

You can't find love in a cookie! Break free from emotional eating

# SHAPE

SHAPE  
YOUR  
LIFE

**ONE  
MINUTE  
TUMMY  
TONER**  
P. 88

**START NOW!**

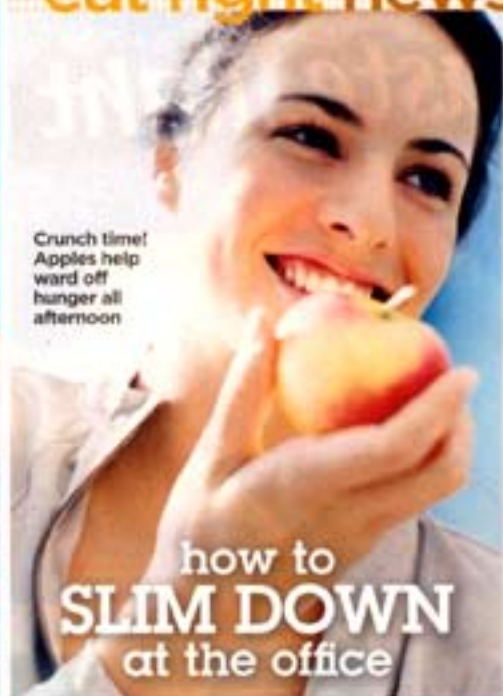
**MAKE  
OVER  
YOUR  
BODY  
IN ONE  
MONTH**

Simple things  
you can do  
**EVERY** day

**BLAST  
FAT  
ALL OVER**  
The 30-minute  
workout that  
gets you lean

**10 BIG  
CHANGES  
YOU  
CAN MAKE  
IN 2010**

## eat right news



Crunch time!  
Apples help  
ward off  
hunger all  
afternoon

how to  
**SLIM DOWN**  
at the office

### ✓ SCORE A HEALTHIER SNACK

Del Monte is making it easy with a line of vending machines stocked only with fresh-cut fruits, vegetables, and yogurt dip. Find them in office buildings and health clubs. For more information, visit [fruits.com](http://fruits.com).

### ✓ DOWNSIZE YOUR SODA

Now you can pick up a smaller, 90-calorie can of any Coca-Cola soda, including Sprite, Fanta, and Barq's Root Beer. The company is

also moving its calorie information to the front of its packaging to increase awareness.

✓ **EAT MORE FRUIT** No time to go to the farmers' market? The Fruit Guys will deliver a box of in-season fruit (from \$32 for 25 servings; [fruitguys.com](http://fruitguys.com)) to your office or home. You can also order an all-organic selection.

Thanks to supersize portions and sugary ingredients, the food industry has recently been called out for contributing to Americans' ever-expanding waistslines. But three corporations are bucking the trend by supporting eat-healthy strategies that can help you stay slim.

**Try this!**



\$4.99 U.S. \$5.99 Canada  
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