

January 2012

Issue Date	Ad Close	Cover	Health/ Diet/Fitness	The Doctors	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
1/1	12/6	New Year, New You — featuring Jillian Michaels of <i>The Doctors</i>	Resolutions that will make you happy	New Year, New You with Jillian Michaels	Black bean & hominy chili	Out with the old, in with the new: Post-holiday purge	A year of adventures: Making time for fun	After-holiday sales: A shopping strategy	Reader stories, profiles
1/8	12/13	Queen Latifah helps you bring out your inner queen	Comfort food cravings swap-out	Arthritis prevention guide	Quick-roasted, deviled Cornish hens	Teach teens to get — and stay — organized	5 sticky friendship situations and how to deal with them	Tights you can wear at any age	Inspirational stories of American women helping Haitians
1/15	12/20	Stress in America, based on an annual survey by the American Psychological Association	1-minute moves you can do anywhere	What you don't know about your thyroid	Save money on specialty drinks and make your own Chai tea concentrate	Make technology work for you. Plus: How to back away from the BlackBerry	Ode to in-laws: Why they're worth the stress. Plus: foolproof ways to deal with difficult ones	Winter nail care. Plus: The hot winter polish colors	
1/22	12/27	Katherine Heigl and why pets are good for us	Outdoor activity safety chart for adults	Bone health update	Quick bean burgers	\$100-or-less how-to: Refurbish a chair	How to deal with your partner's annoying habits	Secrets from the country's best spas	
1/29	1/3	Super Bowl Entertaining with Ellie Krieger	Pet-friendly exercises	Repetitive stress injuries	Super Bowl Entertaining: Light, easy, crowd-pleasing fare you can prepare ahead of time	Out, damn spot: Remove stains from anything	Family therapist: Creating a tight family unit	Skin: Dealing with body breakouts	

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12/12/2011



February 2012

Issue Date	Ad Close	Cover	Health/ Diet/Fitness	The Doctors	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
2/5	1/10	Reese Witherspoon	Too old for STDs? Nope, protect yourself	Colorectal health update	Breakfasts with staying power	Picking paint colors	Dealing with adult bullies	Where to buy beauty guide	
2/12	1/17	Valentine's Day: Jane Lynch helps you get over it	Can this workout be saved?	Irregular heartbeats	Savory chocolate recipes under 200 calories	How not to kill a houseplant	The most romantic thing we've ever done—readers tell all	Treat yourself: Jewelry under \$50	
2/19	1/24	Health Update: Highlighting health initiatives in select states	Couch potato fitness	Surprising ways to take care of your heart	Oscar Entertaining: How to throw a four-star viewing party	Give your family room a facelift	Said something you wish you hadn't? Damage control	Fashion gurus: Style bloggers answer your questions	Stories of Americans who donated organs
2/26	1/31		Steal these weight loss tips — a roundup of the best tips from diet books	Health screenings you shouldn't skip	Putting a healthy spin on pasta	Clean out the basement for Leap Day	Get a grip on jealousy	Fab spring finds from America's big box stores	

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March 2012

Issue Date	Ad Close	Cover	Health/ Diet/Fitness	The Doctors	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
3/4	2/7		Perfect your posture	Gender differences in mental health	Healthy snack Ideas	Cheap ways to frame pictures	Finding time for yourself	New style icons — and the ideas to swipe from them	
3/11	2/14		Tips from top trainers	Digestive SOS	Get green: Recipes with leafy greens	\$100-or-less how-to: Window treatments	Social shifts: How to adapt when friends divorce, are widowed, move away	Pucker up! Pretty lip tips	
3/18	2/21		What's your nutrition IQ?	Obesity myths	Pork: Three ways	Quick spring cleaning tips	What marriage counselors wish you knew	Smart online shopping tips	
3/25	2/28		Resolution check: Are you on track?	Family medical history	The ultimate roast chicken	Mud room/entry foyer makeover	How to support your kids without suffocating them	Cover up! Concealer basics	

