

THE DRUG-FREE HEADACHE CURE: IT WORKS!

SHAPE
YOUR
LIFE

**10
MINUTE
TONE UP**
3 TOTAL
BODY
MOVES

SHAPE

**FLAT ABS,
TIGHT TUSH,
KILLER LEGS!**

**SCULPT
YOUR BEST
BODY YET!**

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**LOVE
YOUR BODY
& YOURSELF**

CONFIDENCE BOOSTING LESSONS

**MARISA
MILLER**

HOW
SHE STAYS
BEACH
READY YEAR
ROUND!


**5 WAYS TO
BEAT
THE
WINTER
BLUES**

HINT:
THEY'RE
IN YOUR
MAKEUP
BAG

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SEXTING

IS IT
HELPING OR
HURTING
YOUR LOVE LIFE?



Trade in the treadmill for the pool to blast calories without breaking a sweat

BEST KID-FRIENDLY RESORT

Terranea Resort, Rancho Palos Verdes, California

From the *Sesame Street* set to Mom and Dad, every family member will be entertained at this oceanfront Los Angeles-area hotel. There's 140 feet of twisting water slides, a poolside splash zone, and even a beach scavenger hunt for the younger kids. Visit the resort on a holiday or summer break and your 6- to 16-year-old can take part in one of Terranea's creative camps, where young Spielbergs make movies and budding fashionistas design clothing. (In other words, there isn't a game of capture the flag in sight!) And while the kids are entertained, you can practice your stroke on the nine-hole golf course, hike on the property's two miles of trails, indulge in a treatment at the spa, or relax at the adults-only pool. (Rooms from \$300, five-day camps from \$400; terranea.com.)



5th annual healthy travel awards

YOUR BEST VACATION STARTS HERE

Take off for one of these fit and fabulous spots. (Don't forget your sneakers!) BY ELAINE GLUSAC

From nutrition info on menus to office fitness challenges, we're in the middle of a get-healthy revolution—and the travel industry is getting on board too. So farewell, dusty treadmills and all-you-can-eat cruise ship buffets.

And hello, 25,000-square-foot resort gyms and spa cuisine on the lanai deck! We're saluting the 10 best finds in healthy travel. These destinations prove you don't have to sacrifice your fit lifestyle to maximize your vacation fun.