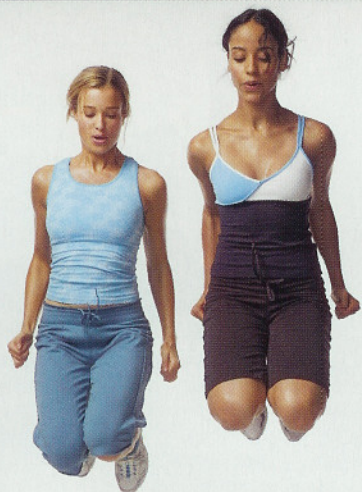


VISIT WH ONLINE!

WHAT'S HOT THIS MONTH



Jump-start weight loss.

We Dare You!

More than 20,000 readers are using the *WH* Ultimate Fitness Plan to get their butts into life-changing shape. You still haven't joined? Get your personalized workout at womenshealthmag.com/fitplan, then check in for a daily megadose of motivation from blogger Jocelyn Nubel. The 24-year-old former dancer packed on pounds when she retired her leotard. Read about her mission to feel better in her skin at ultimateblog.womenshealthmag.com.

Listen Up

Build a stronger, slimmer, and all-around more badass body with workouts from our fitness expert Mike Mejia, C.S.C.S., in "Power Trip" (page 88). Then make your routine really rock with playlists that will help you blast calories at record speeds. Go to womenshealthmag.com/playlist.

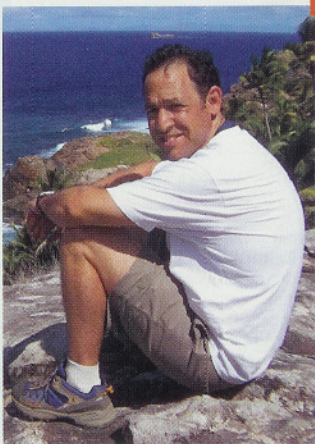
Take a Trip on Us

Plan a stress-free getaway using "Easy Going" (page 134) as your guide. With insider tips on everything from renting a car to packing a bike crammed into one cool package, all you have to do is buy the plane ticket—which is why we're so psyched about our latest online contest. Enter to win a \$1,000 Travelocity ticket to anywhere at womenshealthmag.com/adventure.

Get Your Fix

If you suffer from *WH* withdrawal between issues, sign up for our newsletter at womenshealthmag.com and we'll deliver fresh knowledge and brilliant tips to your desktop. For instant gratification, visit quicktakes.womenshealthmag.com to check out our daily blog on news, new products, and even a little juicy gossip.

CONTRIBUTORS



Michael Behar

Switch from electricity to wind power? Check. Replace incandescent light bulbs with compact fluorescent ones? Check again. Behar, 38, didn't just write our special report on global warming, **Keep Your Cool** (page 114)—he's taking action. Growing up in Seattle, he watched trees disappear due to unchecked clear-cutting, which sparked his passion for the environment. Working on this story, he says, "made me realize how global warming is our personal responsibility." Behar and his wife, Ashley, live in Boulder, Colorado. His work has appeared in *Men's Journal*, *National Geographic Adventure*, and *Outside*.

Lorie A. Parch

Parch, 41, is grateful that she hasn't needed the information she gathered for **In Case of Emergency...** (page 130). "The last time I was in an emergency room, I was 9 and had a BB shot in my left eye," she says. The writer was surprised to learn that mishaps like hers aren't what fill up most ERs. "Women usually go in for versions of common ailments like urinary tract infections and abdominal pain." Parch, now fully recovered from her hospital visit, lives in Scottsdale, Arizona. Her work has appeared in *Natural Health*, *Real Simple*, *Shape*, and *Town & Country*.



Tom Schierlitz

Schierlitz, 47, knows about packing light: He's made six cross-country trips on a motorcycle with his wife, Chrissie, riding tandem. The suitcases he photographed for our travel feature, **Easy Going** (page 134), would have been a luxury on those excursions. "We had about 10 pounds per person," he says. "I learned how to make the most of a 3-gallon space." Schierlitz and his wife live in New York City with their two daughters. He is a contributing photographer for *GQ* and shoots for the *New York Times Magazine* and *Wired*.



Virginia Sole-Smith

A carb addict, Sole-Smith was worried that writing **Hey, Sugar** (page 108) would mean saying ciao to pasta. But she was relieved to learn that carbs aren't always evil. "If I switch to whole grain and watch portion sizes, pasta is fine," says the 25-year-old, who also learned that *not* eating can do as much damage as eating the wrong things. "Now I understand how bad it is to eat breakfast at 7:30 and not have lunch until 3:00." She lives in New York City, where she dines at Mario Batali's restaurant Otto as often as possible. Her work has appeared in *Glamour*, *Marie Claire*, the *New York Times*, and *Runner's World*.

