

April 2009

SIX TOP LOW-FAT ENERGY SNACKS

oxygen

ROBERT KENNEDY'S
WOMEN'S FITNESS



MODEL
ELIZABETH
"My Fave Tips"
PG.66

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SPRING 2009

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from the
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publisher
gives it to
you straight.

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and why we
love her.

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Kick 10 pounds now.

110
Yummy energy.



92
Shake up your routine.

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Get outta here!

Oxygen's top gear picks for taking your workout outside.

BY SANDY BRAZ



ALL-SEASON GEAR The **adiZero Short-Sleeve Tee** by Adidas is perfect for layering in cool weather or for sweating it out in the sun. It features strategically placed ventilation in critical heat and sweat zones so you can be comfortable longer. \$55; adidasusa.com



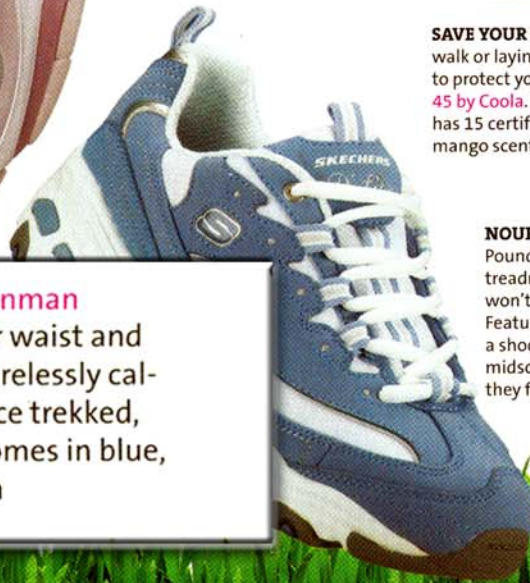
DIVE IN STYLE Swim like an Olympian and strap on your very own pair of **Speedo goggles**. Adjustable fit for comfort and eye safety when diving deep or taking laps. Has UV protection and is anti-fog. \$25; speedo.com



HIT THE TRAILS! Strap the **Ironman Wireless Fitness Tracker** to your waist and make a run for it! The watch wirelessly calculates calories burned, distance trekked, steps walked and pace kept. Comes in blue, pink and black. \$89; timex.com



SAVE YOUR SKIN Jogging the boardwalk or laying in the sun, you'll need to protect yourself. Check out **Sport 45 by Coola**. It's sweat-resistant and has 15 certified organic extracts. Try mango scent! \$30; coolasuncare.com



NOURISH YOUR SOLE Pounding the pavement or the treadmill, **SKECHERS D'Lites** won't disappoint your feet. Features a cushioned insole and a shock absorbing athletic foam midsole. They look as good as they feel! \$60; skechers.com