

Premiere Issue 2009

# bestself

www.bestselfatlanta.com

## Low-stress Living

strategies for staying  
mindful and balanced

## Smooth Moves for Men

hair removal methods

## Watch Your Mouth

keeping your smile  
healthy and bright

## Ready...Set....

# give!

The Beginner's  
Guide to Volunteering

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## Symptoms You Should Never Ignore

## Ask the Doctors

Answers you need

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OVER-40 EYE ISSUES

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TIME FOR A PANTRY PURGE

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KNOW THE RISK FACTORS

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FOCUS WITH A LIFE COACH

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SEASONAL REMEDIES



Atlanta's BEST source for Looking Good, Feeling Good and Doing Good.

# bestfinds

## Spring Shape-Up



1

Quince recommends documenting your workouts to provide accountability and encouragement.



2

**Dolvett Quince**, owner of The Body Sculptor gym in Buckhead, has a new at-home DVD workout called *Me & My Chair* that utilizes a basic chair as equipment. Created for people with limited time, it's a low-impact, high-intensity 30-minute routine. (404) 493-4873. [www.bodysculptorinc.com](http://www.bodysculptorinc.com)

2

Downwood to **Lululemon** Morningside store offers complimentary every Sunday or 30 a.m. featuring different forms of yoga. 1409 N Highland Ave. NE. (404) 249-8900. [www.lululemon.com](http://www.lululemon.com)

According to the USDA, **one serving of fish** is equal to 2-3 ounces, which is about the size of a deck of cards.

4



4

**Fresh 'n Fit Cuisine** offers a freshly-prepared meal delivery service all over metro Atlanta—they'll do the calorie counting and food pyramid watching so you don't have to! The latest dishes that their nutritionists and chef cooked up include the Southern favorite Shrimp and Okra. To order meals, call (678) 208-0341 or visit [www.freshnfitcuisine.com](http://www.freshnfitcuisine.com) for more information.

[www.bestselfatlanta.com](http://www.bestselfatlanta.com)

allowing users to take in more than 30 virtual scenarios. Available at the nine **Fitness Resource** locations around Atlanta. [www.fitnessresource.com](http://www.fitnessresource.com), [www.expresso.com](http://www.expresso.com)

3



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