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women's beauty • health • spirit

May 2002

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Time to Relax?

Shower. Eat. Work. Exercise. Meeting. Dinner. Does that sound like your day? Do you find yourself running in circles and not remembering the last time you just took a break from all the stress in your life? Sometimes the days become so overfilled, we find ourselves pushing back other priorities in our lives. We need to take a break from everyday stress and look at what is the most important part of our lives. Keeping yourself healthy, being with those you love and sometimes taking time for just you. Many times we may find

ourselves putting work before loved ones, or just scheduling our days so busy that there is no possible time to exercise. I know I do it too.



Taking time out for yourself is a necessity to be happy and successful. If you find yourself caught in one of those horrible weeks where you can't seem to take a break, stop, take a deep breath and prioritize. Find time to do everything you want in your day and if you don't, you'll only feel guilty about it later. Make time for what's most important to you and spend time with those you love. I find when I just sit down and spend more time with family I realize how truly special they

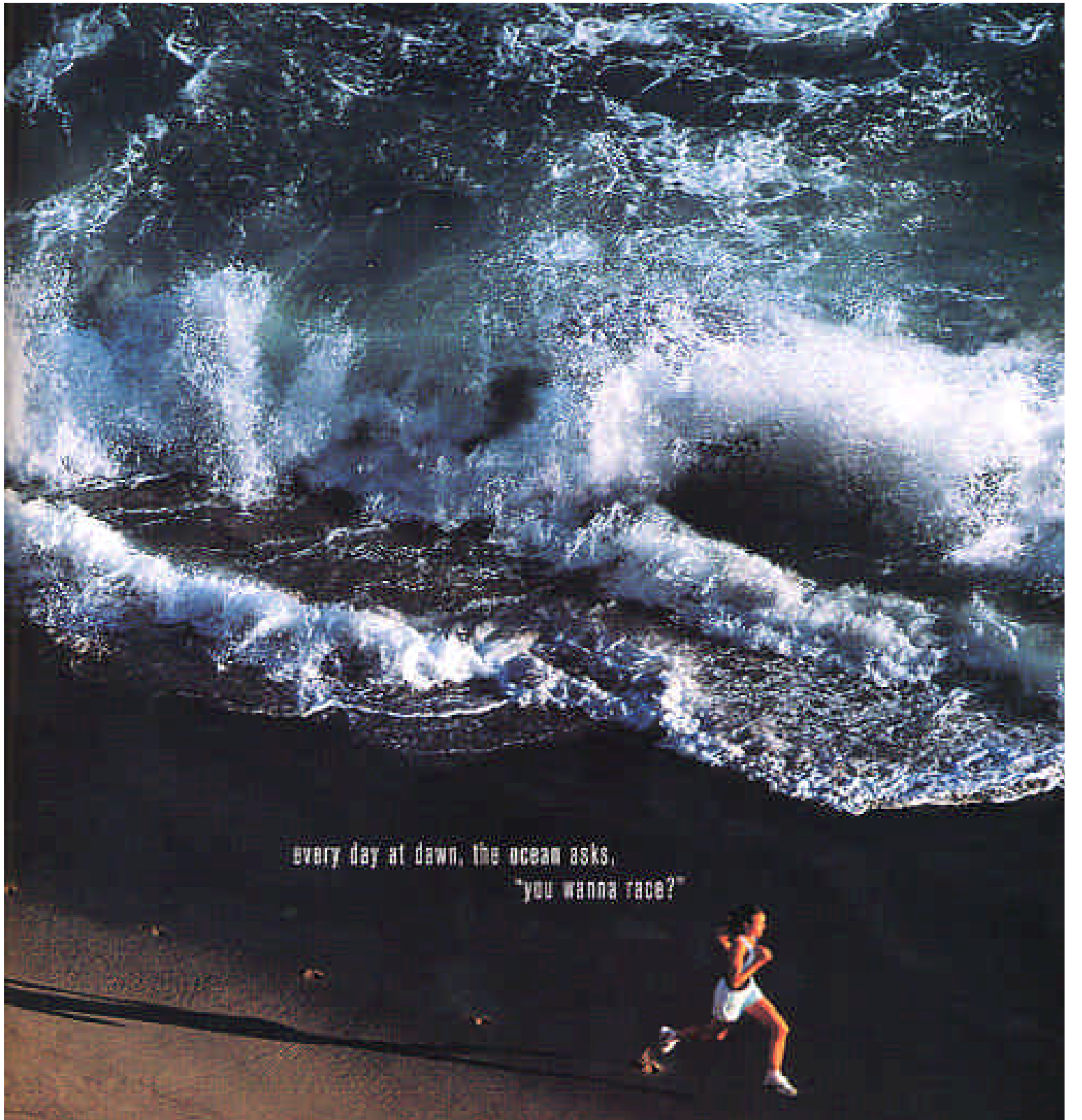
are to me. And when you make time for exercise you will feel more accomplished and healthy than before. Sometimes it's easy to get caught up in your To-Do list (Which if you'd like to add to, check out page 16 for Must-Do's in May). But seriously, women today are overstressed, not eating healthy, and pressured by all of their responsibilities. We just need to manage what we have and make sure we're staying healthy. If you consider the night you came home late from work, ordered a large pizza and vegged in front of TLC a relaxing night, you're kidding yourself. Do something good for your health. Take a late night run, or walk. Exercising and eating right will make your life seem much more in control. Be outdoors. Being with nature somehow every day will improve your spirit and your health. Check out the story on Fresh-Air Fitness on page 12 for more info on benefits and safety for outdoor exercise.

