

fitness **fit** *Mind, Body + Spirit* **ness**

**EASY
WAYS TO
A FLAT
BELLY**
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SCULPT EVERY INCH

BURN MORE FAT

**SEE RESULTS
BY JAN 1**

**Our 3 fastest
routines ever**

**Brand-new
butt & thigh
moves**
(you can do at home!)

**5 foods
that fight
colds**

WINTER SPECIAL

THIN FOR THE HOLIDAYS

• Curb your appetite • Stop sugar cravings

**Kelly
Ripa**

**How she got
this buff**
**PLUS: Her top
3 moves**

**Don't miss
our Little
Black Dress
workout!**
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WWW.FITNESSMAGAZINE.COM



find holiday balance

25 Gifts Under \$50

Presents you'll want to give (and get!) to make everyone on your list healthy and happy.



GREAT FINDS!

The FITNESS team shopped the shelves for the season's best stuff. Healthy gifting doesn't get much simpler.

find holiday balance

FOR REFINED SIPPERS Indulge in sweets guilt-free with infusions like Belgian Mint and Raspberry Nectar. Tea Forté Ribbon Box set, \$24, teafort.com



FOR THOSE WITH GOOD SCENTS Try Crazylibellule and the Poppies solid fragrances in Vanilla Macaroon and Vanilla Apple, \$18 each, b-glowing.com



FOR TECHIES Fulfill his *Survivor* fantasies with this seven-in-one tool: flashlight, magnifier, whistle, mirror, compass and more. Adventure Plus Tool, \$24, gaiam.com



under
\$25



FOR HEALTHY STARTERS This kitchen gizmo makes fresh a.m. OJ with the perfect amount of pulp. Chefn Juicester, \$14.95, chefsresource.com

FOR HAT HATERS

These lightweight earmuffs keep lobes toasty without overheating. 180s' Puffy Quilted Ear-Warmers, \$20, rei.com



FOR COOKIE FIENDS

Perfect for the baker in your life—there's a themed cutter for every month. Crate & Barrel A Year of Cookie Cutters, \$24.95, crateandbarrel.com



NO APOLOGIES

GOLD STANDARD

FOR GYM GOERS

Speak volumes on the treadmill without saying a word. Nike T-shirts, \$24, nike.com



FOR ACTIVE MOMS

Pick a card for a kid-friendly stroll in cities like New York and San Francisco. Chronicle Books' City Walks With Kids, \$14.95, chroniclebooks.com

