

THE 5 BEST MOVES FOR

FLAT, SEXY ABS

# fitness

Mind, Body + Spirit

GET A BETTER BODY IN 2 DAYS



No Sweat!

7 Simple Secrets for Radiant Skin

Trimmer Do It This

## Dr. Dale Isaacson Featured in Fitness Magazine

Beauty Dilemmas-Solved!

The Habit: "I run outside a couple of times a week to stay in shape."

The Catch: Sandpaperiness, stubborn calluses

The Fix: File spots with a pumice stone twice a week and use Curad Mediplast (\$29.99, drugstores), a pad infused with exfoliating salicylic acid, says **Dale Isaacson, M.D., a dermatologist in Washington, D.C.**

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