Try making yourself a list of everything you would love to do if you had time this week, and then Do it. No excuses.

Sincerely,

A handwritten signature of Beth Klossner in black ink.

Beth Klossner
Editor-in-Chief



every day at dawn, the ocean asks,
"you wanna race?"

W715 WOMEN'S RUNNING SHOE

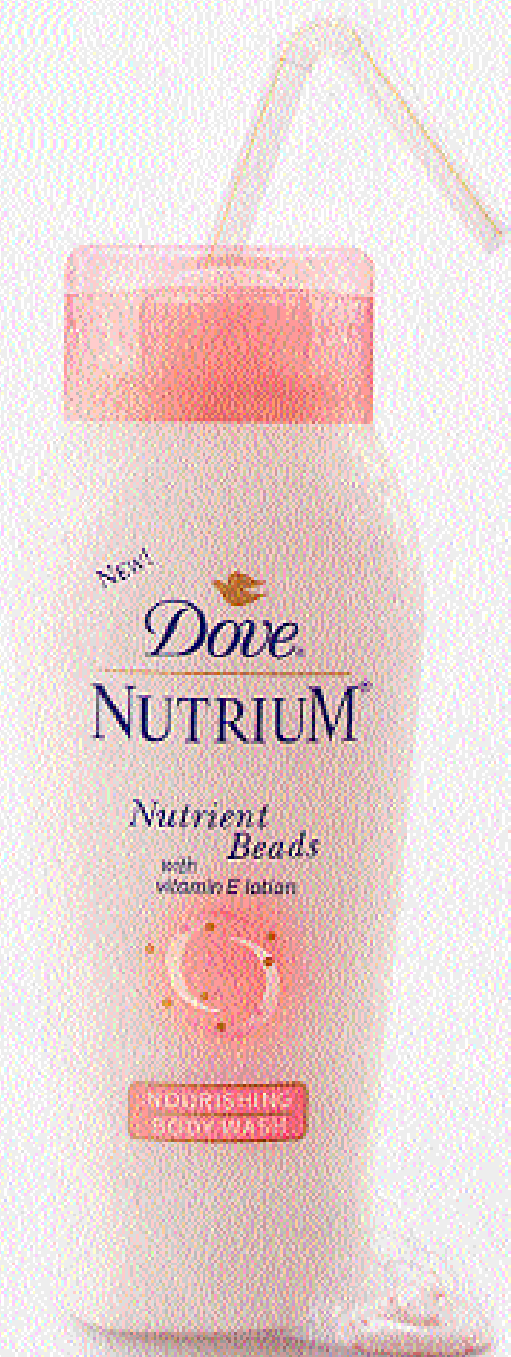
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Features



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12 Fresh-Air Fitness

Go ahead & step outside! Get health benefits and be happier when you exercise outside.

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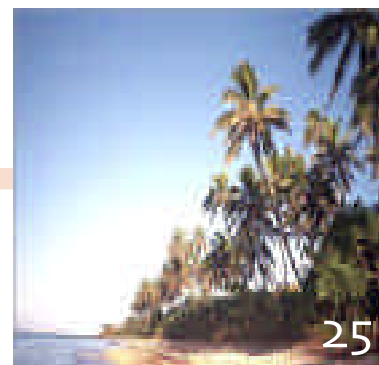
Time to get out of those sweaters and jeans. Look at our guide and find the best suit for your shape.

25 Perfect Getaway

From Florida to France. Find the best beaches for your budget.

27 Simple Meals

These five meals can be prepared in less than 20 minutes and are low-fat too. Find out how to make your cooking life simpler.



