
HEALTH
FIXES**

Tennis
Superstar
**MARIA
SHARAPOVA**

*"I like to be in
control of things.
You can't
let others tell
you what
to do." p.126*

1

Waterproof inserts and moisture-wick lining make frozen digits history. **Drop Precious II gloves**, \$45, dropmfg.com for stores


**GLOVES
AND GOGGLES**

2

Like couture for the face: The Stockholms are designed to conform to your features. **Oakley Stockholm goggles**, \$130, oakley.com

3

For maximum glare reduction, go green. **POC Sweden Iris Bug goggles**, \$100, www.pocsports.com for stores

4

Strategically placed nose wipes make short work of runny noses. **Spyder Venom Passion Gore gloves**, \$100, backcountry.com

5

The curve helps you get a grip—on bindings, at least. **Burton Veda gloves**, \$85, burton.com for stores

6

Get climate control with an anti-fog coating, vented lenses, and a leather-wrapped frame. **Anon Solace goggles**, \$140, anonoptics.com

Take it outside

If you want to blaze some trails, you've got to have the right gear. Bring on the white stuff!