

## JUST SAY HELLO!

Improve the world—and your health—one new friend at a time. Join our campaign, pg. 124



“For an extra boost of protection from environmental aggressors like pollution and UVA/UVB Rays, layer C E Ferulic underneath your sunscreen”

2014!

your sock drawer

What?

plan for the really distracted

DIET OR EXERCISE:

The real key to weight loss, once and for all, pg. 88