

LOOK AND FEEL YOUR BEST! P. 106

love your life.

RED BOOK

SOLVE MONEY STRESS

6 smart moves
every family should
make right now

Plus

- **SEX SECRETS**
of madly-in-love
couples
- **Burn extra
calories
with no
exercise!**
- **MORE
TIME
FOR
YOU**
30 new
ideas

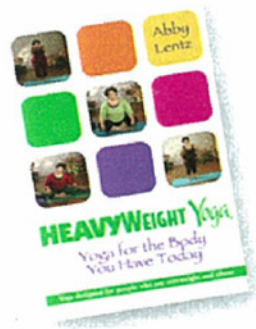
ENTER TO
WIN
A DISNEY
VACATION
P. 49

Money-saving
meals from
Food Network's
Sandra Lee



WWW.RFDROOKMAG.COM

5 ways to live healthy



4 Be a heavyweight (yoga) champ.

You don't need a size-6 body to downward dog:

Yogis of all shapes and weights can increase strength, gain flexibility, and

improve balance with the DVD *HeavyWeight Yoga* (\$24.95, heartfeltyoga.com). "On this DVD, overweight and obese people get an instructor they can identify with," says its plus-size creator, Abby Lentz. "I wanted them to know that if someone like me could practice yoga, they can too." The DVD offers a range of modified poses and workouts to choose from. Says Lentz, "We can be healthy and strong regardless of weight."

