Ah, for the rippling muscles of Arnold Schwarzenegger, or the nimbleness of Chris Evert, or the power and speed of O. J. Simpson! The wish to change places—and bodies—with physical superstars is apt to hit us mere mortals from time to time, especially when our bodies aren't responding or looking the way we'd like.

Of course, Arnold lifts 40 tons of barbells each day to maintain his physique. And Chris spends exhausting hours of practice for every flashy appearance at Wimbledon. And O. J. goes through grueling twice-daily sessions with the other Buffalo Bills to stay in peak condition during football season.

To get a superstar's body, you've got to work like a superstar. Far better to simply get your own body fit for the kind of life you want to lead. This issue of *Insider* isn't about Arnold or Chris or O. J. It's about you. The articles which follow provide the information and the incentive you need to plan a personal strategy for getting in shape and staying in shape.

For starters, "I Was a 49-Pound Weakling" offers encouragement for anyone who was turned off by the old fitness taught in elementary school gym class. Staff writer Don Akchin recounts his own true—and all too familiar—experiences and also outlines how to put together a fitness program that works for you.

If you see the tell-tale signs of overweight creeping up, or simply want concise information on good nutrition and diet planning, "The Diet Connection" by Theodore Berland, author of *Raining the Diets*, is must reading. "Feeling Good" catalogs 16 different ways to become more comfortable with yourself. And "More Power to You" explains how body, mind and spirit interact to affect your energy level and tells how you can convert low-energy drag to high-energy fun.

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Good reading!