



## Pump It Up

Get one-on-one workout sessions with *The Biggest Loser's* celeb fitness trainer, Jillian Michaels. She'll instruct you and cheer you on in this high intensity Wii workout.

<Majesco Entertainment>  
Jillian Michaels Fitness  
Ultimatum 2010 for Wii \$40  
amazon.com

## Neat Cords

While on a run or at the gym, this handy gadget keeps your headphones hangin' around—no more tangled cords while you're on the move. Plus, we love the array of colors.



<Magneat>  
Headphone holder  
\$13 magneat.com

## OurFaveFitSite.com

Sparkteens.com is an online community that teaches teens to stop dieting and choose a permanent, healthy lifestyle instead. Use the exercise demos, recipes and other cool FREE tools, and you'll reach your goals in a flash.

## What's In NOW!

### TURKEY TALK

With Thanksgiving just around the corner, here's the skinny:

- \* Turkey is low in fat and high in protein (even more than chicken or beef.)
- \* Choose white meat. It has less fat and calories than the dark meat.
- \* Don't overindulge. The carbs consumed in your turkey meal are the likely culprit for your post-holiday meal drowsiness.

### Shape Up Solutions

How to cut calories and stay healthy.

- Drink more **water**. You need at least nine cups of fluid each day, especially if you are active.
- Eat more often. Instead of two or three meals, eat five or six **smaller portions** of about 300-400 calories each.
- Switch to **whole grains**. Whole grain foods are more satisfying—the fiber makes them more filling—so you'll eat less and not be hungry as soon.
- Add a **fruit and veggie** to every meal.