In this issue, the focus is on moving more – a key factor in weight loss. With warm weather already here for some of us, and for others, on its way, it's also a great time to think about taking your moves to the great outdoors.

But, if you think of a workout as something to dread, here's an article that could change things up for you. In *Take the Work Out of your Workout* you'll learn why an over-the-top fun activity can be just as effective, and far more motivating, than one you have to grit your teeth to get through.

Next we take your core (belly, back and glutes) into consideration. *The 5-Step Core Workout* gives you five easy moves that can help you keep your back stronger and your tummy tighter.

If peaceful meditation is right up your alley, here's a way to practice it and burn calories. In *Walk This Way* you'll learn about a technique called "breathwalking" that adds mindfulness to your walk, and may cut calories from your day.

And did you know that working out just a few days a week could help ward off a life-changing condition? Read *Managing Diabetes Risk With Diet and Exercise* to discover how a combo of diet and increased physical activity can not only help prevent Type 2 diabetes, it could even reverse it.

Enjoy the issue. More in two weeks.