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## PUBLISHER'S NOTE



We are honored, delighted and grateful to have Sarah Ferguson, the Duchess of York, on the cover of this springtime special issue. Sarah is a radiant woman with a passion to help others. She continues to be an inspiring role model for all of us striving to live healthier lifestyles. This amazing story will give you insight into Sarah's life as she shares her personal journey of healing and reinvention. Be sure to read her important lessons for long-term success, and see how this remarkable woman continues to pursue her own personal growth as a mother, advocate, businesswoman, philanthropist and author.

In your journey to achieve a healthier lifestyle, we are excited to share many articles that can help you along your way. If you're bored with your exercise routine, see how **Creating a Buffet of Movement**® (page 38) can help you get excited about moving in a different way. Physical activity is important in fighting chronic health conditions and companies are working to help their employees on their quest for better health. **The Value of Physical Activity in Fighting Chronic Health Conditions** (page 18) discusses the importance of physical activity in the work place. What better time to get your employers more involved in preventative, healthy employee behavior than National Employee Wellness Month (June 2010). Talk to your company and educate them on how they can get more involved (learn more on page 11).

In addition to physical activity, a healthy lifestyle includes educating yourself on the importance of nutrition. Learn more about sodium and ways to help reduce your daily intake in **Healthful Bites: Please Pass Up the Salt Shaker** (page 52). In reducing your daily intake of sodium, you might ask yourself, "How can my meals be flavorful without adding salt?" Be sure not to miss some tips on how to add flavor to your meals in **Tricks of the Trade: Low Sodium Cooking** (page 53).

On page 24, Dr. Colella gives an in-depth look at the challenges and hope for the millions of Americans struggling with their weight in **Ending the Fear and Guilt Associated with Being Overweight**.

We're pleased to introduce a new column, called "For Women" (page 26). In this issue, Dr. Tara Allmen discusses how menopause can be good for your health and why a "Loving Lifestyle" is so important.

As spring comes to a close and summer swiftly approaches, it is a great time of year to enjoy the wonderful outdoors. Stay inspired every day and embrace all of the beautiful changes around you.

Best wishes,

Rebecca K. Ricard

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