

NATURAL HEALTH

feel good | look good | do good

LIVE GREEN

- ▶ SAVE ENERGY
- ▶ SHOP SMARTER
- ▶ WORK HEALTHIER

6 Budget Meals (& Still Organic!)

Save Your SKIN 8 WAYS TO STOP CANCER

GREEN CHOICE AWARDS
pg. 58

Actor and eco-pioneer ED BEGLEY JR. and his wife, RACHELLE CARSON-BEGLEY

Weight Loss That's Fun

ULTIMATE DETOX SALAD

Eco-Friendly Makeup

#1 All-Natural Pain Reliever

MAY 2009
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Fit for Life

VANESSA CAIRNS, 40, hadn't been on a bicycle since childhood when she signed up, on a whim, for a charity bike ride. In the middle of the 50-mile event, she struck up a friendship with another female cyclist, and they finished the ride together. "I didn't expect to have so much fun, or to get hooked," says the San Jose, Calif., resident, who now bikes four days a week. Nor did she expect to lose weight—but Cairns dropped from a size 12 to a size six.

EASE YOUR KNEES. Biking is a low-impact way to burn calories and boost your cardiovascular health. "You're not pounding the pavement, so it's an ideal activity if you have lower-back or knee problems," says personal trainer Lorri Lee Lown, founder of Velo Girls cycling club in San Francisco.

STRETCH OUT. Before exercising, do gentle movement-based stretches like arm circles and walking lunges to increase your range of motion, says physical therapist Chris Frederick, coauthor of *Stretch to Win* (Human Kinetics, 2006). After your workout, when your body is sufficiently warm, switch to held stretches—like the hip flexor stretch (good for hips tight from sitting at a desk or in the car) on page 44.»

By KAREN ASP

Photography by CHRIS FANNING

Cycle your way to a stronger heart,
slimmer waist, and more joy.

A healthy spin





5 CYCLING ESSENTIALS

1. BELL VELA HELMET (\$40; bellbikelhelmets.com) is lightweight, adjustable, and sized for a woman—and it can easily be worn over a ponytail.

2. CRUISER BIKEGIRL SKIRT (\$86; skirtsports.com) has built-in padded shorts with pockets and a slightly higher waist in back.

3. WOMEN'S GLOBE VIENNA 2 BIKE (\$500; specialized.com) features ergonomic handlebars, easy gear shifting, and a padded saddle, making it ideal for female riders.

4. CYCLING WITH A YOGA MIND DVD (\$20; yogamindconnection.com) includes two meditative yoga practices that target the muscles used during cycling while improving your breathing and balance.

5. PACIFIC OUTDOOR EQUIPMENT COOP PANNIER (\$89; rei.com) is made from bamboo and recycled plastic, converts from a covered basket to a shopping tote, and snaps securely onto any bicycle frame. 🌱



LEARN MORE: For more fitness tips and exercise routines, go to naturalhealthmag.com/fitness.