

PAINLESSLY CUT HUNDREDS OF CALORIES & STILL EAT DESSERT, P. 160

# SELF

YOU  
AT YOUR  
BEST

**FREE!**  
\$4,016 of  
Fantastic  
Gifts for You  
p. 138

**SPECIAL** Stay Calm All Month Long

## Get Slim, Beat Stress

A Fast, At-Home Workout  
That Helps You Do Both

**22 HABITS OF  
HAPPY WOMEN**  
Feel Great Every Day!

**FLASH! Crucial Health  
Checks Your Doctor  
Might Ignore.** p. 154

**27 Things  
To Know  
Grown**

**DIGITAL TRAINER** Meet your virtual fitness instructor. For \$20 a month, you can tap into [www.iampify.com](http://www.iampify.com) and download audio directions for yoga, pilates, weight lifting or the new group cycling routines to your MP3 player (choose from four sessions in one category each month). Follow along in your gym or at home as a fitness pro leads you through exercises. Bonus: Each program now comes with background move-it music. Gym towel not included.

**GOT 15 MINUTES?**  
**Quick & Easy  
Life Improvers,** p. 33

**IT'S PARTY SEASON!**  
Makeup, Hair, What to Wear

**Heather  
Locklear**  
has a  
fridge  
next to  
her bed.  
Why?  
p. 44

DECEMBER 2004 \$3.50  
CANADA/FOREIGN \$4.50

