



as seen in  
LADIES HOME JOURNAL, FEBRUARY 2009

**LADIES'**  
**Home Journal**  
FEBRUARY 2009

**120 BEST LITTLE WAYS TO PROTECT YOUR HEALTH IN 2009**

**\* HOW TO PAY LESS FOR EVERYTHING**

**WALK STRONG**  
LOSE WEIGHT AND BEAT HEART DISEASE

**LOOK 10 YEARS YOUNGER**  
(It's All About The Clothes)

**FEEL HAPPIER EVERY DAY**  
Our 1-Minute Attitude Makeover

**DIY HAIR COLOR THAT LO**

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TAKE A LOOK!  
IT'S NEW

**Garlic Gadget**

Our favorite new kitchen helper is this cool-looking Garlic Zoom, which minces cloves in seconds. No fuss. No muss. No smelly fingers. \$10 at Bed Bath & Beyond.