



**You**  
Too Can  
**Cheat**  
**Your**  
**Age**

READERS REQUEST:

What makes  
**SURYA NAMASKAR**  
a Complete Exercise?

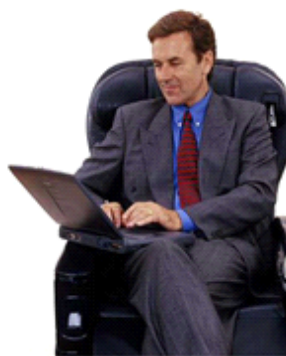


UNIQUE HEALTH TIP:



TO TEST THE FLEXIBILITY OF YOUR ARTERIES TRY BENDING AND TOUCHING YOUR TOES. THE MORE FLEXIBLE THE ARTERIES, THE EASIER IT IS TO DO IT.  
**LESSON LEARNED: TAKE YOGA CLASSES.**

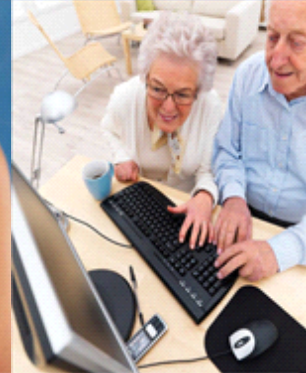
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Against Flu



Get Smarter & Sharper  
as YOU AGE



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