

YOUR BOOK The Over-40 Woman's Manual

More

ENERGY
CONFIDENCE
STYLE
LOVE YOUR LIFE
AFTER 40

OUR BEST
INVESTMENTS
From stocks
to shoes

ANTIAGING BEAUTY
The making face lift

EATING THE SAME
FOODS FOR 20
YEARS? WEIGHT
MAYBE NOT SO

ONE
COUNTRY
CLOSET
CORNERS

ANN CURRY

Fearless, forthright
and for real at 49

LEADERSHIP YOUR
MIND AND A JUMP.
And other
business truths





BEING A BETTER BODY IN Hawaii

• **EXERCISING ON THE BEACH** FOR A BETTER BODY
 • **BEACH ACTIVITIES** TO GET YOU FIT

Indiana University professor Scott M. Kahan is the leading expert on why people exercise. He says that people exercise for many reasons, but the most common is to feel better. Kahan says that people exercise to feel better because they want to feel better. He says that people exercise to feel better because they want to feel better. He says that people exercise to feel better because they want to feel better.

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THE BEST OF HAWAII'S NAHOA VALLEY



...the best of Hawaii's Nahoia Valley. The valley is a beautiful area with many scenic views and activities. It is a great place to visit and enjoy the outdoors.

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TRAVEL WITH WIFE (ON GREAT HAWAII)

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