

Speedy, Satisfying
SNACKS

5 Weeks to a
Healthy Heart

Favorite Recipe
Makeovers

January/February 2008

WeightWatchers®

LIVE &
LOSE

40

Chocolate
Soups & S

WA

10
SU

U.S.A. \$3.95

\$3.95US



WeightWatchers.com

right now NEWS BITES

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FITNESS

Tech Support

Looking for a good way to prevent winter weight gain? Go high-tech. The latest gadget-friendly exercise programs take your workout indoors when the temps drop. In fact, research shows that people who used online weight-loss options lost more weight than those who didn't. Here's what's new:

TO GET THE BENEFITS OF A GROUP FITNESS CLASS without leaving home, download more than 225 group classes to your computer with this new service. Choose from classes in dance, step-aerobics, kickboxing, yoga, Pilates, and more (DemandFitness, 99¢ for a daily pass to \$100 for a yearly pass, demandfitness.com).

TO GET A QUICKIE WORKOUT AT WORK, download this new exercise software to your computer. It allows you to preset seven 5-minute video exercises to pop up on your screen every 15, 30, or 60 minutes (Flow, \$30, thewavecorporation.com).