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April 2012

Issue Date	Ad Close	Cover	Health/ Diet/Fitness	The Doctors	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
4/1	3/6		Surprising exercise motivators	Breast health (beyond cancer)	5 ways to use: Beans	Gardening preparation	Issues that are most important to families	Clean out your makeup bag	
4/8	3/13		Spring activity safety chart	Say what? Protect your hearing	Pies with punch	Organize your home office	Never go to bed angry ... and other relationship myths	Personalized stationery	
4/15	3/20	Make A Difference Day Awards							
4/22	3/27		Is your home harming your health?	Improve balance and avoid falls	Vegan recipes for non-vegans	\$100-or-less how-to: Garden bench	Suddenly single	Find the right hair color for you	
4/29	4/3		Check up chart: Best way to schedule annual visits	What you don't know about depression	Last-minute entertaining	Secrets from interior designers	What are your argument triggers?	Vases	

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May 2012

Issue Date	Ad Close	Cover	Health/ Diet/Fitness	The Doctors	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
5/6	4/10	Summer Shape-Ups with <i>The Doctors</i>	Happy hour how-to: Flow chart to find the healthiest drinks for you	Summer Shape-Ups cover story	Tea party fare	Multi-purpose cleaning products; sidebar: Green cleaning	Secrets of successful stepmothers	Bronzers	
5/13	4/17	Modern Mom: <i>Modern Family's</i> Julie Bowen	What you can learn from your mother's health	Autoimmune disease update	5 ways to use: Strawberries	Planting a vegetable garden	How we grew our family: 5 women from around the country tell their stories	Dress like your mother	
5/20	4/24	Summer Travel	The skinny on supplements	Reasons you may be dizzy	No-mess picnic recipes	Home: Garage makeover	10 ways to give back every day	Summer bags	
5/27	5/1	Summer Grilling	No-crunch ab workouts	Foot health	Farmers market: Side dishes	The new grilling essentials	Plan a girls getaway	Best websites for bathing suits	

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June 2012

Issue Date	Ad Close	Cover	Health/ Diet/Fitness	The Doctors	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
6/3	5/8		What's your SPF IQ (quiz)	First aid: What to have on hand	5 ways to use: Peaches	Summer family fun	How readers marked special anniversaries	Hair removal handbook	
6/10	5/15	Men's Health from The Doctors	Recent studies in men's health	Men's Health cover story, focusing on men's concerns like baldness, heart disease and diabetes	Fish on the grill	Quick ways to update the look of a room (pillows, paint, moving furniture)	Family reunion survival guide	Summer cocktail dresses	
6/17	5/22		How to pack a healthy picnic	What you didn't know about food allergies	Dinner in 30 minutes or less	10 biggest time wasters and how to banish them	Lessons from my father: Readers write in	The ultimate DIY pedicure	
6/24	5/25		Exercise gear that's worth the splurge	Ovarian health update	Summer cocktails	Fun summer projects	How my friends saved my life	Going gray gracefully	

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July 2012

Issue Date	Ad Close	Cover	Health/Diet/ Fitness/ <i>The Doctors</i>	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
7/1	6/5		Who's sabotaging your diet?	5 ways to use: cherries	The ultimate beach umbrella	Challenges of having an elderly parent live far away	The long and short of it: Hair style flow chart	Reader stories and profiles
7/8	6/12		Stop worrying already	Good-for-you fruit popsicles	\$100-or-less how-to: Headboards	How I knew he was the one: Readers write in	Fragrances	
7/15	6/19			Beat-the-heat dinners	Taking a staycation that is actually fun (not all work)	Emotional baggage: How to unpack it and put it away — for good	Workout wear for golf, tennis and running	
7/22	6/26	Make like an Olympian! Gold medal moves		How to add some international flair to your family favorites	Organize your photos	Teaching your kids healthy habits	Mascara shopping guide	
7/29	7/3		What's really upsetting your stomach?	Build your own burger	Shopping list strategies	Is lying ever acceptable?	The importance of a good fit	

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August 2012

Issue Date	Ad Close	Cover	Health/Diet/ Fitness/ <i>The Doctors</i>	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
8/5	7/10		5 things you don't know about your eyes	5 ways to use: Summer squash	How to throw a memorable party	When your husband wants another child — and you don't	Vintage inspiration	
8/12	7/17		How to hydrate	Summer salads	Making store-bought bouquets look fancy	Technology and love: Boon or bust?	Best carry-on bags	
8/19	7/24		Keep weight off for good	Superfood suppers	Back-to-school checklist	Good fences: Dealing with difficult neighbors	Sunburn SOS	
8/26	7/31		Checkup check list: What to ask your doc	Potluck recipes	Tackling the junk drawer	Teen driving: New apps to monitor safety	Best web sites for kids clothes	Nice girls who finished first

