

# Your Best Body

|                                |    |
|--------------------------------|----|
| Get-Fit Tricks . . . . .       | 55 |
| Healthy Dose . . . . .         | 65 |
| Slim-Down Strategies . . . . . | 72 |
| Eat Smart . . . . .            | 80 |

## The Superior Stretch

Not all warm-ups are created equal.

*By Jen Ator /*

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Enza Costa Rogue tank, Nux sleeveless hoodie, Life With Bird pants, K-Swiss shoes, TKO Orlogi watch