

Women's

Health & Fitness

Be healthy. Be fit. Be you.

**FASHION
SPECIAL:**
LOOK **THINNER**
INSTANTLY!

20 fitness myths **BUSTED!**

Shocking lies that could be
keeping you from losing weight

TRUE STORY:

"I almost died from
drinking too much *water*"

Health Alert!

Could you
have diabetes
and not know it?

MISS USA
eats fast food —
and isn't afraid
to admit it.

**No time
for sex?**
10 HOT
on-the-go-tips

Thanksgiving Guilt?
Not this year,
turn to p.128

MAKE YOUR LIFE EASIER
A leading life coach
gets you back on track

★ ★ **ELECTION 2004** ★ ★

**Bush and Kerry face
off on women's health.**
Where do *you* stand?

NOVEMBER 2004
www.foxmag.com

\$4.99 US \$6.99 CAN 111



fun for fall

The leaves are changing so why shouldn't the colors in your makeup case? Check out our favorite new beauty products that mimic the leaves on the trees — oranges, browns and burgundies, oh my!

1. **Dani Shower Gel** in lemongrass lavender. www.danibath.com
2. **Benelli Dear John Facial Cream** (great for dry skin; smooths before your makeup), \$28; www.benellcosmetics.com
3. **Pookie Colorbalm** in Tangerine, \$9
4. **Mark, Juice Gems** in Juicy Fig, \$6
5. **Clinique Color Surge lipstick** in Copper Flame, \$13.50
6. **Yankee Candle** in Citrus & Amber, \$19.99
7. **L'Oréal Glam Shine** in Jubilee, \$8.75
8. **Benelli Show-offs!** in Bombi, \$14
9. **Foot Huggies** foiless sock and foot file (keeps your feet smooth and callus-free), \$11.99; orange creamicle lotion, \$14; www.foothuggies.com

