

## InStyle

LOVE  
YOUR  
BODY67 WAYS TO LOOK  
AND FEEL GREATBEAUTY  
REBOUND  
GET BACK ON TRACK2005  
CHECKLIST  
STYLE TIPS YOU'LL  
USE FOREVERDIANE  
LANE  
HER ROAD  
TRIP PHOTO  
ALBUM

## HOME WORKOUT HELPERS

► **PLUG IN A VIRTUAL TRAINER** Can't afford a personal trainer? Try Yourself Fitness (\$40; [yourselffitness.com](http://yourselffitness.com)). This video game program (available in versions for Xbox, Playstation or PC) features Maya, an interactive trainer who assesses your fitness goals and designs workouts to meet them. Voiced by former national aerobics champion Yumi Lee (who has trained Demi Moore), Maya offers up to 480 different exercises for cardio, yoga, strength-training and Pilates workouts.

—Anna Nordberg