

# fit **ness**

**ENERGIZE YOUR LIFE**

How to Do More, Stress Less

Get Amazing  
**ARMS,  
ABS &  
LEGS**  
8 Moves That  
Tone Every Zone

**EYE MAKEUP  
MADE EASY**  
Go From Zero  
to Sexy in Seconds

**Eat  
Happy!**

**CHEAT, DRINK  
& STILL  
SHRINK**

The Chew's  
**Daphne Oz**  
Shares Her Best  
Food Rules

**METABOLISM  
MAKEOVER**

Burn More Calories,  
One Simple Fix

NOV/DEC 2014.FITNESSMAGAZINE.COM

- ✓ Party Snacks Under 100 Calories
- ✓ Guilt-Free Desserts
- ✓ Tasty Low-Cal Cocktails
- ✓ Diet Tricks to Survive the Season

## Editor's Note

### The Gifts of Fitness



*Betty*

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**I've been stuck in an exercise holding pattern lately.** I make it to the gym a couple of times a week to strength-train or take a Spinning class, and I run on weekends, but I was beating myself up for not doing more or aiming higher. That is until I came to my senses. (It happened while running, naturally, when my mind is clearest.) I realized I was fitness-shaming myself for no reason. Working out isn't a chore to be checked off a to-do list or a task I'm being graded on. Instead, exercise is a privilege that my body has given me for 42 years, so I should simply enjoy it if I want to keep doing it.

With the holiday season upon us, I hope you'll take a moment to give thanks for the many gifts, adventures and journeys that your body makes possible. Treat it well with foods that nourish and practices that stretch and strengthen. And don't forget to indulge in the occasional adornment, like the four finds at right that pay the joy forward with charitable donations, and our other sure-to-please presents in "The Gift of Fab," on page 62. Wishing you holidays full of peace, health and many sweat-induced endorphins.

#### Betty Gets Sweaty



**How I'm working out this month** Previewing moves from the newly released P90 workout DVD series in an exclusive class taught by its creator, Tony Horton.

**Why I love it** Not as crazy-intense as the routines in his previous P90X blockbuster series, Tony's new P90 workouts keep things simple and last about 30 minutes. The moves are totally doable but still a heart-pumping, sweat-inducing mix of cardio, resistance training and agility exercises. Plus, having Tony crack jokes as we all lunge, jump, kick and plank makes the workout fly.

**Try it** The four-DVD set includes 10 workouts, a resistance band, a nutrition guide and a 90-day calendar to track your progress. (\$80, P90.com)



#### GENEROUS HELPING

Each purchase of the stylish linen **FEED for West Elm Apron, Pot Holders and Tea Towels** means that meals will be donated to hungry children around the world. (apron, \$29; pot holders, \$14; tea towels, \$12; westelm.com)



#### LET IT SNOW

Ski bunnies will stay toasty in the lightweight merino **Icebreaker Siren Long-Sleeve Sweathart Circle Top**. Part of this pretty underlayer's sales benefits the Protect Our Winters environmental group. (\$55, icebreaker.com)



#### INFINITY AND BEYOND

The gauzy **FashionABLE Selam Scarf** punches up any outfit, and its manufacture creates jobs for at-risk women in Africa (\$36, livefashionable.com)



#### WORD OF ADVICE

Woven by Cambodian fair-trade artisans, this **Brave Collection Bracelet** spells out the Khmer word for brave, and 10 percent of its proceeds go toward fighting human trafficking (\$38, thebravecollection.com)