

EASY WINTER SMOOTHIES THAT ARE PACKED WITH NUTRITION

SCOTTSDALE **Health** 01/13

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FOR MEN AND WOMEN

ARIEL!
THE SCOTTSDALE RESIDENT AND PHOENIX SUNS DANCER SHARES WHAT IT'S LIKE TO MAKE THE TEAM-AND KEEP UP HER GAME

NEED A JOB?
4 TIPS TO HELP YOU STAND OUT

DIY WAYS TO GET RID OF DRY SKIN

WATCH OUT!
THE NEWEST 3D TV'S

HOW TO CONQUER YOUR CRAVINGS

THE PERFECT REAR VIEW
HOW TO GET IT!

8 CRAZY FACTS ABOUT FOOD

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The inside scoop: Why you fight the way you do

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HOW TO HAVE BETTER SEX

THE BEST WORKOUT CLOTHES!

KONA BOUND
SCOTTSDALE DENTIST ERIC SWANS QUALIFIES FOR THE IRONMAN WORLD CHAMPIONSHIP IN KONA

SWEET DEAL?
THE BITTER TRUTH ABOUT ARTIFICIAL SWEETENERS

8 CRAZY FACTS ABOUT SOYBEANS

TRAIN WITH A BUDDY
MOVES THAT MAKE A DIFFERENCE

ECO-FRIENDLY ATHLETIC GEAR?
YEP, AND WE'VE GOT IT!

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8 CRAZY FACTS ABOUT ATTRACTION

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SPORTS ANXIETY
THE BEST WAYS TO DEAL AND SUCCEED

DREAM ON!
WHAT YOUR SEX DREAMS REALLY MEAN

SNACK SAVVY
4 GREAT IDEAS

WORKOUT IDEA OF THE MONTH: TIRES!

53 YEAR-OLD PHIL HOFFMAN
SHARES HOW TO LOOK GOOD AT ANY AGE!

GIFTS IDEAS!
HIGH-TECH VALENTINE'S DAY GIFTS

LIFE GET IT IN BALANCE

FOOD GREAT FOODS FOR RUNNERS

GOLF THE SHOES TO WEAR

STORY THE RACE FOR A CURE

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Easy ways to avoid middle-age belly bulge!

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GET RIPPED ABS

LOCAL WAYS TO GIVE BACK

HOW TO TAKE THE BEST FACEBOOK PHOTO

FIT AND OVER 40!

Scottsdale's super fit mom Kim Dolan Leto talks about going from out-of-shape to being a fitness champion-and how she got there

YOUR SUMMER FLING
CAN IT SURVIVE THE WINTER?

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