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Every Issue



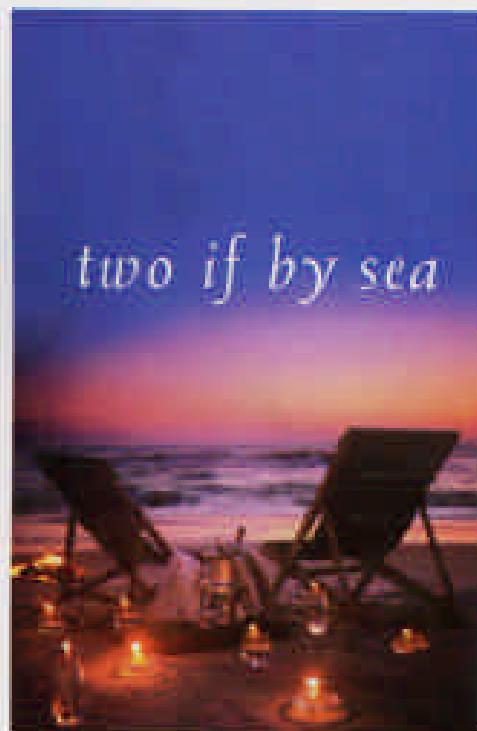
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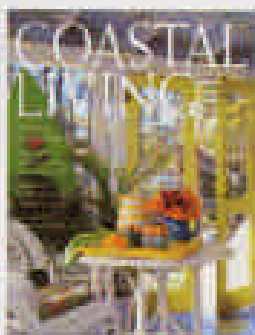
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WE was created to serve the wants and needs of women today. WE intends to enrich the lives of women through beauty, health, and spirit.

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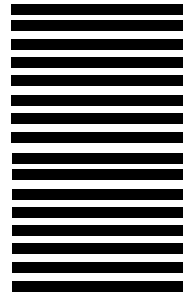
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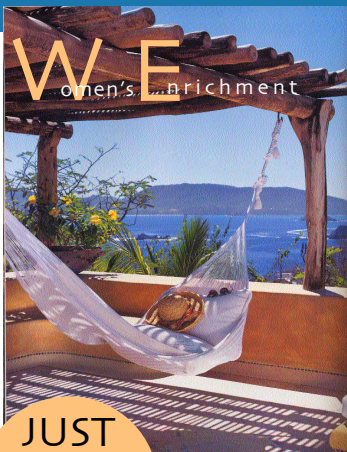
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This Month: Your ultimate getaway

Whether it's the great outdoors, a sandy beach or your own back yard; you let us know the best places to go when its time to relax and unwind all of your worries away.



Pick Of The Month

Grand Marais, MI

For the past three summers my family and I have taken a week long trip to this serene and beautiful area. We stay at Gunflint Lodge, a small property on the south shore of Gunflint Lake. Adjoined to the lodge is the Canoe Area Wilderness with millions of acres for canoeing. The cabins are extravagant with natural wood beams, trapper furs, a fireplace and a complimentary canoe. At night the only thing to break the utter silence is the haunting cries of the loon. It is truly our ultimate getaway.



Brandy Stemmen, 32
Rockford, MI

Maui, HI

I know. It's the traditional paradise fantasy, but last year I went with my husband and it was the vacation of a lifetime. The atmosphere was so inviting. The customs and local culture are beautiful. We were constantly with nature; on the beach, scuba diving, or hiking in the mountains.

Marcy Johns, 27
New York, New York

Presidio, TX

Cibolo Creek Ranch is a getaway I would recommend to anyone. My boyfriend and I went to be alone for a weekend. It is a classic escape with 19th century and adobe forts for guest rooms. Our spot was La Morita, the most recent building with no electricity and four miles away from the rest of the lodge. You would not believe the weekend we had.

Jenna Ocwieja, 23
Jersey, Ohio

Ft. Lauderdale, FL

My family and I started going to Fort Lauderdale to visit friends and family five years ago. We gone back every year since. We found a wonderful hotel near the beach, but away from the hustle and bustle of everything, The Mariot at Seaside. The setting is incredible and who can deny the waves outside your window.

Marcy Johns, 34
San Juan, CA

Fresh-Air Fitness

Bored with the stink and sweat of indoor gyms?

Open your horizons to outdoor fitness that has body & mind benefits.

With the sunny days to come, this is the best time to head out. Join the many exercisers today that find the best gym is one that has no walls. Why spend your life being a gym rat and sitting on a stationary bike, while the real thing is right outside your door?

By: Beth Klossner



COACH

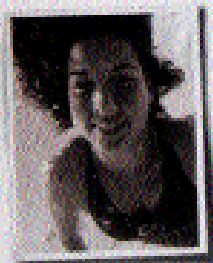
It's Your life

Take Control

This month focus on you. Live life to its fullest. Spend time outdoors. Take walks outdoors or a morning run with the sunrise. Enjoy nature . Be with family and those you love. Take control over your situation, whatever it may be. Most of all seek out everything you want and let nothing hold you back.

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