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THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

It's 2009...
Do you know
where your
life is?

- * Boost your **health**
- * **Look** great for less
- * Dial down your **stress**

10
WAYS TO
PROTECT
YOUR
MONEY
NOW!

Free advice from
Suze Orman

"How did I let this happen again?"

OPRAH on her battle with weight: A must-read for anyone who's ever fallen off the wagon

PLUS:
**MAKING
WEIGHT
LOSS
STICK**

Bob Greene's
simple plan

The one thing
every happy
couple does
Your relationship
repair kit (page 107)

2005

2009

JANUARY 2009 \$4.50



OPRAH.COM

love that!

The What, Why, and How Guide to **FASHION** BEAUTY FOOD

Off and Running

New year, new you. Vibrant sneakers loaded with technology provide yet another good reason to get back on track.



Cross-trainers for women (wider forefoot, narrower heel) get the stamp of approval from a toned talk-show host. The Kelly Ripa Collection by Ryka, \$80; ryka.com.



Outdoor explorers will appreciate this cool-looking, low-profile trail shoe with gripping rubber treads. New Balance, \$80; newbalance.com.



This versatile, lightweight trainer with airy mesh and wicking lining will suit both casual runners and dedicated racers. Saucony, \$85; saucony.com for stores.



Serious shock absorption—the abrasion-resistant heel takes the impact—and extra cushioning make running easier on knees. Asics, \$85; asics.com for stores.



Springs built into the forefoot, combined with a hyper-resilient midsole, help reduce foot fatigue mile after mile. Spira, \$100; spiraf footwear.com.



The nonmarking sole on this twilight blue sneaker is perfect for the weight room, basketball court, or kickboxing class. Nike, \$110; nike.com.



From the cycling brand: Trainers meant for outdoors, with reflective visibility and toe guards for durability. Pearl Izumi, \$110; pearlizumi.com.



Innovative padding in the heel and under the ball of the foot provide added shock absorption and a custom fit. Reebok, \$120; reebok.com.



Mary Janes take an athletic turn as ultralight jogging shoes. Adidas by Stella McCartney, \$150; shopadidas.com.
—Brooke Kosofsky Glassberg