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Long Beach, CA, 5/2/2007

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Health briefs

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LIFE TRAINING: First, she brought us WalkVest, the weighted garment that can hold up to 32 half-pound weights and turn fitness walks into calorie-burning power workouts. Now, celebrity fitness trainer Debbie Rocker provides an integrated walking and eating plan in her new book, "Training for Life: Walk Your Way to Fitness and Weight Loss in 14 Days" (Springboard Press; \$24.99). Part1 describes why we let ourselves go and conditions readers for a new outlook on their health and fitness. Part2 covers the training program itself with daily food lists, training tips and specific daily exercises to build strength and stamina. Part 3 offers ways to keep the training routine alive. The book also comes with a bonus CD with an exclusive workout that you can take anywhere. Available at Borders Books and Barnes & Noble. The WalkVest is available online at www.walkvest.com.

GOOD FOR GRIEF: If you know someone dealing with a devastating loss, you might consider helping them through their difficult time with a Good Grief Care Package from the Good Grief Center for Bereavement Support. A \$79.95 kit includes an exquisite, blooming orchid, a journal to record private expressions, a set of "Quiet Moments" cards with

quotations and suggestions, and a CD with a guided meditation and relaxing music

Advertisement

from Bach and Mozart. Available at the center's grief support Web site at www.goodgriefcenter.com.

FORMERLY FAT: Here's a fun, witty and realistic new book for any woman who's ever been labeled a "fat girl." Author Lisa Delaney is the friend who's "been there," and she fills "Secrets of a Former Fat Girl: How to Drop Two, Four (or More!) Dress Sizes - and Find Yourself Along the Way" (Hudson Street Press; \$21.95) with personal anecdotes, tips (she calls them "rules"), simple charts and the reasons why you need to go buy an MP3 player stat. Available at Borders,



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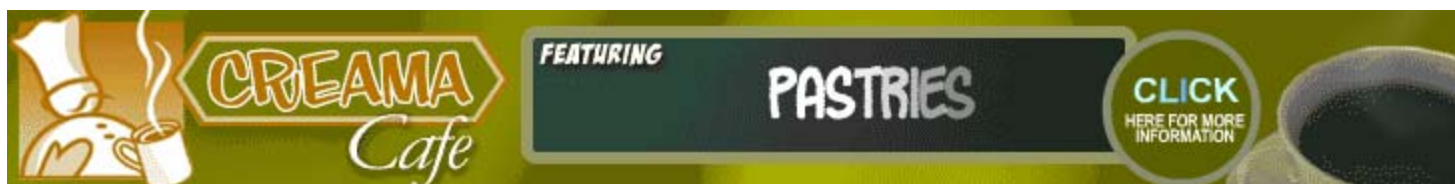
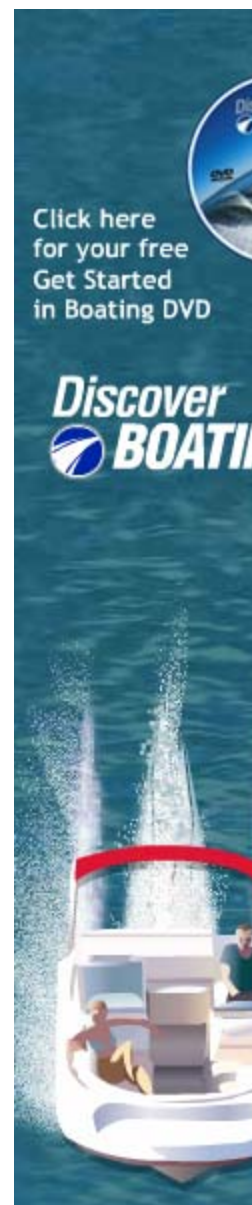
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