

Can Exercise Prevent Breast Cancer?

HEALTH

MARCH 2000

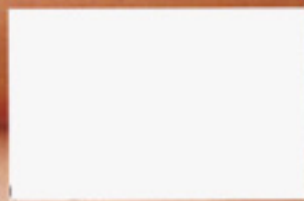
16 Easy Ways to
**Simplify
Your Life**
and Enjoy It More

**Women &
Heart Disease**
Do You Have a Hidden Risk?

Speed Up Your Metabolism
to Burn Fat Faster

PLUS

Eat Smart for Stronger Bones
A Surprising Way to Improve Memory
The 4 Vitamins Women Need



Bags You—and Your Back— Will Love

Want to lug around provisions for an entire day without killing your back in the process? These backpacks and torso-slung satchels are plenty roomy, but because they distribute the weight of their contents evenly on your

Want to lug around provisions for an entire day *without* killing your back in the process? These backpacks and torso-slung satchels are plenty roomy, but because they distribute the weight of their contents evenly on your frame, they won't cause strain. —KARMEN BUTTERER

Clockwise from top: Waterfield Vertigo bag; Nine West nylon unistrap pack with cell phone



Clockwise from top: Waterfield Vertigo bag; Nine West nylon unistrap pack with cell phone case; U.K. Bass nylon canvas satchel messenger satchel; Kenneth Cole nylon with leather double strap backpack; U.K. Bass triangular unistrap backpack. See the Buyers' Guide on page 262 for stores and ordering information.