

The sleep-better solution in your fridge • Sexy arms in 3 minutes

SHAPE

SHAPE
YOUR
LIFE

**FREE
WORKOUT
CARDS
INSIDE**
P. 100

RESEARCH PROVEN

DROP 5 LBS WITHOUT DIETING

Eat what you want and still lose weight by Jan. 1

BLAST MORE CALORIES

The cardio workout that melts flab

*** The one yoga "rule" you can break**



\$4.99 U.S. \$5.99 Canada
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Display until Dec. 21, 2009



EXCLUSIVE!

FOOD
NETWORK'S

Giada De Laurentiis

"The holiday recipes that keep me slim" p. 44

PLUS

Top chefs show you how to cut calories from your next meal

NO TIME, NO GYM?

SNEAKY WAYS TO GET FIT

15-minute workouts you can do ANYWHERE

Luxe shoes, bags, and more from \$38!

Try this!

 #1 stress buster for busy women



DAILY GRIND
Adjust the settings on these Wolfgang Puck motorized mills (\$30 for two; hsn.com) for fine or coarsely ground peppercorns and sea salt in seconds.



BRIGHT IDEA
Colorize someone's kitchen with the Nest 8 set (\$60; momastore.org), which includes two mixing bowls, four measuring cups, a colander, and a sieve.



WORTH THE WAIT Home cooking is back! This De'Longhi slow cooker (\$100; delonghiusa.com) will make a busy friend's life a lot easier.



GAME ON!
A workout for your brain: Pocket Posh crossword puzzles, word searches, and sudoku (\$8 each; thecontainerstore.com).

the gift of health

Deck the halls—and the rest of the house—with these feel-good finds.

BY MARISSA STEPHENSON



BOTTOMS UP
Nature lovers will adore these handmade Martreeki glasses from Uncommon Goods (\$75 for two; uncommongoods.com), with textured "bark" stems to ensure a firm grip.



COOKING GOOD
Treat a budding chef to a Rachael Ray 11-inch deep grill pan (\$60; potsandpans.com); it's enamel-coated cast iron, so cleanup is a breeze.

NATURE'S CANDY
Savannah Bee Company artisanal tupelo honey (\$24 for 20 oz.) and tea honey (\$12) with no-drip pump (\$5; all at savannahbee.com) are sweet treats for the taste buds.



HOLD EVERYTHING
The Built fishnet market tote (\$45; builtnry.com) expands to suit your needs—and has a handy inside pocket for keys, money, and a cell phone.



DRESSING DOWN
Create your own unique blend of herb-infused oil, then spritz just the right amount on a salad with the Prepara tablet mister (\$20; prepara.com).