

check out **HEALTHY BEAT, HEALTHY DOSE, HEALTHY BODY & HEALTHY BALANCE**

**MARION** **HEALTHY** LIVING

**THE**  
**MEN**  
**ISSUE**



WANT A  
*Buff  
Body?*

6 LOCAL TRAINERS  
SHARE THEIR TIPS

**PRIVATE PROBLEMS?**  
THE LOWDOWN ON "DOWN THERE"

**WHAT EVERY WOMAN  
SHOULD KNOW**  
(ABOUT HER MAN'S HEALTH)

**+**  
**FOOD  
FOR  
THE  
SEXES**

**ALIGN  
YOUR  
SPINE**

**A HIGH-  
FLYING  
VENTURE**



## making health safety fashionable

Parents whose children suffer from health concerns like asthma, diabetes and allergies may feel uneasy leaving them at camps and daycares. ID bracelets, like those sold by Hope Paige, put parents' minds at ease and ensure the safety of their children. The child's name, medical info and parent's phone number are engraved on the bracelet—plus, they're stylish, too! Visit [hopepaige.com](http://hopepaige.com) for more information.