





fit to be tied

IT'S A HALTER! IT'S A PONYTAIL WRAP! IT'S A HANDBAG!
NOPE, IT'S MERELY THIS SEASON'S MUST-HAVE ACCESSORY.





BEYOND

THE

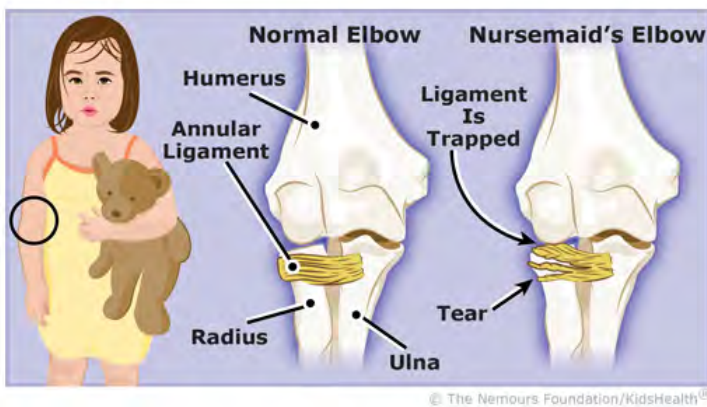
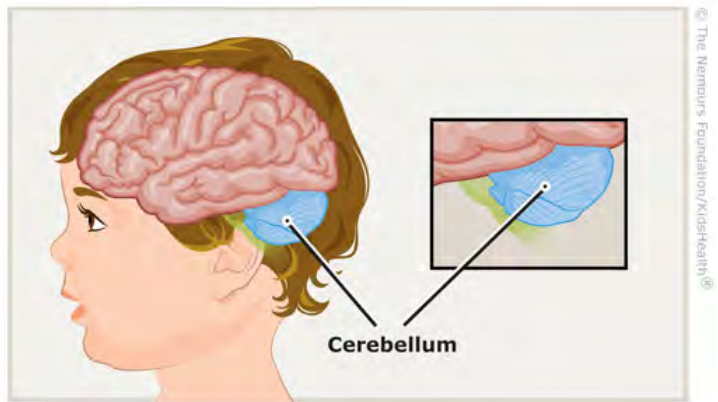
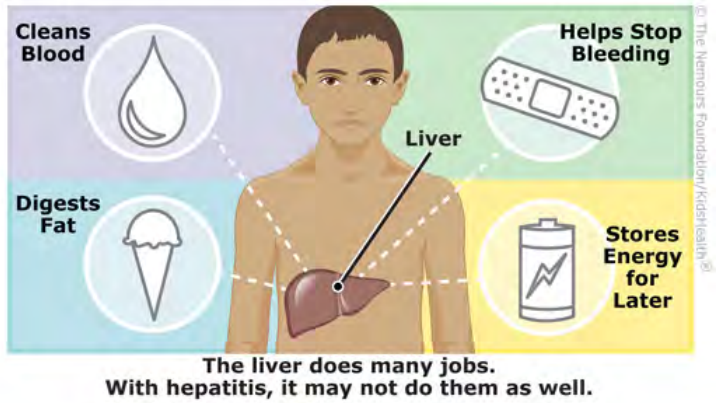
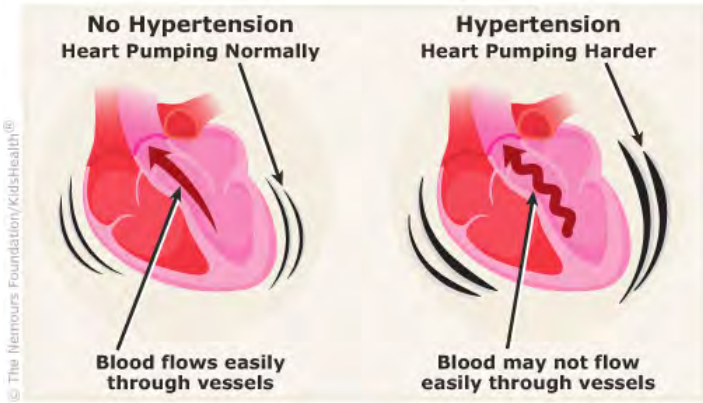
Core



The neck, shoulders, knees, and feet are essential for a strong body and good health. Discover how to strengthen them with these eight moves.



