

Get Active!

iHRSA

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Get a Hot Salsa Body!

Dance Yourself Fit

Busy Gym?

NO PROBLEM

A GUIDE TO PEAK HOUR TRAINING

nutrition bars

Choose the Right One for You

Shape Up for Spring

why the gym is your best bet

Dancing with the Stars'

Giselle Fernandez

shares her secrets for living a full, fit life
pg 40

kick up your cardio

How Heart-Rate Monitors Boost Fat Burning

