

justine

just'fit

Water Works

Store shelves are packed with so-called energy drinks and vitamin waters. But most options are chock-full of sugar, artificial sweeteners and calories. Enter **HINT** water!

The natural essences infused water, available in 13 delicious flavors, offers a light,

refreshing taste without all the junk. Plus, HINT is a personal fave of Miley Cyrus—okay, we're convinced!



<Hint>
Fruit-infused water \$2 ea.



Fit Facts

How many calories do you have to burn to lose one pound?

—Ali, 17

According to naturalphysiques.com, to lose one pound you would need to burn 3,500 calories. That means saying "no" to 44 apples, 25 cans of Coke, 11 Snickers bars, 7 Big Macs, 21 Taco Bell crunchy tacos or 15 slices of pepperoni pizza.



Sip in Style

Who says you can't be sporty and stylish? **LittleMissMatched's** new Sports Collection water bottle lets your gear stand out as much as your performance! With its kooky polka dot design, this bottle will keep you hydrated from the playing field all the way to a playdate with your friends.

<LittleMissMatched>
\$15 littlemissmatched.com

Just Dance



Ever wish you could bust a move like the stellar dancers from the hit series **So You Think You Can Dance**? Now you can with **So You Think You Can Dance—Get Fit!** These two DVDs (hitting stores 7/21) feature all your fave dancers from the show—Twitch, Travis, Katee, Courtney, Lauren and Dmitry. From hip-hop to cha-cha and disco to jazz, you can tone and sculpt your bod just like a dancer with cool, easy-to-learn routines.