

TRY THIS CARB TO SCORCH YOUR FAT!

# Oxygen

ROBERT KENNEDY'S  
WOMEN'S FITNESS

your  
sexiest  
upper  
body

# BLAST MORE FAT!

**BONUS:  
AT-HOME  
WORKOUT!**

ROUTINES AND  
RECIPES TO GET  
YOU INTO YOUR  
SKINNY JEANS

**AMP-UP**  
Your Training...  
New Research

**LINDSAY  
MESSINA  
HEALTHIER  
& HAPPIER  
THAN EVER  
BEFORE**  
PG.76

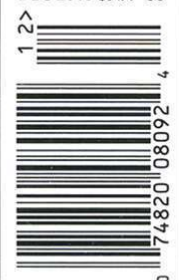
Is It  
Time  
To Fire  
Your  
Trainer?

**9**  
TIPS TO  
INCREASE  
YOUR  
**ENERGY  
AND BOOST  
HEALTH**

Get your  
perfect legs,  
butt and thighs now

oxygenmag.com

DEC 2010 \$5.99 US



Please display until 12/21/10



NOW THERE'S NO NEED TO WORRY ABOUT UNTANGLING YOUR RESISTANCE BANDS!

◀ **Weightless resistance**

Perfect for the woman on the go, this Power loop kit from Go Fit comes with an instruction booklet and three bands with varying resistance levels – perfect for travel and home workouts. \$15; [gofit.net](http://gofit.net)



# Oxygen's Gift Guide

**BONUS:**  
ALL GIFTS  
UNDER  
\$30!

Give your fave fit gal what she wants this holiday – no more sweaters and fruitcakes!

BY EMILIE DINGFELD | PHOTOGRAPHY GREGORY JAMES



◀ **Not your average cup of tea**

Make teatime in the midst of a busy day easy as pie with the Libre Tea Glass 'n Poly Loose Leaf Tea Glass.

\$24; [libretea.com](http://libretea.com)

THIS TEA GLASS GIVES YOU TWO BREWING OPTIONS. CHECK IT OUT AT [LIBRETEA.COM](http://LIBRETEA.COM)

**Bonus:**  
It's BPA-free and features a stainless steel filter.

**Sweet treat** ▶

This heavenly smelling trio from The Body Deli, including a Tahitian vanilla body wash, body lotion and body oil, pampers and cleanses the skin with organic ingredients – a portable spa.

\$20; [thebodydeli.com](http://thebodydeli.com)



SIMPLY PLUG IT INTO A USB PORT TO RECHARGE.





◀ **Purse patrol** It's never been easier to switch from your gym bag to purse (or vice versa): Try My Tag Along Purse organizer. You'll never be left at the checkout without your credit card again!  
From \$20; [mytagalongs.com](http://mytagalongs.com)

A SLIT DETAIL IN THE THUMB MAKES IT EASY TO USE YOUR TOUCHSCREEN.



**Handy gear** ▶

These sleek Brisk Run Gloves from Lululemon keep your hands warm when running – and feature a key cuff to stow away important items, like keys and cash.  
\$28; [lululemon.com](http://lululemon.com)



◀ **Time keeper**

RumbaTime watches are water and sweat resistant – wear them while pumping iron, swimming laps or relaxing on the beach.  
From \$20; [rumbatime.com](http://rumbatime.com)

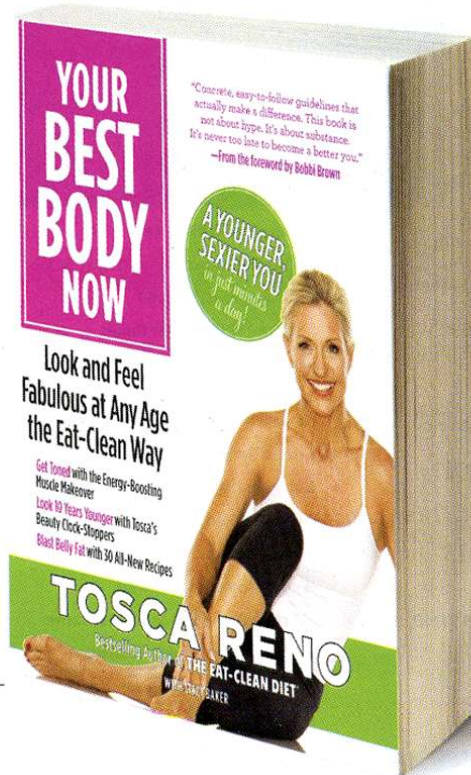
**Bonus:**  
For every watch sold before Christmas, one will be donated to Toys for Tots.

WE MADE OUR OWN WITH OUR FAVE OXYGEN PIC! IT'S EASY – ORDER IT ONLINE AND YOU'LL RECEIVE THE STICK-ON SKIN IN THE MAIL!



**Tosca approved** ▶

A great gift for any Oxygen gal, or even those just starting their fitness journey, *Your Best Body Now* (Harlequin, 2010) helps you get and stay on the road to eating clean. Get great recipes, training moves and tons of health and wellness tips.  
\$19.95; [eharlequin.com](http://eharlequin.com), [toscareno.com](http://toscareno.com)



◀ **Good-bye ghetto blaster!**

Perfect for a friendly group boot-camp session, this portable speaker from iHome fits in the palm of your hand. Just connect your iPod and get to work!  
\$20; [ihomeaudio.com](http://ihomeaudio.com)

**Message on a bottle** ▶

Personalize your BFF's one-liter SIGG bottle when she's not looking – just upload her fave pic to the SIGG Skins website. \$13; [siggskins.com](http://siggskins.com) (Need a bottle? Get one at [siggskins.com](http://siggskins.com).)