

# fernwood

YOUR HEALTHY LIVING

YOURS TO KEEP

**CRUELTY-FREE**  
cosmetics with  
a conscience

**CHOOSING  
THE RIGHT  
PERSONAL  
TRAINER**

**TIME OUT**  
why you  
need rest  
days

**OBSESITY  
CRISIS**

could organic  
food be the  
answer?

**CLAS  
ACTIO**

find yo  
perfe  
worko

**SMOK  
ALER**

exerci  
can he  
you qu

**WIN**

mounta  
bikes an  
lots mo

**MAKE  
A WISH**

to help othe  
women shin

