

Start Your Week in

This Week's Hot Trend!

Burn 500 calories an hour with

The hot new workout!

Take salsa, cha cha, samba, tango, merengue, add hints of flamenco, calypso, hip-hop and belly dancing, put it in a workout routine and you have Zumba! The name means to move fast and have fun, and there's no doubt that describes today's hottest fitness phenomenon to a Z! Adding to the appeal: The total-body workout burns up to 500 calories per hour-long class. "Plus, it makes you feel sexy!" says Meg Jordan, Ph.D., R.N., author of *The Fitness Instinct*.



Get in on the action!

To take a Zumba class near you, log on to www.zumba.com/english/ and click on "Find Instructors." Can't get to a class? No problem! Click on "Products" to find DVDs and soundtracks that make it easy to dance up a storm in your living room.



Teen boredom buster!

Give 'em a skateboard. Avid skateboarders have higher self-esteem and are more likely to engage in really risky activities. Presenting with... too get...
Push-h...
dinner



Quick clutter-control trick

Drowning in paper? Take the tallest, most daunting pile on your desk and flip it upside down, suggests Donna Smallin, author of *Cleaning Plain & Simple*. Voila: You'll be looking at the oldest, probably least-needed pages, which will make tossing them out a breeze!

