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(HEALTH)

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looks



body



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balance



eating

Health magazine was given a refreshing, new, modernized brand, creating soft emotion of femininity and lightness. A stark, bright color palette was used to highlight and organize the different sections.

## Stress Queen

by Tom Tringola  
photography by Will Lee

In the backdrop of an increasingly overwhelming environment, world-famed stress expert Kathleen Hall shares her compelling story of recovery—and offers an inspiring recipe for balanced living.

When Kathleen Hall stepped off the airplane at her office on the 11th floor one Monday, she had a full brain, which, as a consultant, comes as a shock factor. At 38, she's energetic, organized, and ready to tackle whatever comes her way. She's a woman who doesn't just get things done; she gets them done right, the first time. She's a woman who doesn't just get things done; she gets them done right, the first time. She's a woman who doesn't just get things done; she gets them done right, the first time.

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## Peace Within

By Amy Poehler, MS, MPH

For years of low back and high-stress pressure seemed to culminate in a single realization: When the pain wouldn't budge, something had to give. It could be my life, mind. The instant I stepped out into the world, my back would be right there.

Twenty years later, Hall is one of the nation's most respected stress management experts. She's a calm, collected, and confident woman of color. She's a woman who doesn't just get things done; she gets them done right, the first time. She's a woman who doesn't just get things done; she gets them done right, the first time.

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## Scale won't budge?

Here's how to power through a plateau.

Stick to a diet long enough, and you're bound to hit a plateau—your scale flatlines, no matter how many calories you eat. It's frustrating, but it's not the end of the world. Here's how to power through a plateau.

By Amy Poehler, MS, MPH

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## Physical Plateaus

Underlying cause: You've reached the point where your body is used to the amount of energy it's expending. To break through, you need to challenge your body with new exercises.

When it's likely to happen: After you've been exercising for a while, your body will start to plateau.

Underlying cause: You've reached the point where your body is used to the amount of energy it's expending. To break through, you need to challenge your body with new exercises.

When it's likely to happen: After you've been exercising for a while, your body will start to plateau.

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