

CALLING ALL BEGINNERS: LEARN THE BASICS WITH KRISTIN MCGEE

# pilatesstyle®

www.pilatesstyle.com

teasersfood

## chill out!

refreshing food that's perfect for your busy life



### NUMI ORGANIC PUERH

**ICED TEA** is brewed from the leaves of mature wild-crafted tea trees from China. The leaves undergo a special fermentation process that increases content of antioxidants (14 percent more than green tea) and vitamins B, C, E, P and K. Available in six lightly sweetened flavors: mango passion and Earl Grey black, Moroccan mint, magnolia jasmine and peach nectar green and caffeine-free honey lemon rooibos teasan (\$2.79; [numitea.com](http://numitea.com)).

## SCULPT YOUR THIGHS

KILLER MOVES  
FOR SEXY LEGS

## BEAT THE HEAT

- SCRUMPTIOUS SALADS
- IDEAL SUMMER DIET
- REFRESHING SNACKS
- YOUR PERFECT SUNGLASSES

## CAN'T-MISS TIPS ON:

- GREAT HAIR
- GETTING ORGANIZED
- RUNNING