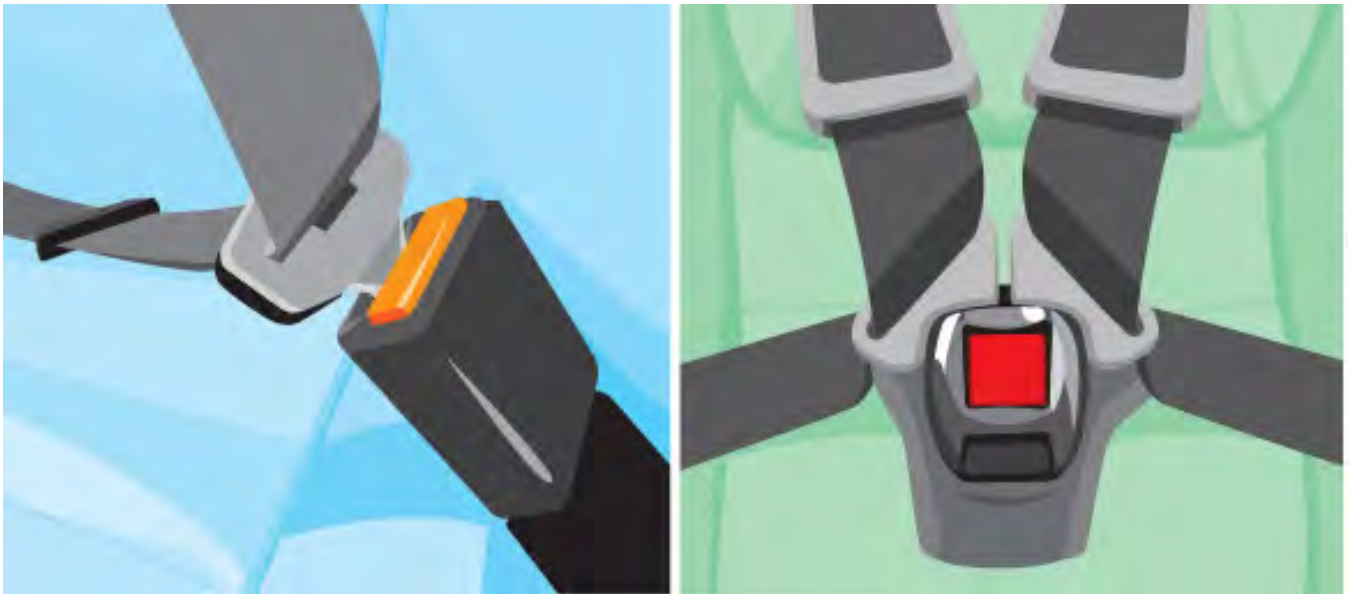
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Encourage your teen to get at least 1 hour of physical activity every day.



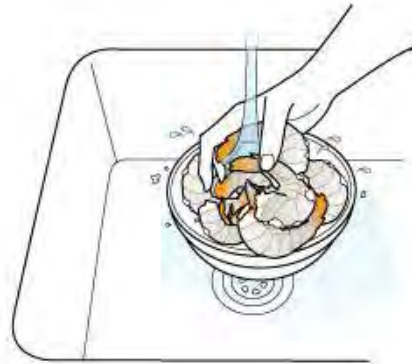
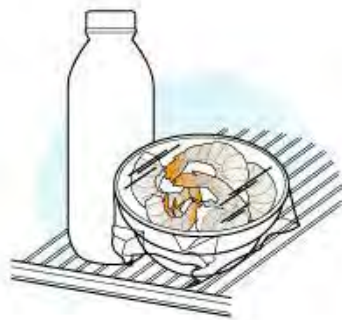
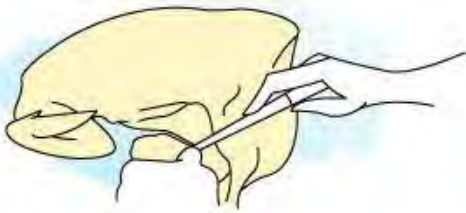
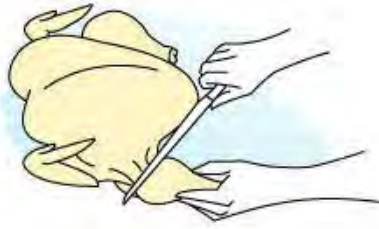
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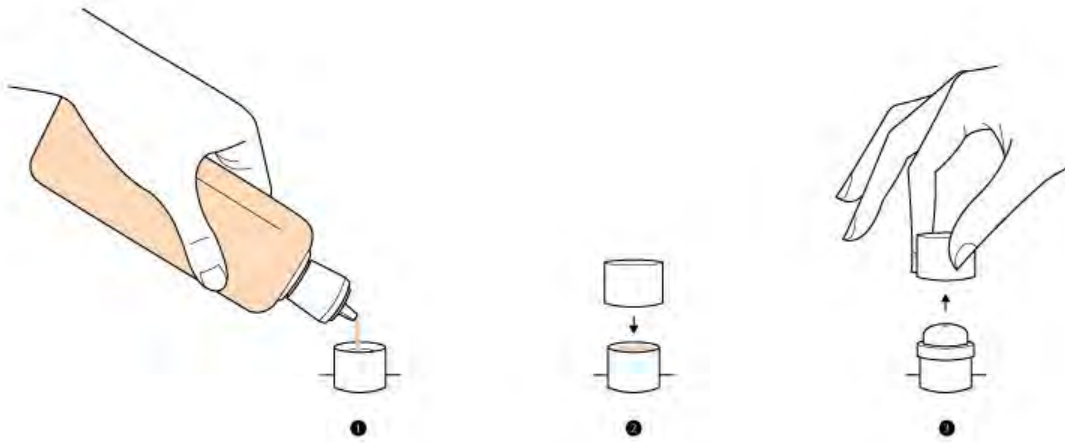


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**Buckle everyone up for every trip.
Make sure kids sit in the correct seat
for their age and size.**







HOW-TO HIGHLIGHT

When Branches Tangle in a Stepfamily Tree



Cindy Luu

The New York Times

