

# BEST HEALTH

LIVE BETTER, FEEL GREAT 

READER'S DIGEST

GET A  
TONED  
TUMMY  
CRUNCH-  
FREE!

**LOSE  
WEIGHT**  
BY THE CLOCK  
WHEN TO EAT  
CERTAIN FOODS

**LIVE A LIFE  
YOU LOVE**

- MAKE YOUR DREAMS HAPPEN
- GET THE SEX YOU REALLY WANT
- HAVE MORE TIME FOR YOU

**60+**  
*Gift ideas*

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FOUR  
MAGAZINES  
IN ONE

**LOOK GREAT**  
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6 holiday outfit ideas

**GET HEALTHY**  
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Do sports drinks work?

**EAT WELL**  
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Hearty, healthy soups

**EMBRACE LIFE**  
p. 99-120



What foods harm pets

## Take 4 HOME DINNER PARTY



### EMBRACE WINTER FLORALS

Let loose (but just a little!) in a floaty and satin shift dress. These neutral florals are easy to wear. Rich red shoes—these ones are breathable through the sole—add festive punch. →

Lundström dress (viscose/polyester, \$229); Old Navy bow belt (faux leather, \$17); BCBGMaxAzria necklace (rhinestones, \$68); Danier wristlet bag (leather, \$69); Le Château cuff bracelet (metal, \$15); Geox pumps (suede, \$170)