

20 MINUTES • 6 MOVES • YOUR HOTTEST BODY EVER!



LongGuard

by Lisa Miller

Ask the Expert

Q: Why are my feet always freezing?

A: To determine an icy condition, especially during winter months, however we have two simple and effective tests you can perform at the "Shamballa" Spa in Phoenix, AZ. Usually, it's a combination of factors that are causing the problem. For example, changes in the air can cause your feet to feel cold, even if you're wearing warm socks. Another possibility is that you have a circulation problem. This can be caused by a variety of factors, including diabetes, heart disease, and low blood pressure. If you're experiencing any of these symptoms, it's important to see a doctor for a proper diagnosis and treatment.



Stay-Well Strategies

When you're a member of a health club, you're more likely to stay healthy. Here are some ways to make the most of your membership.

Be Motivated
To get the most out of your membership, you need to be motivated. Set goals for yourself and track your progress. Find a workout buddy to keep you accountable.

Know Your Limits
Don't overdo it. Pushing yourself too hard can lead to injury. Listen to your body and take breaks when you need them. If you're unsure about a particular exercise, ask a trainer for help.

Stay Hydrated
Drink plenty of water throughout the day. Staying hydrated is essential for overall health and performance. Keep a water bottle with you at all times.

LONGGUARD! THE FLU VIRUS CAN TRAVEL UP TO 4 FEET THROUGH THE AIR.

WRISTED DEVELOPMENT →

Medical alert tags are lifesavers, but they've rarely been fashionable. Now women who need to sport one because they have severe allergies or a condition like diabetes can feel chic with this Shamballa-style pavé crystal bracelet (\$50; hopepaige.com). It features eight dazzling beads, plus a personalized stainless steel plate for your must-know health info. Brilliant!



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