

WHOLE FOODS[®]

M A R K E T

2011 SPRING MAGAZINE

The Best of Spring

fresh ideas
and recipes

**Health
Starts Here[™]**
5 Big Truths
You Should Know

**My Organic
Garden**
Joan Benoit Samuelson's
Backyard Passion

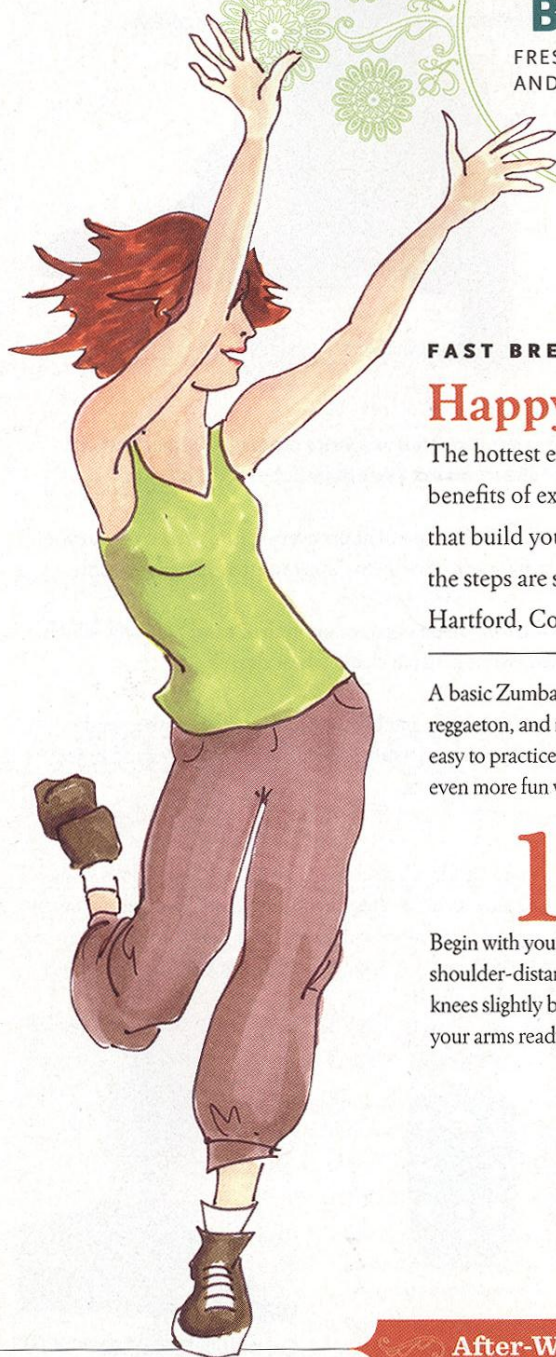
Vegan Meat Loaf
And 4 Other Surprising Meals
Your Family Will Love

Jason Haberland
Associate Store Team Leader
Whole Foods Market
River Street, Cambridge,
Massachusetts

FAST ALLERGY RELIEF • WHOLE GRAIN GUIDE • DR. WEIL'S WISDOM

WHOLE BODY

FRESH IDEAS, NEWS,
AND PRODUCTS FOR
A HEALTHIER YOU



FAST BREAK

Happy Feet

The hottest exercise trend today, Zumba harnesses the joy of dancing to the benefits of exercise, using Latin and world rhythms to set the tempo for moves that build your stamina, strength, and flexibility. “The music is energizing and the steps are simple to learn,” says Kristyn Fontanella, a Zumba instructor in Hartford, Connecticut. “It’s so much fun and a natural mood booster.”

A basic Zumba workout is built on steps from four different types of dance: salsa, cumbia, reggaeton, and merengue. The Beto Shuffle (not pictured here) is a basic merengue step that’s easy to practice at home, Fontanella says. Once you’ve got a feel for it, join a class—Zumba is even more fun when done in rhythm with other people.

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1

Begin with your feet shoulder-distance apart, knees slightly bent, and your arms ready to move.

2

Keep your feet on the floor, and just pivot on the balls of your feet as you turn from side to side. Shuffle sideways twice to your right.

3

Twist to the other side and repeat the move in the opposite direction, but just shuffle once to the left, then once to the right. Repeat on other side. (The sequence is right, right, left, right; then left, left, right, left.)

After-Workout Revival

Kiss My Face Active Athletic Shower and Bath Gel—with no animal ingredients or artificial colors—relaxes and revives sore, tight muscles. It has anti-inflammatory birch extract and arnica to soothe your sore muscles, and cedar to restore balance and calm. “It’s the perfect post-workout therapy for your body and your soul,” says **Mara Brazilian** (6 years of service), Whole Body Associate Coordinator.

