

FEBRUARY 2010

Exclusive! BIGGEST LOSER DIET SECRETS

+ Weight-Loss
Tips From
**JILLIAN
MICHAELS**

Your Marriage

Refresh It
Love It
Energize It

Slow-Cooker
COMFORT
FOOD

BEDTIME BONUS
**HOW TO GET
SMARTER AND
HAPPIER WHILE
YOU SLEEP**

6

SIMPLE WAYS
TO BUILD
YOUR BANK
BALANCE

The Pet
Owner's
Guide To
Good
Manners

**FAMILY
WELLNESS
CALENDAR
INSIDE!**



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health | FITNESS

Greetings from **MY HEALTHY VACATION**



The view from the top at Utah's Snowbird resort.

Stay fit with our four-season guide to incredibly fun trips for the active traveler.

❄️ WINTER

WOMEN'S SKI CAMP IN SNOWBIRD, UTAH

Why You'll Love It Snowbird resort runs two camps—one in January and another in March—that cater to intermediate-and-above skiers. Whether you want to gain confidence on the slopes or bump your skiing up a notch, you'll fit right in. And you'll feel less intimidated learning in small groups led by female instructors.
Location, Location No worries about global warming here: Snowbird averages 500 inches of powder a

year. A 45-minute ride from the Salt Lake City airport, it's an easy trip from the East or West Coast.

Where to Sleep The Cliff Lodge is right on the mountain, has a full-service spa and a rooftop hot-tub that's addictive. The ski-camp-plus-lodging package includes lunch and lift tickets; \$1,150 for three-day camp; \$1,450 for four-day camp. Go to snowbird.com for info.

CROSS-COUNTRY SKIING IN BANFF, ALBERTA, CANADA

Why You'll Love It Banff National Park gets loads of snow, has stunning

views of the Canadian Rockies and, with a variety of easy and moderate trails, is a great location for a long weekend of cross-country skiing.
Location, Location The scene is low-key and you can't ask for a prettier place. You'll definitely want to check out the Lake Louise shoreline trail; work up a sweat in the morning, then stop for a well-earned lunch at the area's famous hotel, the glamorous Fairmont Chateau Lake Louise.

Where to Sleep Every room at the ultra-cozy Buffalo Mountain Lodge has a fireplace and breathtaking mountain views. Rates start at \$169 a night. Go to crmr.com for info.

