



Editorial Calendar

Summer 2008 – Spring 2009

|                  | SUMMER   | FALL   | WINTER   | SPRING  |
|------------------|--|--|--|---|
| YOUR HEALTH      | Power Up with Sunshine                         | How's Your Diet Doing This Weekend?                        | You <i>Can</i> Have the Body of Your Dreams!                         | Getting Past Your Weight-Loss Plateau                           |
|                  | Hidden Health Hazards in Your Garage           | Healthy Habits Kids Love                                   | 90 Seconds to Amazing Health in 2009                                 | Don't Worry! Health Symptoms that Shouldn't Freak You Out       |
|                  | Good Medicine: Your Guide to Top-Notch Care    | Time-Saving Health Advice                                  | Colon Cancer Update  | Hold Onto Your Hair   |
|                  |  |  | Smile! Dentists' New Tricks to Make the Most of Your Smile           | Banish Back Pain  |
| ACTIVE LIVING    | Keep that "Vacation Buzz" Year-Round           | Fresh-Air Fix  | Resolution Solutions: Easy Ways to Reach Your New-Year Workout Goals | Beat Spring Allergies   |
|                  | Kid Stuff: The ER Doc's Summer Safety Guide    | Top Trainers' Get-Fit Secrets                              | Best Exercises for Weight-Loss, Toning & Building Endurance          | The All-Day Energy Workout                                      |
|                  | Your Best Beach Body Ever                      | Waist Whittlers that Work                                  | Muscle Madness: Build Strength & Lose Pounds                         |   |
| EATING SMART     | The (Hot) Dog Days of Summer                   | Your Ultimate Guide to Eating Out                          | Cheers! Healthy Cocktails for Your Holiday Party                     | Eat to Beat Stress  |
|                  | Your No-Gain Guide to Vacation Eating          | Redecorate to Lose Weight                                  | Seasons Eatings  | Kid-Friendly Vegetable Dishes Guaranteed to Please Picky Eaters |
|                  | Weight Loss for Healthy Eaters                 | Tea Time: Healthy Reasons to Take Up this Old World Ritual |  |   |
| BODY & SOUL      | Make a Love Connection                         | Reach a New Level of Calm                                  | Nurture Your Inner Optimist  | End Skin Breakouts for Good                                     |
|                  | Suite Dreams                                   | Best New Beauty Products to Refresh Your Look              | Rebuild Your Body  | Think Green: Do Your Part to Slow Global Warming                |
|                  | Grin & Bare It! Expert Tips for Beautiful Skin | Brew the Perfect Bubble Bath                               | Holiday Gift Guide for Mind, Body & Soul                             | New Non-Surgical Beauty Treatments                              |
|                  | Uncommon Sense                                 |  | New Trends in Cosmetic Procedures                                    | Say What? How Hearing Loss Impacts Your Quality of Life         |
| SPECIAL FEATURES | Active Getaways                                |  |  |   |
|                  | Fine Dining                                    |  |  |   |
|                  | Department Shorts                              |  |  |   |