

DynamiXX

HEALTHY
RECIPES
MEALS IN
MINUTES

December 2010

BONUS!

BURN AN
EXTRA 250
CALORIES
EVERY DAY

SLIM OBSESSIONS

WHAT YOU NEED TO
KNOW ABOUT
EATING DISORDERS
(THAT COULD SAVE YOUR LIFE)

HEALTHY
EATING
& EFFECTIVE
LEARNING

* **BMI**
or **Body**
Fat %

**“I lost 37
pounds!”**

An amazing
success story

SAVE SOME GREEN
HEALTHY EATING
ON A BUDGET

LOSE INCHES

THE ULTIMATE
WORKOUT

SIMPLE TIPS FOR
CREATING YOUR
PERFECT WORKOUT
PLAN

FITNESS &
WELLNESS

at BYU—Idaho

6
FOOD MYTHS

YOU SHOULD KNOW

PLUS ARE YOU PLANNING
TO GO ON A DIET?

Facts about fad diets that may impact your decision







I HAVE
THUNDER THIGHS.

AND THAT'S A COMPLIMENT
BECAUSE THEY ARE STRONG

AND TONED
AND MUSCULAR

AND THOUGH THEY ARE UNWELCOME
IN THE PETITE SECTION

THEY ARE CHEERED ON IN MARATHONS.

FIFTY YEARS FROM NOW
I'LL BOUNCE A GRANDCHILD ON MY THUNDER THIGHS
AND THEN I'LL GO OUT FOR A RUN.

JUST DO IT.

NIKEWOMEN.COM 



December



Feature Article

57 Dying to be Slim

How far will you go? You might think that being thin is important, but it may have a hefty price. Know the facts about eating disorders—it could save your life.

Healthy Eating

- 8 You Are What You Eat—That's Unfortunate** How to read & understand food labels
- 14 The Truth About Food** Conquering common food myths
- 20 Healthy Eating on a Budget** Simple tips to help cut back grocery costs
- 23 Suckers for Blood Type Diet** A new fad diet not just for vampires
- 26 Lose the Junk** Cheap, healthy food alternatives
- 28 9 Simple Tips for Cutting Calories** Small changes that will make a big difference
- 30 Healthy Recipes** 3 easy recipes for a tasty dinner—yum!

Health & Wellness

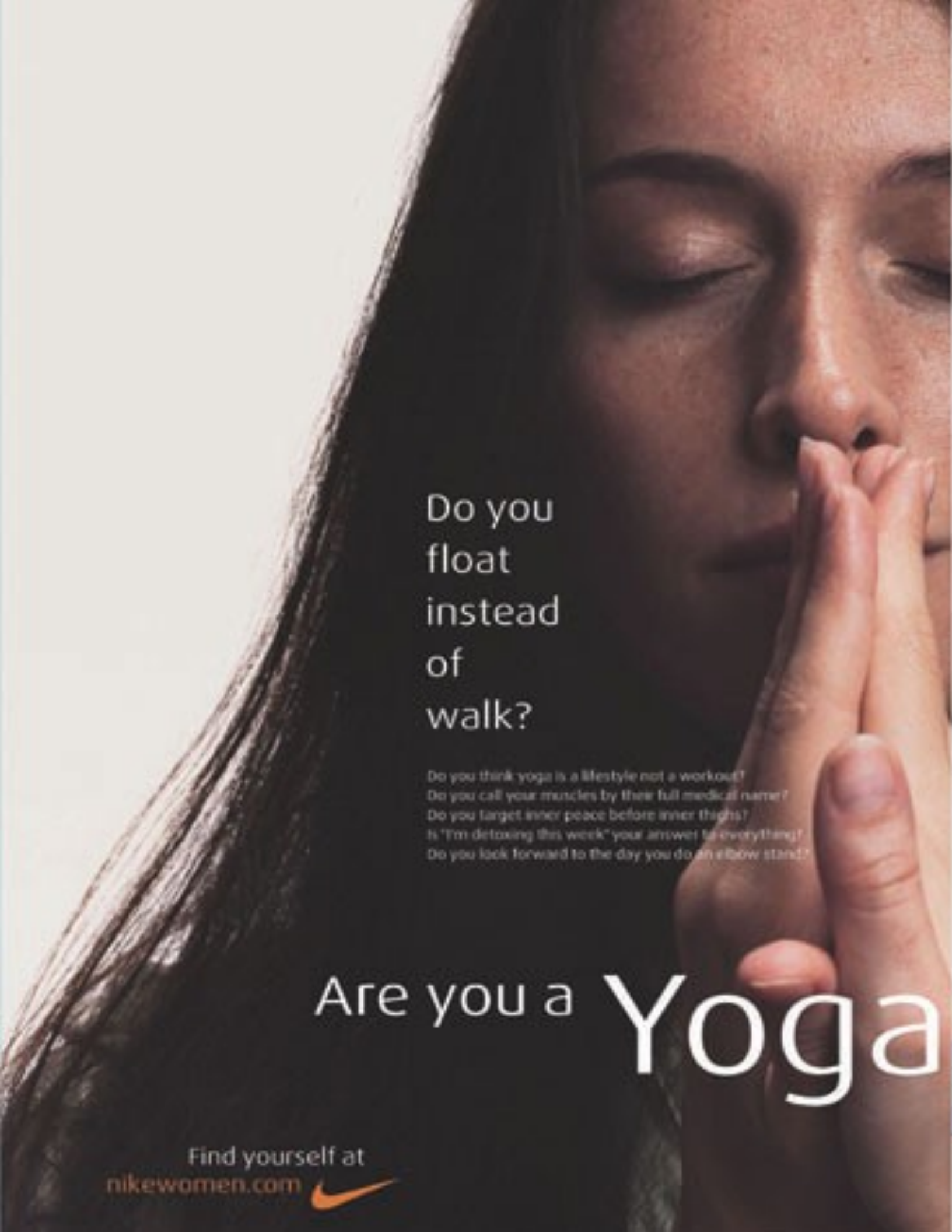
- 34 Baby Got Back** How one student lost 37 pounds
- 38 3 Good Reasons to Maintain a Healthy Diet** How healthy eating can help you be a better student
- 42 Fitness: Not Just About Looking Great** Heart-Healthy Benefits of Fitness

- 48 How Healthy Are You Really?** The BYU—Idaho Wellness Center

- 54 Health Assessment: Utilizing Body Mass Index** What is it and what does it measure?

Exercise

- 68 Improving Exercise—Nike+ Sport Band** The newest fitness gadget to hit the market
- 71 Make a Goal, Make a Plan** Exercise for beginners
- 74 Creating the Ultimate Workout Plan** Exercise designed to meet your personal fitness needs
- 80 Breaking the Treadmill Trend** Popular workouts to help you burn fat, maximize endurance, & boost flexibility
- 86 Flabs to Abs** A core workout that will rock your world!
- 92 Raise Your Game** Fitness at BYU—Idaho
- 98 Energy Balance** Calorie management with a busy schedule
- 99 12 Ways to Boost Your Calorie Burn** Jump-start your weight-loss today!



Do you
float
instead
of
walk?

Do you think yoga is a lifestyle not a workout?
Do you call your muscles by their full medical name?
Do you target inner peace before inner thighs?
Is "I'm detoxing this week" your answer to everything?
Do you look forward to the day you do an elbow stand?

Are you a **Yoga**

Find yourself at
nikewomen.com





nista?