

Woman's World

God Bless America

A great week made easy!

More for your money!
\$1.79

Feb. 23, 2009

Dinners for \$1
Delicious recipes that only taste pricey

8 great jobs you can get right now

Natural thyroid cure!

Solve your tiredness with yeast!

Entrepreneur

Angel lost 7 lbs

BOOST YOUR BONE HEALTH!

You may have heard that after age 35, we stop building new bone and slowly start losing bone mass. The good news? These simple exercises from fitness expert Alana Reed can help your bones stay strong and dense—and help stall or even reverse the loss! To set the stage for an active, injury-free life, try doing these moves just two or three times a week:



Bone-building wall sit

Stand about 2 feet from a wall and lean your back against it. Slowly slide down until your thighs are parallel to the ground. Hold the position for 30-60 seconds. Carefully return to an upright position and repeat 3 more times.

Bone-strengthening quadruped

Kneel down on all fours, knees and palms evenly spaced apart. Extend your left arm forward and right leg back so your outstretched limbs are parallel to the floor. Hold the pose for 15-30 seconds. Carefully return to starting position. Switch sides and repeat 3 times.



Photos: HBB; Kristiane Vey/Jumpfoto; eli-assenova/Stockphoto. Hair and makeup: Kim Weber. Trainer: AlanaReedPilates.com.

Cookie bonanza!
4 yummy kinds from one simple recipe!

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Get a houseful of **Free houseplants!**

Winter fun at home!
Easy card party your friends will rave about!