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September 2012

Issue Date	Ad Close	Cover	Health/Diet/ Fitness/ <i>The Doctors</i>	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
9/2	8/7		Easy ways to keep your bones strong	5 ways to use: Tomatoes	Classic movies you'll want to watch as a family	Deal with long-distance relationships	Fall coat trends	
9/9	8/14		Sugar's surprising hideouts	Pack your lunch	\$100-or-less how-to: Fall wreaths	How to give tweens just enough space	Handbags	
9/16	8/21		Multi-tasking moves: Make the most of your everyday activities	Picky eater work-arounds	Games you should learn how to play	10 questions to ask before your answer "I do."	Where I score bargains. Fashion bloggers tell all.	
9/23	8/28		Quiz: Could this be perimenopause?	Eggs for dinner	\$100-or-less how-to: Framing and hanging artwork	Opposite-sex friends: The good, the bad and the awkward	Blush	
9/30	8/31		Healthy picks from the vending machine	20-minute dinners	What your mechanic wishes you knew about car maintenance	Making sense of your family's many schedules	5 things every woman should have in her closet	

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October 2012

Issue Date	Ad Close	Cover	Health/Diet/ Fitness/ <i>The Doctors</i>	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
10/7	9/11	Women's Health	5 simple things you can do today to improve your future health	Pumpkin anything	How to talk to your kids about politics	Relationship advice from surprisingly wise TV characters	Find a bra that fits	
10/14	9/18		Need to know: Breast cancer screens you shouldn't skip	Slow-cooker cuisine	How to make a hospital corner and other things your mother never taught you	How to accept a helping hand (and be OK with it not being done your way)	The dressed-up ponytail	
10/21	9/25	Make A Difference Day Preview	Easy moves to strengthen your arms (and not a pushup in the pack)	Tailgate recipes	Best the best trick-or-treat house on the block	Forget the Joneses: How to measure your own success	What's your signature style?	
10/28	10/2		If you like this candy, try this healthier treat	Hot drinks for cool nights	Kids are driving you crazy: How to stay calm	Taming temptations (and what they can teach you about your relationship)	What makeup artists wish you knew	

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November 2012

Issue Date	Ad Close	Cover	Health/Diet/ Fitness/ <i>The Doctors</i>	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
11/4	10/9	It's never too late to adopt	What's wrong with this bedroom? Sleep slipups	Five ways to serve: Potatoes	Entry/foyer makeover	Mending family rifts	Teeth whitening	
11/11	10/16	Holiday dinner: New twists on old favorites	More ways to get fiber into your diet	Not-your-mom's apple pie	Design your own holiday card	5 rules for being a houseguest who gets a second invitation	Party shoes	
11/18	10/23		5 tips for exercising in the cold	Holiday dinner wine pairings	The fine art of writing a thank-you note	Secrets of successful book clubs	Painless jean shopping	
11/25	10/30		What your dentist wishes you knew about your teeth	Readers share their favorite healthy recipes	Finding your tribe: How to create a family of friends	Tipping tips	Gifts for your boss, dogwalker and more	

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December 2012

Issue Date	Ad Close	Cover	Health/Diet/ Fitness/ <i>The Doctors</i>	Food	Home	Family & Relationships	Beauty/ Style/Shopping	Personal Stories
12/2	11/6		How to be an intuitive eater	Meals you can make ahead	Organize your pantry	Your house or mine: Navigating the holidays	Stocking stuffers they'll actually use	
12/9	11/13		Your health shopping list: What's worth springing for — and what's not	Comfort food favorites dressed up for the holidays	Tricks for setting a holiday table from the country's top party planners and designers	The most thoughtful gifts I've ever gotten: Readers write in	Bath salts and lotions	
12/16	11/20		Give your butt a boost: 3 easy moves	Once-a-year special desserts	Holiday letter roundup: Readers share the funniest letters they've ever received	Teaching kids gratitude	Winter white	
12/23	11/27		Fresh stress-relief strategies	Holiday morning breakfasts	How to do nothing	Finding love in the everyday	Trash or treasure: Repurposed gifts	
12/30	12/4	Year-end roundup: The best health studies and news	Remedies for holiday overindulgences	Take-out made healthy	Donation nation: The best places to donate furniture, clothes, toys, appliances and more	5 relationship resolutions to make in 2013	How not to look tired	

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