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December 2004

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HAIR
in mins

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- ◆ Beauty tips to make you sparkle



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you'll never forget

BONUS
SECTION

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**Eat sweets
and lose lbs!**

The Dessert-Lover's Diet

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How to...

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- * Make pretty cards
- * Dress a kids' tree

Celebrate

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for holiday
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Decoration
SPECIAL

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The perfect
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Save time save stress save \$\$\$

Be your best

Get a better body by New Year's



Tone your stubborn spots in 4 weeks with our easy emergency shape-up plan

Even if you've been enjoying the holiday food fest, there's still plenty of time to tone your body and stand out in that New Year's party dress. Here are six easy moves that hit all the muscles in the arms, butt and abdomen.

We developed this routine with certified personal trainer Brad Schoenfeld, author of *Sculpting Her Body Perfect*. Simply do these moves 2 to 3 times a week, and get your best body ever.

By Megan McMorris

Tone up in 4 weeks

- Get a pair of 3- or 5-pound dumbbells (or use soup cans or full water bottles).
- For each exercise, do 2 to 3 sets of 15 to 20 reps. Rest for 30 seconds between sets.

Shape your arms

Make your shoulders and arms look great by building muscle—and getting rid of fat.

EXERCISE 1

ARNOLD PRESS

Tones: shoulders and triceps (those jiggy underarms)

Stand with your feet shoulder-width apart. Hold a dumbbell in each hand at shoulder level

with your palms facing your body (A). Slowly push the dumbbells overhead, rotating your elbows out and your palms away from your body; touch the dumbbells together at the top (B). Bring your arms back to the starting position.



Keep your shoulders down, and don't arch your back. Be sure that you don't lock your elbows at the top of this move.



EXERCISE 2

HAMMER CURL

Tones: biceps

Stand with your feet shoulder-width apart, holding dumbbells at your sides with your palms facing in (A). Bend your arms and slowly lift the dumbbells until your palms are shoulder high (B). Squeeze your biceps and hold for 2 seconds, then slowly return to the starting position. Be sure that your palms face each other as you lift and lower.



Keep your elbows firmly at your sides throughout the move.

FAST FIX

Add swimming or the rowing machine to your regular cardio routine twice a week. These exercises work your arm muscles and give you a cardio workout to help get rid of fat. In 10 minutes, a 135-pound woman will burn 100 calories swimming and 80 to 90 on the rowing machine.

LOOK GREAT IN 60 SECONDS

Do 10 push-ups right before you slip into a dress, and your arms will look more toned. "It's what bodybuilders do before a big show," says personal trainer Schoenfeld. "It increases blood flow to the area, which creates a pumped-up look. The effect lasts for about an hour."